Pistacio Blossoms'

CLEAN EATING MEAL PLAN

MARCH 8TH - WEEK 2

by Chelsea Jolene

Roasted Red Pepper & Cauliflower Soup

"This soup is soo simple but decadent!" - CJ

INGREDIENTS

- 4 red bell peppers
- 1 small cauliflower
- 2 tbsp EVOO
- 1 onion diced
- 2 cloves garlic
- 1 tsp of thyme
- a pinch of red pepper flakes
- 4 cups of chicken broth
- 1 tsp paprika
- 4 oz feta cheese
- salt and pepper

INSTRUCTIONS

1. Cut red peppers in half and clean out seeds. Place on a pan facing down and cook under the broiler for 10 minutes. Peel off the skin on the red pepper and dice up. (Don't worry about cutting up everything super small as your will be blending everything at the end)
2. Cut up cauliflower, onion, and garlic.
3. Heat up 2 tbsp olive oil and cook onion for about 5 minutes.
4. Add in garlic, thyme, and red pepper flakes for about 1 minute.
5. Add red peppers, cauliflower, chicken broth, and paprika.
6. Simmer for about 15-20 minutes.
7. Puree with hand immersion blender or blender.
8. Mix in feta cheese. Add salt and pepper as needed.
9. Garinsh with additional feta cheese! YUM!!

Greek Tacos

"I love tzatziki sauce and I am always looking for another excuse to make it!! MM" - CJ

INGREDIENTS

For Turkey:

- 1 pound of ground turkey
- 1/2 small red onion
- 1 TBSP EVOO
- 2 cloves garlic
- 1/2 tsp oregano
- 1/8 cup red wine vinegar or dry wine
- 3 TBSP tomato paste
- 1/4 cup chicken broth

For Tzatziki sauce

- 1 cup plain greek yogurt
- 1/3 cup feta cheese
- 1 clove garlic
- 1 tsp dill
- 1/4 tsp garlic powder
- 1/4 cup diced cucumber

For Tomato- Cucumber Salsa:

- 3 roma tomatoes
- 1 cucumber
- 1/2 small red onion
- 1 TBSP lemon juice
- 1 TBSP red wine vinegar

For the Extras

- Your favorite tortillas (or skip the tortillas)
- Your favorite romaine lettuce
- Extra lemons for flavor

Greek Tacos

"Enjoy this in your favorite tortillas or make a greek salad!" - CJ

INSTRUCTIONS

1. In a large skillet, heat up the extra virgin olive oil on medium heat. Add 1/2 red onion and cook until soft.
2. Add turkey to the pan and cook for 5 minutes.Add garlic and oregano and cook for another minute. Pour in wine and cook until all the wine is evaporated.
3. Add tomato paste and chicken broth and cook for about 3-4 minutes. Add salt if needed.
4. Make cucumber-tomato salsa. Dice tomatoes, cucumbers, and 1/2 red onion. Throw together in a bowl and add olive oil, lemon juice, and vinegar.
5. To make the tzatziki, dice the cucumbers very small. Stir cucumber into yogurt, add feta cheese, dill, and salt as needed.
6. Time to assemble the tacos!! Eat with your favorite tortillas warmed up or skip the tortilla and eat as a greek salad! MmM You can never go wrong with tzatziki.

YUM-YUM Chicken

""The sauce for this chicken is so amazing and it takes only seconds to make!" - CJ

INGREDIENTS

- 3-4 Chicken Breasts
- 1/2 cup dijon
- 1/4 cup maple syrup
- 1 TBSP rice wine vinegar
- salt
- pepper

INSTRUCTIONS

1. Pre-heat oven to 450 degrees.
2. Mix Dijon mustard, maple syrup, and rice wine vinegar in a small bowl.
3. Take out a glass baking dish and place chicken breasts inside. Salt and pepper chicken.
4. Cover chicken with the Dijon mixture.
5. Bake for 40 minutes in the oven!
6. Plate the chicken and make sure to spoon extra sauce on top.
7. Pair with a side of rice and your favorite steamed vegetable!

Salmon Patties

"This a simple and cheap way to eat salmon! - CJ

INGREDIENTS

- 1 can salmon (14.75 oz)
- 1/2 cup whole wheat bread crumbs
- 1 egg
- 1 tsp seafood seasoning
- 1 TBSP extra virgin olive oil
- Optional:
- Mixed Greens
- Dijon mustard
- Salsa

INSTRUCTIONS

1. Mix salmon, bread crumbs, egg, and seasoning. I like to use my hands to get everything incorporated together.

2. Form small patties about the size of the plan of your hand. Stack on a plate.

3. Heat up a frying pan on medium heat with EVOO. Place patties in the pan. Cook each side for a couple of minutes. Cover the pan to makes sure the pans are thoroughly cooked. Both sides should be slightly browned. Depending on how many patties you made, you may have to cook in two batches.

4. Enjoy on top of a bed of your favorite greens! Top with Dijon mustard and/or salsa. (or whatever you think sounds good) I love my Dijon mustard! :)

Chicken Lo-Mein

"This one pot meal is so simple to make in a hurry!"- CJ

INGREDIENTS

- 1/2 lb chicken breast (2-3)
- 4 medium carrots
- 1 red bell pepper
- 1 bunch green onions
- 4 cloves garlic
- 1/4 cup soy sauce
- 1 tsp garlic powder
- 1 tsp corn starch
- 1 TBSP sugar
- 1/2 tsp red pepper flakes
- 4 cups chicken broth
- 2 tsp extra virgin olive oil
- 1 box of whole wheat spaghetti

INSTRUCTIONS

1. Cut up chicken breasts. Dice up carrots, pepper, onions, and garlic.
2. Throw everything in one big pot!
3. Cover and bring the pot to a rolling boil. Reduce heat to medium low and keep covered.
4. Cook covered for about 15 minutes. Most of the water should be gone and the chicken should be cooked through.
5. And it's done! Enjoy!

THE END

"Have a beautiful week!!"