

Back to School Recipe ideas

Breakfast

3 ingredient/ no bake PB&J bars

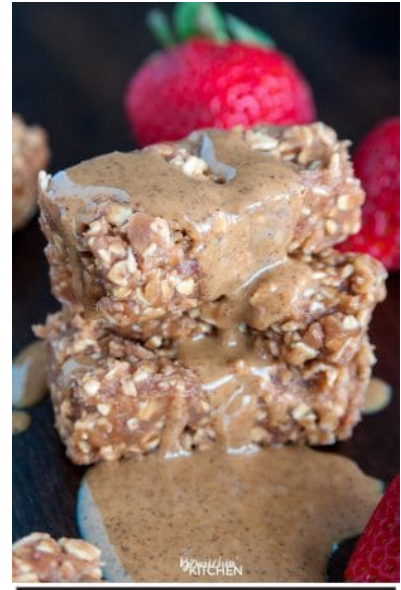
Ingredients

- ½ cup strawberry jam
- 1 cup of PB
- 1 ½ cups of quick cook oats (GF oats if needed)

Instructions

1. In a medium bowl, add all of the ingredients and combine.
2. Transfer to a mini granola bar mold (I use Epicure) or line an 8x8 pan with parchment paper and press into the pan.
3. Let set in the fridge for at least two hours.

Makes 16 servings



Egg muffin cups

Ingredients

EGG MUFFIN BASE

- 7 eggs
- 2 **tbsp** milk of choice (oat, skim, almond)
- salt and pepper (optional), *to taste*

BROCCOLI + CHEDDAR ADD-INS

- **2/3 cup** broccoli, *finely chopped*
- **1/2 cup** cheddar cheese, *shredded*

ITALIAN ADD-INS

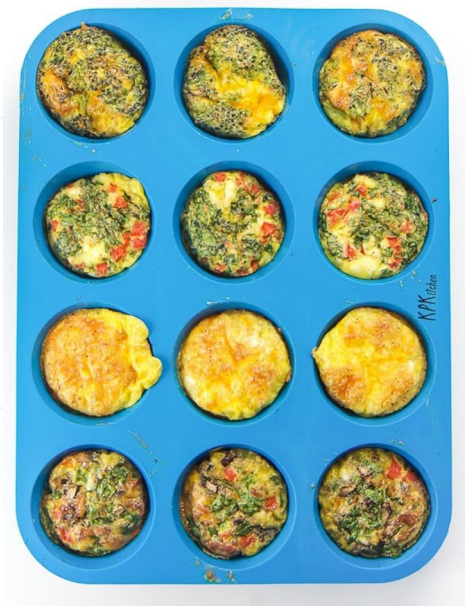
- **1/2 cup** baby spinach, *finely chopped*
- **1/2 cup** red pepper, *finely chopped*
- **1/3 cup** feta, *crumbled*

PICKY EATER ADD-INS

- **1/2 cup** quinoa, *cooked and cooled*
- **1/2 cup** shredded cheese

VEGGIE LOVER

- **1 cup** veggies of your choice, *finely chopped*. *I used a combination of mushrooms, red peppers, green peppers, yellow peppers and spinach. But any combination of veggies you like will work.*
- **4 strips** bacon, *cooked and finely chopped (optional)*



Instructions

- 1. Prep:** Preheat oven to 375 degrees F. Heavily spray a muffin tin with cooking spray. To make getting the egg cups out easier, I have found that a silicone muffin tin or silicone muffin inserts help tremendously with the eggs not getting stuck to the pan.
 - 2. Whisk:** In a medium bowl, whisk together the eggs, milk, salt and pepper until well combined.
 - 3. Add Ingredients:** Evenly distribute the add-in ingredients into each muffin cup, until they are 1/2-2/3 the way full.
 - 4. Add Egg Mixture:** Evenly pour the egg mixture into each muffin cup until the each cup is roughly 2/3 full.
 - 5. Bake:** Place the muffin tin into the oven and bake for 20 minutes or until eggs have firmed and tops are golden brown and bubbly.
- Storage:** store in an air-tight container in fridge for 3 days or in freezer for 3 months. To freeze, wrap the egg cups individually in plastic wrap and then freeze. To re-heat, unwrap egg cup, place on a plate and microwave in 30 second increments until warm. The amounts listed above are for 12 egg muffins. But feel free to make larger batches and refrigerate or freeze them for further use.

