Pistacio Blossoms'

CLEAN EATING MEAL PLAN

MARCH 15TH - WEEK 4

by Chelsea Jolene

Curry Chicken Quinoa Bowls

"You can also make this yummy recipes in the slow cooker! Just throw everything in. Cook on low for 6-8 hours or on high for 4.!"- CJ

INGREDIENTS

- 1 TBSP olive oil
- 1 onion
- 1 lb chicken breasts
- 2 tbsp curry paste
- 2 tsp garam masala
- 1 tbsp ginger paste
- 3 cloves garlic
- 2 cups tomato puree
- 2 cups chicken broth
- 3 cups diced eggplant
- 3 cups diced tomatoes
- 1 cup quinoa

INSTRUCTIONS

1. Heat olive oil in a pan over medium heat. Add onions and saute. Cut up chicken into small pieces.
2. Add in chicken, curry paste, garam masala, ginger paste, and garlic. Stir fry for about 3-6 minutes to get the chicken browned.
3. Add tomato puree, chicken broth, eggplant, tomatoes, and quinoa. Bring to a boil and simmer for 15-20 minutes.
4. Once the quinoa and chicken are cooked, it's done!

Top with green onions or almonds!!

Stacked Chicken Enchiladas

INGREDIENTS

- 3 cups red enchilada sauce
- 16 small corn tortillas
- 2 cans black beans
- 2 cups frozen corn
- 6 green onions
- 4 cups shredded chicken
- 3 cups Monterrey jack
- 1 avocado

"This is my fave enchilada recipe!! Clean and delish!! MM" - CR

INSTRUCTIONS

1.Heat oven to 375 degrees. Prepare a 9x13 inch pan with baking spray.

2. Pour about 3/4 cup of enchilada sauce and coat the bottom. Top with a layer of about half corn tortillas.

3. Sprinkle half of one can of black beans. Then half a cup of corn. And a half of the green onions. Top with 1 cup shredded chicken and sprinkle with 3/4 cup shredded cheese.

4. Continue to do this two more times.

5. Top the last layer with tortillas and sauce. (Save 3/4 cup cheese) Cover with aluminum foil, bake for 20 minutes.

6. After 20 minutes, top with remaining cheese. Bake for another 10 minutes or until cheese is melted.

7. Top with avocado, green onions, and/or extra salsa!

Salmon with Dijon Cream Sauce

"Pair this with your favorite veggie side!" - CJ

INGREDIENTS

- 4 salmon filets
- 2 tbsp olive oil
- 1 tbsp butter
- 3 garlic cloves
- 1 shallot
- 1 tsp sage
- 1 1/2 tbsp thyme
- 1/4 cup white wine
- 3/4 cup milk
- 1 1/2 tbsp dijon mustard

INSTRUCTIONS

1. Season salmon with salt and pepper, if desired.
2. Heat a frying pan over medium- high heat with olive oil. Place salmon skin side up and cook for 8-10 minutes. The sides should be slightly opaque/white.
3. Plate the Salmon and keep warm.
4. Turn the heat to medium and add the butter to the pan. Add the garlic, shallot, sage, and thyme to the pan and cook for 1 minute. Stir in wine and cook for 2-3 minutes.
5. Whisk in milk and Dijon mustard and cook for another 2-3 minutes. Once the sauce is bubbly and thick it is ready to eat!!
6. Pour the sauce over the salmon! Pair with some sauteed spinach or roasted potatoes.

Mediterranean Pasta Toss

"This pasta is great for the summer! Fresh and simple! - CJ

INGREDIENTS

- 2 TBSP extra virgin olive oil
- 2 small zucchini
- 10 small sweet bell peppers, sliced
- 1 cup grape tomatoes, halved
- 1/2 yellow onion
- 2 cloves garlic
- 1 TBSP Italian seasoning
- 1 tsp salt
- 15 oz artichokes hearts, halved
- 1/4 cup sun-dried tomatoes
- 1/3 cup balsamic vinegar
- 1 1/2 cups whole wheat pasta
- 1/3 cup feta cheese

INSTRUCTIONS

1. Heat olive oil in a pan, in a large skillet over medium heat.
2. Add zucchini, onion, garlic, peppers, tomatoes and saute til tender.
3. While veggies are cooking, cook pasta to al dente.
4. Once veggies are cooked, add Italian seasoning, salt, artichokes, and sun-dried tomatoes. Mix well.
5. Add balsamic vinegar. Stir the pot often and let it soak in and cook for a bit.
6. Mix in cooked pasta and toss until coated. Add a little bit of the pasta water if needed.
7. Serve topped with feta crumbles and black pepper.

Chicken Avocado Soup

"This soup is light, fresh and yummy!!"- CJ

INGREDIENTS

- 2 lbs chicken breast
- 3 tsp olive oil
- salt and pepper
- 1 1/2 cups green onions
- 1 tsp minced garlic
- 1 tomato, sliced
- 6 cups chicken broth
- 1/8 tsp cumin
- 1 tsp salt
- 2 avocados
- 1/2 cup cilantro
- limes

INSTRUCTIONS

1. Season chicken with salt and pepper. Cook chicken in a pan over medium heat. Shred chicken once cooked.
2. In a large pot, heat olive oil over medium heat.
3. Add green onions and garlic. Saute for about 2 minutes.
4. Add a diced tomato, saute for 1 minute.
5. Add chicken broth, cumin, salt.
6. Bring pot a boil and simmer for about 20 minutes.
7. Add in shredded chicken and cilantro. Top with avocado, green onions.
8. Serve with lime wedge!

THE END