Pistacio Blossoms'

CLEAN EATING MEAL PLAN

MARCH 15TH - WEEK 3

by Chelsea Jolene

Cajun Chicken and Avocado Cream Sauce

Happy St. Patty's Day!!!- CJ

INGREDIENTS

- 4 - 4oz chicken breasts
- 1 TBSP cajun seasoning
- 2 TBSP green onions
- 1 TBSP EVOO
- 1/3 plain greek yogurt
- 1/2 avocado
- 1 TBSP lemon juice
- 1 tsp garlic powder
- 1/8 tsp salt
- 1/8 tsp pepper

INSTRUCTIONS

1. Coat the chicken with the seasoning on both sides.
2. Lightly coat a pan with extra virgin olive oil. Over medium heat cook both sides of the chicken for about 7 minutes on both sides or until cooked through.
3. While chicken is cooking, prepare the avocado cream sauce. Blend yogurt, avocado, lemon juice, garlic powder, salt, and pepper. Mix well with blender or food processor.
4. Serve chicken with avocado cream sauce and top with green onions! MM Lots of green for St. Patty's Day!!!

Spinach + Tomato Pesto Quesadilla

INGREDIENTS

- 2 tomatoes
- Baby spinach
- 1/2 cup of Pesto
- Feta cheese
- Mozzarella cheese
- 4 whole wheat or sprouted tortillas

"You can use store bought pesto or homemade! Click the link here or in the email to see how to make your own pesto creations." - CR

INSTRUCTIONS

1.Slice up the tomatoes.
2. Place one tortilla in a skillet on medium heat

3. Spread the pesto on the tortilla.
4. Sprinkle on mozzarella and feta cheese.
5. Add a couple slices of tomatoes, a bit of spinach, and top with mozzarella.
6. Place the other tortilla on top, and let heat through for about 5 minutes. Flip and heat another 5 minutes.

Meatballs in Mushroom Cream Sauce

"Sometimes you just need some good comfort food! " - CJ

INGREDIENTS

- 1/2 lb ground pork
- 1/2 lb ground beef
- 1 medium onion
- 1 clove garlic
- 1/3/ cup bread crumbs
- 1 egg
- 1 tsp oregano
- 1 tbsp Worcestershire
- 1 tsp salt
- 1/4 tsp black pepper
- 2 TBSP olive oil
- 2 cups sliced mushrooms
- 2 TBSP flour
- 1 cup beef broth
- 1 cup milk
- 1/4 cup sour cream

INSTRUCTIONS

1. In a bowl, combine pork, beef, onion, garlic, bread crumbs, 1 egg, oregano, Worcestershire, salt, and pepper.

2. Mix together with hands until everything is mixed together. Roll into 1-inch meatballs. It should make about 15.

3. Heat a frying pan with olive oil. Cook meatballs in batches until they are all cook browned, but not completely cooked through.

4. Set aside meatballs on a plate. Save drippings in the pan and add onions and mushrooms to pan. Cook for about 5 minutes. Sprinkle flour in pan. Cook for another minute. Whisk in beef broth and make sure to scrap all the drippings from the bottom.

5. Whisk in milk and sour cream. Bring to a boil. Reduce heat to low and add meatballs back to pan. Cook for about 25-30 minutes or until meatballs are cooked through.

Peanut Red Thai Chicken

"This sauce is to die for!! I had never tried something like this before and it is so different and good! - CJ

INGREDIENTS

- 4 boneless chicken breasts
- 2 TBSP fresh ginger
- 1 TBSP garlic
- 1/2 cup smooth peanut butter
- 1/4 cup rice vinegar
- 2 TBSP soy sauce
- 1 tsp red Thai curry paste
- 3 TBSP chicken broth
- 1 cup unsweetened coconut milk
- 4 TBSP fresh cilantro

INSTRUCTIONS

1. Cut chicken into single portion sizes and trim extra fat. Heat oil in a frying pan and season chicken with black pepper. Saute chicken until it is nicely brown on both sides. (about 3-4 minutes on both sides) Make sure not to overcook the chicken.
2. Mince the ginger and the garlic in a food processor. Add peanut butter, rice vinegar, soy sauce, red thai curry paste, and chicken broth in the food processor and blend until smooth. (you can use a blender too or even a hand mixer)
3. Once chicken is done, set chicken on a plate and keep warm.
4. Add 1 cup of coconut milk to the pan and reduce heat to low. Mix in with browned bits and stir in peanut sauce. Heat through for about 2-3 minutes.
5. Mix in chopped cilantro.
6. Serve immediately and top over chicken breasts!
7. Enjoy with a side of fresh steamed broccoli and rice. MM

Turkey Chili

"The cinnamon in this chilli is the secret ingredient"- CJ

INGREDIENTS

- 2 tbsp extra virgin olive oil
- 1 green bell pepper
- 1 onion
- 2 cloves garlic
- 1 lb ground turkey
- 3 TBSP chili powder
- 1 tsp salt
- 1 tsp oregano
- 2 tsp cumin
- 1/2 tsp cayenne pepper
- 1/2 tsp cinnamon
- 1 28 oz diced tomatoes
- 1 cup chicken broth
- 1 can of black bans
- 1 cup corn
- 1-2 bay leaf

INSTRUCTIONS

1. Heat oil in a big pot over medium heat. Add pepper, onion, garlic, and cook until soft.
2. Add the turkey. Break up into small pieces and stir until no longer pink.
3. Add chili powder, salt, oregano, cumin, cayenne pepper, cinnamon to the pot. Mix and cook for about 1 minute.
4. Add tomatoes, chicken broth, black beans, corn. Stir to combine. Bring the pot to a boil. Turn to low and add bay leaf. Let simmer for about 30 minute.
5. Remove bay leaf.
6. Top with cheese, avocado, and/or sour cream!! MM!

THE END

"Happy St. Patty's Day week!!"