Lunch

Maple Sriracha Stir Fry

Ingredients

- 1 tbsp coconut oil
- 2 steaks sliced into strips (I used sirloin)
- 4 cups of mixed vegetables I used a pre-bagged mix
- Maple Sriracha Sauce
- 1/4 c maple syrup
- 2 tbsps Sriracha Sauce
- 2 tbsp Rice Vinegar
- 1 tsp lime juice
- 1 clove garlic minced
- 1 tbsp Braggs' Aminos or soy sauce [Available here](#)
- 1 tsp corn starch optional



Instructions

1. Maple Sriracha Sauce:
2. Combine all ingredients (except for cornstarch), mix and set aside.
3. Putting It Together:
4. Over medium-high heat melt coconut oil.
5. While the oil is melting slice up the steaks, then add to the pan. Cook until desired doneness (I cooked until no longer bleeding) and set aside. I added a couple spoonfuls of the Maple Sriracha Sauce over the beef so it absorbed some of the flavour.

Chicken Lettuce wraps



Ingredients

- 1 pound ground turkey
- 2 can pre-diced water chestnuts
- 1/2 cup diced white mushrooms
- 1/2 red bell pepper, diced
- 2 cloves garlic, minced or crushed
- 3 tablespoon hoisin sauce
- 2 teaspoon sesame oil
- 3 tablespoon soy sauce, low sodium
- 1/8 teaspoon salt
- 2 heads butter head lettuce, rinsed

Instructions

1. Begin by dicing red bell pepper, mushrooms, and water chestnuts (unless you bought pre-diced). Set aside.
2. Mince garlic, and then in a small bowl, whisk garlic, soy sauce, salt, and hoisin sauce. Set aside.

3. Add sesame oil to a large skillet or wok set over medium-high heat. Add ground turkey and cook for 5 minutes, using a spatula to crumble the meat. Add the mushrooms, and red bell pepper and cook for 3 minutes, stirring frequently, until the turkey is no longer pink and the mushrooms have begun to soften.
4. Add the sauce mixture to the pan and stir to coat all ingredients. Cook for 3 minutes to allow the sauce to thicken slightly. Add water chestnuts, and give the whole pan one final stir. Remove from heat.
5. To serve: Divide lettuce leaves among plates. Spoon a small amount of the filling into each lettuce leaf and fold to eat.

Hamburger Soup

Ingredients

- 2 lbs ground beef
- 1 tbsp olive oil
- 2 garlic cloves, minced
- 1 small yellow onion, diced
- 1–28 oz can diced tomatoes with juice
- 1– 6 oz can tomato paste
- 5 cups beef broth
- 1 1/2 tsp Italian Seasoning
- 1/4 tsp onion salt
- Salt and Pepper to taste
- 1 cup banana peppers and 1/2 cup of the juice that it comes in
- 1– 12 oz bag of green beans (frozen, fresh or canned)



Instructions

1. Heat the olive oil in a 5- or 6-quart Dutch oven or large pot over medium-high. Add the onion and garlic and cook until translucent, 2 minutes. Add the beef and cook until brown, 4 to 5 minutes.

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2. Transfer the bag of green beans to the beef and combine together with a spoon.
3. Add the broth, canned tomatoes (with liquid), tomato paste, banana peppers and juice, onion salt, Italian seasoning, salt, and pepper. Stir to combine.
4. Bring to a boil, then reduce the heat and simmer until the green beans are very tender, 30 minutes.
5. Divide among bowls and enjoy!.

Slow cooker fajita chicken Hash browns

(GF and easy to make vegan)

Ingredients:

- 1 onion
- 1 green pepper diced
- 1 red pepper diced
- Black beans
- 1-2 lbs ground chicken
- 1 bag frozen diced hashbrowns
- 1 tbsp chili powder
- 1 tsp cumin
- 1 tsp paprika
- 1 tsp garlic powder
- 1/4 cup chicken broth/or vegetable broth
- Frozen cauliflower rice
- 1 cup salsa
- 1 cup of cheese (optional)
- 1/2 jalapeno diced
- Optional: cilantro and plain greek yogurt for garnish



Instructions:

1. In a large skillet, over medium heat, scramble fry the ground chicken and onion. Set aside when cooked through.
2. Spray the slow cooker with oil and add hash browns, the spices, bell peppers, cooked chicken, and salsa.
3. Top with cheese, jalapeno, and (optional) cilantro.
4. Cover and cook on low for 4 hours, or high for 2 hours.

