



Hungry Hobby

Hungry Hobby Fast & Easy
Dinner Recipe Ebook

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<https://hungryhobby.net/meal-plans>

15 Healthy Dinners That Can Be Made In 30 Minutes Or Less!

Welcome to Hungry Hobby! I hope you find this recipe ebook as delicious as I do!

Becoming a Mom changed pretty much everything about my life, including the way I cook. Luckily the baby often goes to bed pretty early (between 6:30 PM and 7 PM), but that also means I usually don't even have time to start our dinner until after he is asleep. That means at 7 pm, I'm just starting dinner, and I'm HUNGRY! These are some of my favorite recipes I can get on the table in 30 minutes or less! Whether you are strapped for time or don't enjoy cooking that much and want it to be over as soon as possible, these recipes will quickly become part of your weekly routine!

Let me know if you try one by tagging #hungryhobby or @hungryhobbyRD on Insta. If you love these meals and would like weekly inspiration and meal prep, how to's check out [WTE? Meal Plans \(click here\)!](#) A meal plan subscription service with weekly recipes and meal prep how-to guides!

Enjoy!

~ Kelli



Lemon Pesto Penne - High Protein

4 servings

20 minutes

Ingredients

- 2 cups Cherry Tomatoes
- 2 tbsps Avocado Oil
- 8 ozs Chickpea Pasta (dry, uncooked)
- 2 cups Broccoli (chopped into florets)
- 1/3 cup Pesto
- 1 Lemon (juiced)
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	370
Fat	19g
Carbs	41g
Fiber	10g
Sugar	9g
Protein	18g
Cholesterol	0mg
Sodium	352mg
Potassium	450mg
Vitamin A	1229IU
Vitamin C	55mg
Calcium	134mg
Iron	6mg
Vitamin D	0IU

Directions

- 1 Adjust oven rack to the top, closest to the broiler. Set oven to high broil. Place tomatoes on a foil-lined baking sheet and toss in oil. Broil for 10 to 15 minutes.
- 2 Meanwhile, bring a large saucepan of water to a boil. Add penne and cook according to instructions. Add broccoli during the last 2 to 3 minutes of cooking. Drain the pasta and broccoli, and return to the pan.
- 3 Add in the pesto, lemon juice, sea salt and broiled tomatoes, gently tossing until combined. Divide into bowls and enjoy!

Notes

Leftovers, Best enjoyed immediately as quinoa pasta will get stiff and dry once refrigerated. Can be stored in the fridge up to 5 days and enjoyed hot or cold.

More Protein, Add cooked chicken breast or any ground meat.

No Quinoa Penne, Use any other type of pasta instead.

No Broccoli, Use broccolini or any other veggies on hand.

No Avocado Oil, Use ghee, coconut oil or olive oil instead.



One Pan Steak & Potatoes with Chive Butter Sauce

4 servings

30 minutes

Ingredients

- 4 cups Mini Potatoes (halved)
- 2 Red Bell Pepper (chopped)
- 1 lb Top Sirloin Steak (cut into 1-inch cubes)
- 2 tbsps Avocado Oil
- 1 tsp Sea Salt
- 1/4 cup Butter (melted)
- 2 tbsps Chives (finely chopped)

Nutrition

Amount per serving	
Calories	539
Fat	35g
Carbs	30g
Fiber	5g
Sugar	4g
Protein	26g
Cholesterol	120mg
Sodium	660mg
Potassium	1122mg
Vitamin A	2288IU
Vitamin C	106mg
Calcium	55mg
Iron	3mg
Vitamin D	0IU

Directions

- 1 Preheat oven to 400°F (204°C). Line a baking sheet with aluminum foil.
- 2 In a large bowl, mix together the potatoes, peppers, steak and avocado oil. Transfer to the baking sheet in a single layer and season with salt. Bake for 30 minutes or until steak is cooked and potatoes are tender.
- 3 Divide the steak, potatoes and peppers onto plates.
- 4 Combine the melted butter and chives. Drizzle overtop the steak and enjoy!