5. Serve with optional greek yogurt, more salsa, and cilantro.

Chicken Taco Pasta

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 pound ground chicken or ground turkey
- 1 yellow onion *diced*
- 1 green bell pepper *diced*
- 1 red bell pepper *diced*
- 2 cloves garlic *minced*
- 1 tablespoon chili powder
- 1 1/2 teaspoons ground cumin
- 1/2 teaspoon dried oregano
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1 3/4 cups water *plus more as needed*
- 1 cup prepared salsa *medium or mild*
- 1 (8-ounce) can tomato sauce
- 1 1/2 cups uncooked whole wheat pasta *such as rotini, fusilli, penne, or shells OR can be subbed with rice for a gf option*
- 1 (15-ounce) can reduced-sodium black beans *rinsed and drained*
- 1 cup shredded sharp cheddar cheese *divided (use pepper jack for a kick!)*



For serving:

- Sliced avocado
- Nonfat plain Greek yogurt
- Chopped fresh cilantro
- Jalapeño
- Any taco topping you love

Instructions

1. In large, deep skillet with a lid (or a dutch oven), heat olive oil over medium-high heat. Once the oil is hot but not yet smoking, add the ground chicken, onion, and red and green bell peppers. Brown the meat, breaking it apart with a spoon, until it is fully cooked through and the onions are translucent, about 8 minutes.
2. Add the garlic, chili powder, cumin, oregano, salt, and pepper and cook just until the garlic is fragrant, about 30 seconds. Add the water, salsa, tomato sauce, pasta, and beans.
3. Reduce the heat to medium low, then cover the pan. Let simmer gently, stirring occasionally, just until the pasta is al dente and most of the liquid is absorbed (more liquid will absorb as it cools), about 12 to 15 minutes. As you stir the pasta while it cooks, check to make sure it's not becoming dry. If it is, stir in water as needed to keep it moist and simmering.
4. Remove the pan from the heat and stir in half of the cheese, then sprinkle the remaining cheese on top. Serve hot with any of your favorite toppings.

Chicken Parm Zucchini

Ingredients

- 3 medium to large-sized zucchini, halved lengthwise (or 4 medium sized)
- 1 [24-ounce] jar marinara I use Rao's brand
- 2 tbsp + 1 tbsp extra virgin olive oil
- ½ tsp kosher salt
- 3 cups shredded cooked chicken I use rotisserie
- ½ cup grated parmesan cheese
- 2 tbsp finely chopped fresh parsley leaves
- 1 tsp garlic powder



- ½ tsp crushed red pepper optional
- ½ cup shredded mozzarella
- ¼ cup gluten free panko breadcrumbs I use Aleia Brand
- 2 tbsp freshly chopped basil leaves for serving

Instructions

1. Preheat the oven to 375 degrees F.
2. Pour about ¼ of the jar of marinara sauce into the bottom of a 9x13 baking dish, and spread so that it evenly coats the bottom of the dish.
3. Use a spoon to scoop out the seeds of each halved zucchini to create a “boat”. Lay the hollowed zucchini skin-side down on top of the sauce in the prepared baking dish. Drizzle with 2 tbsp olive oil and sprinkle with ½ tsp kosher salt.
4. Transfer to the oven and bake for 15 minutes, so that the zucchini is slightly tender.
5. Meanwhile, in a large bowl, mix together the chicken, parmesan, parsley, garlic, crushed red pepper, and the remaining bottle of marinara sauce. Toss to combine.
6. When the zucchini is tender, remove from the oven. Fill the zucchini boats with the chicken mixture. Then, sprinkle the top with the mozzarella cheese.
7. In a small bowl, combine the gluten-free panko and the remaining tablespoon of extra virgin olive oil and toss until well combined. Sprinkle over the top of the zucchini boats until evenly coated.
8. Transfer back to the oven and continue to bake until the cheese and panko are golden brown, about 10 more minutes.