Notes

Leftovers, Refrigerate in an airtight container up to 3 days. Reheat in the microwave or in a skillet.

No Butter, Use ghee, oil or omit completely.

No Red Bell Pepper, Use cherry tomatoes, eggplant or any other veggies instead.



Spicy Shrimp with Pesto Noodles

4 servings

25 minutes

Ingredients

- 1 lb Shrimp (peeled, deveined)
- 2 1/2 tsp Chili Powder
- 1 tsp Garlic Powder
- 1 tsp Dried Thyme
- 1 tsp Sea Salt (divided)
- 1/8 tsp Cayenne Pepper
- 1 tbsp Avocado Oil
- 2 cups Basil Leaves
- 1 cup Baby Spinach
- 1/4 cup Almonds
- 2 tbsps Water
- 1 Garlic (clove)
- 3 tbsps Lemon Juice
- 1/3 cup Extra Virgin Olive Oil (divided)
- 4 Zucchini (small, spiralized into noodles)
- 1/2 cup Cherry Tomatoes (halved)

Nutrition

Amount per serving	
Calories	413
Fat	30g
Carbs	12g
Fiber	5g
Sugar	6g
Protein	29g
Cholesterol	183mg
Sodium	797mg
Potassium	1086mg
Vitamin A	2898IU

Directions

- 1 In a large mixing bowl add the shrimp, chili powder, garlic powder, thyme, half the sea salt, cayenne and avocado oil. Stir to coat the shrimp evenly. Set aside.
- 2 To the bowl of a food processor, add the basil, spinach, almonds, water, garlic, lemon juice, extra virgin olive oil and remaining sea salt. Turn the food processor on and blend until mostly smooth, scraping down the sides of the bowl if needed. Set aside.
- 3 Heat a large pan over medium-high heat. Add the seasoned shrimp to the pan, being sure to scrape all the spices and oil into the pan with the shrimp. Depending on the size of your shrimp cook 1 to 3 minutes per side or until the shrimp are no longer translucent. Remove from pan.
- 4 In the same pan that the shrimp were cooked, add the zucchini noodles and cook for about 1 minute, or just until warmed through. Toss the noodles with the pesto.
- 5 Divide the pesto zucchini noodles into bowls then top with cooked shrimp and cherry tomatoes. Enjoy!

Notes

Likes it Spicy, Add more cayenne.

Leftovers, This recipe is best served immediately. Store leftover ingredients separately in the fridge and assemble before cooking.

Less Watery, To help prevent watery zucchini noodles, remove any noodles that contain fragments of the zucchini seeds. Using smaller-sized zucchini are best to keep seed fragments and water content low.

Cold Version, This recipe can also be served cold with raw zucchini noodles instead of warm zucchini noodles. Just skip step 5.

Vitamin C	49mg
Calcium	186mg
Iron	3mg
Vitamin D	0IU



Turkey Taco Lettuce Wraps

4 servings

25 minutes

Ingredients

- 1 tbsp Avocado Oil
- 1 Yellow Onion (diced)
- 1 lb Extra Lean Ground Turkey
- 2 tbsps Chili Powder
- 1 tbsp Cumin
- 2 tsps Smoked Paprika
- 1 tsp Garlic Powder
- 1 tsp Sea Salt
- 1/2 tsp Red Pepper Flakes
- 1 Lime (juiced)
- 3 Tomato (finely chopped and divided)
- 1 Jalapeno Pepper (seeds removed and chopped)
- 1 head Iceberg Lettuce (leaves pulled apart and washed)
- 2 Avocado (diced)

Nutrition

Amount per serving	
Calories	433
Fat	29g
Carbs	23g
Fiber	12g
Sugar	6g
Protein	27g
Cholesterol	84mg
Sodium	844mg
Potassium	1263mg
Vitamin A	4061IU
Vitamin C	38mg

Directions

- 1 Heat oil over medium-high heat. Add onion and cook for about 5 minutes until translucent.
- 2 Add ground turkey to the pan and break into very small pieces with a spatula and cook until no longer pink. Drain any excess drippings if necessary.
- 3 Add the chili powder, cumin, smoked paprika, garlic powder, salt, red pepper flakes and lime juice and stir until the meat is coated evenly. Add half the chopped tomatoes and the jalapeno. Stir to combine and cook for another 5 minutes until tomatoes are very soft. Remove from heat.
- 4 To assemble the tacos, divide the turkey into the lettuce leaves, and top with remaining tomatoes and diced avocado. Enjoy!

Notes

Optional Toppings, Salsa, cheese, cilantro, black beans, sour cream or guacamole.

No Iceberg Lettuce, Use romaine leaves, green lettuce or Boston lettuce instead.

Vegans & Vegetarians, Omit the ground meat and use cooked lentils instead.

Calcium	108mg
Iron	5mg
Vitamin D	16IU



One Pan Lemon Shrimp & Asparagus

2 servings

30 minutes

Ingredients

3 cups Asparagus (woody ends trimmed)
12 ozs Shrimp (uncooked, shells on)
2 tbsps Extra Virgin Olive Oil
1/8 tsp Sea Salt (or more, to taste)
1 Lemon (sliced)

Nutrition

Amount per serving	
Calories	311
Fat	15g
Carbs	9g
Fiber	4g
Sugar	4g
Protein	39g
Cholesterol	274mg
Sodium	354mg
Potassium	880mg
Vitamin A	1521IU
Vitamin C	21mg
Calcium	158mg
Iron	5mg
Vitamin D	0IU

Directions

- 1 Preheat oven to 400°F (204°C).
- 2 Lay the asparagus and shrimp on a baking sheet. Drizzle with olive oil and toss gently to coat. Sprinkle with sea salt and top with lemon slices.
- 3 Bake for 15 to 18 minutes, or until shrimp are fully cooked and have turned pink. Remove from oven and divide between plates. Enjoy!

Notes

More Carbs, Serve with pasta, rice, or quinoa.

Leftovers, Keeps well in the fridge for 2-3 days.



Mediterranean Pizzas

2 servings

30 minutes

Ingredients

- 2 Brown Rice Tortillas
- 8 ozs Ground Beef
- Salt And Pepper
- 2/3 cup Hummus (I used Roasted Red Pepper)
- 1/2 cup Artichoke Hearts
- 1/2 cup Broccoli
- 2 tbsps Red Onion (sliced)
- 2 tbsps Sliced Black Olives
- 1/2 Red Bell Pepper (chopped)

Nutrition

Amount per serving	
Calories	607
Fat	31g
Carbs	46g
Fiber	11g
Sugar	7g
Protein	35g
Cholesterol	75mg
Sodium	927mg
Potassium	406mg
Vitamin A	1267IU
Vitamin C	64mg
Calcium	73mg
Iron	6mg
Vitamin D	0IU

Directions

- 1 Preheat oven to 400F. Spray a foil-lined sheet pan with cooking spray and place tortillas on the pan. Crisp tortillas for 5 minutes. **WATCH THEM**, make sure they don't burn!
- 2 While you're waiting for the oven to preheat and the tortillas to crisp, cook up your ground beef in a large skillet* Season ground beef with salt and pepper as desired.
- 3 When tortillas are done crisping up, remove them from the oven and turn the oven down to 350F. Add 1/3 cup hummus to each tortilla. Add 1/2 the ground meat to each pizza and then split the remaining toppings up between the two pizzas.
- 4 Add pizzas back to the oven for 15 minutes, then broil for 3-5 minutes for additional crispiness.