Chicken Sloppy Joes

Ingredients:

- 1 Tbsp. olive oil
- 1 lb. ground chicken breast (or ground chicken)*
- 1 (15oz.) can tomato sauce
- 3 Tbsp. ketchup
- 2 Tbsp. dried minced onion (NOT onion powder!) or 1/2 small onion, diced



- 1 Tbsp. mustard
- 1/2 Tbsp. chili powder
- 1/2 tsp. dried sage
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1 tsp. Worcestershire sauce (or coconut aminos, for paleo)
- 1/2 cup water

Instructions

1. In a Dutch oven (or large skillet with high sides), heat olive oil over medium heat.
2. Add ground chicken and cook 5-7 minutes or until completely cooked through. (If using diced fresh onion instead of dried onion, add the onion along with the ground chicken)
3. When the chicken is cooked, add tomato sauce, ketchup, dried minced onion, mustard, chili powder, sage, salt, pepper, and Worcestershire sauce or coconut aminos.
4. Add water and stir through to combine.
5. Bring the mixture to a simmer over medium heat and simmer at least 20-30 minutes to allow the flavor to develop and the sauce to thicken. You can simmer this mixture up to 40-60 minutes if you have time, adding a splash of water as needed if the sauce thickens too much)
6. After the sauce is done simmering, taste and add additional salt, pepper, Worcestershire sauce etc. as needed. (If your tomato sauce was particularly acidic, you may appreciate adding a pinch of brown sugar or a small drizzle of pure maple syrup.)
7. Serve on buns, in baked potatoes or baked sweet potatoes, or over sweet potato fries.

Easy White Chicken Chili



Ingredients

- 1 Tablespoon olive oil
- 1 onion (chopped)
- 3 cloves garlic (minced)
- 1 4-ounce can diced jalapeno peppers
- 1 4-ounce can chopped green chile peppers
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/2 teaspoon cayenne pepper
- 3 cups shredded (cooked chicken breast)
- 3 15-ounce cans great northern beans (drained and rinsed)
- 4 cups chicken broth
- 1 cup shredded Monterey Jack cheese

- 1/4 cup cilantro (chopped)
- Avocado (for garnish)
- Sour cream (for garnish)

Instructions

1. Heat the oil in a large saucepan over medium-high heat. Add the onion, and cook until softened, 4-5 minutes.
2. Mix in the garlic, jalapenos, chiles, cumin, oregano and cayenne.
3. Continue to cook for 2-3 minutes.
4. Add the chicken, beans, and broth. Bring to a boil and simmer, uncovered, 15 minutes, stirring occasionally.
5. Remove the mixture from heat. Stir in the cheese until melted.
6. Serve topped with chopped cilantro, sour cream and avocado.

Dessert/Snacks

Edible Cookie Dough

Ingredients

- 1 cup of chick peas, rinsed and drained



- 1/3 cup of nut butter
- 2 –3 tablespoons of almond or coconut milk
- 1 teaspoon of vanilla
- 1-2 Tbsp of pure maple syrup
- ¼ tsp of salt
- 1/4 –1/2 cup dark chocolate chips

Directions:

1. Place all ingredients besides chocolate chips in your food processor and blend until smooth.
2. Taste and adjust sweetener as needed.
3. Carefully stir in chips and place in the fridge to chill.
4. Serve with fruit or eat with a spoon.

Apple Nachos

Ingredients

- 1-2 apples
- 3 Tbsp . Peanut Butter
- 1 Tbsp . honey
- 2 Tbsp . Shredded Coconut
- Peanut Butter Baking Chips
- Mini Semi- Sweet Chocolate Baking Chips
- Your other favorite toppings...

Directions:



1. Thinly slices your apples and lay on top of a platter.
2. Mix together peanut butter and honey, place in microwave for 15 second increments until slightly melted and it reaches a drizzle type consistency.
3. Drizzle peanut butter mixture on top of apples.
4. Sprinkle shredded coconut, peanut butter chips and mini baking chips on top. OR Add your desired toppings.
5. Serve immediately and enjoy!