Egg Roll In A Bowl (Instant Pot or Stove Top)

4 servings

20 minutes

Ingredients

2 cloves Garlic (minced)
 2 tbsps Sesame Oil
 1 lb Lean Ground Pork (93% lean)
 1/3 cup Coconut Aminos (or soy sauce)
 1 lb Tri Color Cabbage
 1 tsp Ground Ginger
 1 tsp Salt
 1 tsp Chinese Five Spice (Optional)
 1 tbsp Sesame Seeds (optional)
 1 stalk Chopped Green Onions (chopped)
 1 cup Uncooked Brown Rice
 1 1/4 cups Water

Nutrition

Amount per serving	
Calories	492
Fat	27g
Carbs	37g
Fiber	1g
Sugar	4g
Protein	24g
Cholesterol	77mg
Sodium	439mg
Potassium	293mg
Vitamin A	1IU
Vitamin C	0mg
Calcium	47mg
Iron	2mg
Vitamin D	19IU

Directions

- 1 If you want brown rice to eat with the egg roll in a bowl, make it now. For the instant pot: add brown rice and water to IP, set it to cook on high for 15 minutes and then let it naturally release.
- 2 Saute garlic in 1T sesame oil until fragrant (about one minute.) Add ground meat and cook until no pink remains (at least 10 minutes.)
- 3 Add coconut aminos and cook until all liquid evaporates.
- 4 Add another tablespoon of sesame oil, cabbage, and seasonings. Cook until cabbage is tender.

Notes

No Ground Pork, Use 93% lean ground turkey or chicken (do not use 99% lean!)



Steak Fajita Foil Packet Dinner

8 servings

30 minutes

Ingredients

- 1 tsp Onion Powder
- 1/2 tsp Garlic Powder
- 1 tsp Paprika
- 1/2 tsp Chili Powder
- 1/4 tsp Chipotle Chili Powder
- 1 tsp Sugar
- 1/4 tsp Cayenne Pepper (more for spicier)
- 1/2 tsp Salt
- 1 1/2 lbs Tri Tip Or Flank Steak
- 3 White Onion
- 4 Bell Peppers (red and green)
- 1 tbsp Avocado Oil
- 1/2 tsp Garlic Salt
- 1 Avocado
- 1/2 cup Sour Cream (Optional)
- 1/2 cup Organic Salsa
- 8 Corn Tortillas

Nutrition

Amount per serving	
Calories	322
Fat	16g
Carbs	23g
Fiber	4g
Sugar	4g
Protein	21g
Cholesterol	68mg
Sodium	238mg
Potassium	524mg

Directions

- 1 Preheat oven or grill to 450F
- 2 Combine all seasonings together (except garlic salt) to create a dry rub. Cut steak into strips and combine steak with dry rub in a bag so that each piece gets fully coated.
- 3 Cut onions and bell peppers into slices, combine with avocado oil and garlic salt.
- 4 Cut 6 pieces (grill) or 3 pieces (oven) of 18 x 18 inch heavy duty aluminum foil.
- 5 Split veggies and meat among 3 pieces of foil evenly. If you are cooking on the grill, you'll wrap each packet twice. So wrap the packet once, place it seam side down in the second sheet of foil and then wrap it again, this way you can flip it on the grill without losing any juice!
- 6 For grill - Cook foil packets for 15 minutes on each side. For the oven - make steamer packets and cook for 30 minutes. Open up packets and broil for five minutes. Remove from the grill and let cool until they can be handled without injury (or use tongs) before unwrapping.

Notes

Steak Modification:, Decrease the cooking time by the following for each: Medium - 5 minutes Medium Rare - 10 minutes Rare - 10-15 minutes Watch the internal temperature! It should come to a temp of 130F minimum!

Servings, Makes 8 tacos, 1 serving = 1 taco

Vitamin A	427IU
Vitamin C	6mg
Calcium	163mg
Iron	2mg
Vitamin D	3IU



One Pan Sausage, Kale & Jicama Home Fries

2 servings

30 minutes

Ingredients

- 8 ozs Organic Chicken Sausage (roughly sliced)
- 2 cups Jicama (peeled, diced)
- 1/4 cup Water
- 4 cups Kale Leaves (stems removed, roughly chopped)
- 1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	308
Fat	17g
Carbs	23g
Fiber	8g
Sugar	5g
Protein	18g
Cholesterol	136mg
Sodium	1790mg
Potassium	620mg
Vitamin A	2049IU
Vitamin C	66mg
Calcium	238mg
Iron	7mg
Vitamin D	0IU

Directions

- 1 In a skillet over medium heat, cook the sausage breaking it up as it browns. Leave the rendered fat and set aside the sausage on a plate.
- 2 In the same skillet, add the diced jicama and cook over medium-high heat for 1 to 2 minutes or until brown on one side. Lower the heat to medium, add water and cook for 5 to 7 minutes or until tender.
- 3 Add the kale to the jicama and cover with a lid. Cook over medium heat for 1 to 2 minutes, or until the kale is wilted. Then add the sausage back to the skillet and mix until warmed through. Add sea salt to taste.
- 4 Divide into bowls and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days.

Serving Size, One serving equals approximately 1 1/4 cups.

More Flavor, Cook in oil and add your choice of spices like cumin, paprika or chili powder.

Meal Prep, Cook the jicama in advance to save time.

No Kale, Use another hearty green such as rapini, dandelion or shaved brussels sprouts.

No Chicken, Use turkey sausage, pork sausage or ground meat instead.

Make it Vegan, Use lentils instead of sausage.



Baked Chicken & Carrots with Cilantro Lime Sauce

4 servings

30 minutes

Ingredients

- 1 lb Chicken Breast
- 3 Carrot (medium-sized, peeled, roughly chopped)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1/2 tsp Sea Salt (divided)
- 1 1/2 cups Cilantro
- 1 1/2 tbsps Ginger (fresh, grated or minced)
- 1 tbsp Lime Juice
- 1 tbsp Water (optional)

Nutrition

Amount per serving	
Calories	296
Fat	17g
Carbs	5g
Fiber	1g
Sugar	2g
Protein	29g
Cholesterol	92mg
Sodium	387mg
Potassium	615mg
Vitamin A	8088IU
Vitamin C	6mg
Calcium	27mg
Iron	1mg
Vitamin D	1IU

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Arrange the chicken and carrots on the baking sheet. Season with a quarter of the oil and half of the salt. Bake for 25 to 30 minutes or until the chicken is cooked through and the carrots are tender.
- 3 While the chicken is cooking, add the cilantro, ginger, lime and remaining salt to a food processor. With the food processor running, add in the remaining oil. Blend until mostly smooth. Add in the water to thin, if necessary.
- 4 Divide the chicken and carrots between plates and spoon the cilantro lime sauce over top. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days.

Serving Size, One serving is half a chicken breast, 3/4 cup of carrots and 2 tablespoons of the sauce.

More Flavor, Season chicken and carrots with black pepper, ground ginger, cumin, paprika, garlic powder or chili powder as well before baking.

No Chicken Breast, Use chicken thighs or drumsticks instead.

More Veggies, Add in cauliflower, zucchini or potatoes.



Haddock with Creamed Spinach & Peppers

2 servings

20 minutes

Ingredients

- 2 Haddock Fillet
- 1 tbsp Extra Virgin Olive Oil (divided)
- 1/4 tsp Sea Salt (divided)
- 1/4 tsp Black Pepper (divided)
- 1/2 Red Bell Pepper
- 1 Garlic (clove, minced)
- 8 cups Baby Spinach (roughly chopped)
- 1/3 cup Goat Cheese
- 2 1/2 tbsps Organic Cream

Nutrition

Amount per serving	
Calories	313
Fat	14g
Carbs	8g
Fiber	4g
Sugar	3g
Protein	39g
Cholesterol	117mg
Sodium	902mg
Potassium	1318mg
Vitamin A	12362IU
Vitamin C	72mg
Calcium	180mg
Iron	4mg
Vitamin D	35IU

Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper. Place the fish fillets on the baking sheet and season with half of the oil, half of the salt and half of the pepper. Bake for 10 to 12 minutes or until cooked through and fish easily flakes with a fork.
- 2 Meanwhile, heat the remaining oil over medium heat in a large non-stick pan. Add the bell pepper and garlic and cook 3 to 5 minutes until the pepper is just tender. Add the spinach to the pan and cook until spinach has wilted.
- 3 Add the goat cheese, cream and the remaining salt and pepper to the pan. Stir to combine with the spinach and peppers until the goat cheese has melted and the vegetables are well combined with the creamy sauce.
- 4 Divide the creamed spinach and peppers between plates and top with the baked fish fillets. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to two days.

Serving Size, One serving is 1 fish fillet and approximately 1/2 cup of creamed spinach and peppers.

More Flavor, Serve with a lemon wedge or add a pinch of nutmeg to the creamed spinach and peppers.

No Haddock, Use another fish like cod, halibut or salmon.

Stove Top Method, Pan-fry the fish instead of baking it for a crispy exterior.



20 Minute Spicy Asian Chicken Tacos

4 servings

25 minutes

Ingredients

- 1 lb Chicken Breast
- 1 tsp Ground Ginger
- 3 Garlic Cloves
- 3 tbsps Coconut Aminos
- 1 tbsp Honey
- 1 stalk Green Onion
- 1/2 tsp Red Pepper Flakes
- 1 tbsp Avocado Oil
- 1 head Butter Lettuce
- 1 cup Purple Cabbage
- 1/4 cup Cashews

Nutrition

Amount per serving	
Calories	290
Fat	11g
Carbs	12g
Fiber	1g
Sugar	8g
Protein	36g
Cholesterol	117mg
Sodium	270mg
Potassium	570mg
Vitamin A	498IU
Vitamin C	14mg
Calcium	25mg
Iron	1mg
Vitamin D	1IU

Directions

- 1 Tenderize your chicken and slice into small strips.
- 2 Heat 1 tbsp oil in a 10-inch nonstick skillet over medium-high heat. Add chicken, ginger, and garlic; cook 3 to 5 minutes, **STIRRING FREQUENTLY** until lightly browned.
- 3 Stir in coconut aminos, honey, onion, and sriracha/pepper flakes. Reduce heat to low; cover and cook 5 minutes, stirring occasionally until chicken is no longer pink in center.
- 4 To serve, place slightly less than 1/4 cup chicken mixture in each taco shell or lettuce shell. Top with lettuce, more sriracha, or whatever else you wish. Optional garnish with cashews, sesame seeds, and cabbage.

Notes

No Coconut Aminos? Use gluten-free soy sauce or just soy sauce.

Nut Free? Use peanuts as garnish or sunflower seeds.



Meatballs with Sriracha Cream Sauce & Curried Cabbage

4 servings

30 minutes

Ingredients

- 1 lb Extra Lean Ground Beef
- 1 1/2 tsps Sea Salt (divided)
- 8 cups Napa Cabbage (chopped)
- 3 tsps Extra Virgin Olive Oil
- 1 1/2 tsps Curry Powder
- 1 1/2 cups Organic Coconut Milk (from the can)
- 3 tsps Sriracha
- 2 tsps Water (optional)

Nutrition

Amount per serving	
Calories	514
Fat	38g
Carbs	17g
Fiber	6g
Sugar	9g
Protein	27g
Cholesterol	74mg
Sodium	1326mg
Potassium	877mg
Vitamin A	566IU
Vitamin C	69mg
Calcium	104mg
Iron	5mg
Vitamin D	3IU

Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with foil.
- 2 In a mixing bowl, use your hands to combine the ground beef and 1/3 of the salt. Divide and form into meatballs about 1 1/2 inches in diameter. Transfer to the baking sheet.
- 3 In a separate baking dish, combine the cabbage, olive oil, curry powder and 1/3 of the salt. Add the meatballs and cabbage to the baking sheet and cook in the oven until the beef reaches an internal temperature of 160°F (71°C), about 15 to 20 minutes.
- 4 Meanwhile, combine the coconut milk, sriracha and remaining salt in a small pot over medium-low heat. Cook until just warmed through and there are no clumps of coconut milk left. If needed, add water one tablespoon at a time if the sauce is too thick.
- 5 Divide the meatballs and cabbage onto plates or into containers if on-the-go. Top the meatballs with the sriracha cream sauce. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days.

Serving Size, Each serving equals approximately 3 to 4 meatballs, 1/3 cup of sriracha cream sauce, and 1.5 cups of roasted cabbage.

More Flavor, Add breadcrumbs, egg, spices or herbs to your meatballs.

Additional Toppings, Top with sliced green onions or sesame seeds.

No Sriracha Sauce, Use tomato paste or curry powder with the coconut milk instead of sriracha.



Chili Lime Shrimp Tacos

4 servings

25 minutes

Ingredients

- 1 lb Shrimp (large, peeled)
- 1 Lime (zested and juiced, separated)
- 2 tbsps Extra Virgin Olive Oil
- 2 Garlic (cloves, minced)
- 1 tsp Chili Powder
- 1/2 tsp Sea Salt (divided)
- 4 cups Green Cabbage (shredded)
- 8 Corn Tortilla

Nutrition

Amount per serving	
Calories	325
Fat	9g
Carbs	35g
Fiber	5g
Sugar	3g
Protein	26g
Cholesterol	183mg
Sodium	466mg
Potassium	482mg
Vitamin A	290IU
Vitamin C	36mg
Calcium	315mg
Iron	2mg
Vitamin D	0IU

Directions

- 1 In a large bowl combine the shrimp, lime zest, olive oil, garlic, chili powder and half of the salt. Let shrimp marinate for 10 to 15 minutes.
- 2 Meanwhile, in a second bowl combine the cabbage with the lime juice and remaining salt and toss well. Set aside.
- 3 Heat a large nonstick pan over medium-high heat. Cook the shrimp until no longer opaque, about 1 to 2 minutes per side.
- 4 Meanwhile, warm the tortillas in a skillet over medium-low heat turning occasionally until soft.
- 5 To assemble the tacos, layer the cabbage and shrimp on top of a warm tortilla and season with additional lime juice if needed. Enjoy!

Notes

More Flavour, Add your favourite taco toppings like avocado, salsa, cheese, jalapeno, sour cream and cilantro.

Grain-Free, Use lettuce wraps instead of corn tortillas.

Serving Size, One serving is equal to two tacos.

Time Saver, Tortillas can also be warmed in the microwave. Wrap the tortillas in a paper towel and heat for 30 to 60 seconds until soft and pliable.



One Pan Maple Miso Glazed Chicken with Veggies

4 servings

30 minutes

Ingredients

- 4 cups Broccoli (chopped into florets)
- 2 Carrot (medium, chopped)
- 1 tbsp Extra Virgin Olive Oil
- 1/2 tsp Sea Salt (divided)
- 1/4 tsp Black Pepper
- 2 tbsps Miso Paste
- 2 tbsps Maple Syrup
- 1 tbsp Sesame Oil
- 1 tbsp Ginger (grated)
- 1 lb Chicken Thighs (boneless, skinless)

Nutrition

Amount per serving	
Calories	284
Fat	12g
Carbs	18g
Fiber	4g
Sugar	10g
Protein	26g
Cholesterol	107mg
Sodium	870mg
Potassium	689mg
Vitamin A	5691IU
Vitamin C	83mg
Calcium	72mg
Iron	2mg
Vitamin D	1IU

Directions

- 1 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Arrange the broccoli and carrots on the prepared baking sheet. Drizzle with the olive oil and season with half the salt and pepper.
- 3 In a small mixing bowl whisk together the miso paste, maple syrup, sesame oil, ginger and remaining salt.
- 4 Place the chicken on the baking sheet with the veggies and lightly brush each side of the chicken with 1/4 of the miso glaze.
- 5 Bake the chicken for 15 minutes. Remove from the oven and then coat the chicken in the remaining miso glaze. Toss the vegetables and return to oven. Bake for an additional 10 minutes or until chicken is cooked through.
- 6 Divide the chicken and veggies between plates, season with additional salt if needed and enjoy!

Notes

Mix it Up, Instead of broccoli and carrots, use cauliflower and bell peppers instead.

No Chicken Thighs, Use chicken breast instead.

Miso Paste, A salty paste made from fermented soybeans. We used white miso, but any color will work in this recipe.

Leftovers, Will keep in the fridge for up to 3 days.