

YOU'LL LOVE THESE RECIPES!



From <https://natashaskitchen.com/egg-roll-in-a-bowl-recipe/>

EGG ROLL IN A BOWL

Nutrition: Protein 24g, Carbs 8g, Fat 23g, Calories 335, Sodium 961mg, Sugar 4g

INGREDIENTS

1 pound ground beef, we used 85/15 (ProTip: lower the fat with leaner protein)

1 Tbsp. olive oil

½ tsp. fine sea salt, or to taste

¼ tsp. pepper, or to taste

½ onion, finely diced

1 carrot, julienned or coarsely grated

3 garlic cloves, minced

3 cups cabbage, thinly sliced

1 tsp. ground ginger

¼ cup low sodium soy sauce

2 tsp. sesame oil

½ tsp. granulated sugar

1 Tbsp. chopped green onion, optional for garnish

¼ tsp. sesame seeds, optional for garnish

INSTRUCTIONS

Set a large skillet over medium/high heat and add oil.

Once hot, add ground beef and brown until no longer pink, about 5 minutes, breaking up the meat with a spatula as it's cooked. Season with salt and pepper.

Add onion and carrots and sauté until onion is tender, 5-7 minutes, stirring occasionally. Add the garlic and cook another 30 seconds, stirring constantly.

Finally add the cabbage, ginger, soy sauce, sesame oil, and sugar. Continue sautéing for 5-7 minutes, stirring occasionally, or until the cabbage is tender.

Serve garnished with green onion and sesame seeds, if desired.

ADD INS

ADD EGG – Once the cabbage is desired doneness, make a well in the center of the skillet and add an egg, scramble, and cook until ready then stir into the rest of the ingredients.

ADD SPICE – For some heat, you can add Sriracha sauce or red pepper flakes.

MUSHROOMS – Add mushrooms that are sliced or finely diced and sauté.

BELL PEPPERS – Though bell peppers aren't traditionally added to egg rolls, they are great to add if you want more vegetables.

PEANUTS – Peanuts add a great crunch to the easy dish.

TO SERVE

ENJOYED AS IS, OR SERVE – With peanut sauce or sweet and sour sauce, over rice, paired with a veggie i.e. roasted cauliflower or roasted broccoli, or with an Asian salad.

GREEK CHICKPEA SALAD

Nutrition: Protein 3.2g, Carbs 6.9g, Fat 2.5g, Calories 76, Sodium 123.5mg, Sugar 1g

INGREDIENTS

- 1 (15 oz) can chickpeas, rinsed and drained
- 1 medium red bell pepper, finely diced
- 1 small red onion, finely diced
- 1 pint grape tomatoes, halved (or about 10 ounces Roma tomatoes, chopped)
- 1 (4 oz) can sliced black olives
- 1 English cucumber, cut into quarters and sliced
- ½ cup crumbled feta cheese (Pro Tip: Buy a block of feta cheese and crumble yourself for more flavor!)

EASY GREEK VINAIGRETTE RECIPE

- 3 Tbsp. olive or avocado oil
- 2 tsp. lemon juice
- 3 Tbsp. red wine vinegar
- ¼ tsp. garlic powder
- 2 tsp. dried oregano
- ¼ tsp. salt and ¼ tsp. pepper + more to taste

The vinaigrette can be tossed together in minutes. Combine all of the vinaigrette ingredients. You can whisk them in a small bowl or, if you have a jar with a tight-fitting lid, add the ingredients to the jar, screw on the lid and shake the jar vigorously to fully mix the ingredients.

INSTRUCTIONS

Dice and chop up all of the veggies and drain the canned ingredients.

Add all prepared ingredients to a large serving bowl.

Pour the Greek salad dressing over the salad ingredients and toss well until everything is well coated in the dressing.

TIPS

MAKE AHEAD! This salad can be made several hours before you plan to serve it. The vinaigrette for this salad can be made up to 3 days in advance. Store it in the fridge until you're ready to make your salad.

ADD INS

PROTEIN – Make it a meal by serving chickpea salad alongside cooked chicken, fish, shrimp or smoked sausage.

BEANS – You can use a blend of different types of beans for added flavor and texture. Some great choices include kidney beans or Great Northern beans.

VEGGIES – Feel free to add other vegetables to the mix, such as marinated artichokes, grilled zucchini or corn.

FRESH HERBS – fresh parsley or fresh dill would be delicious!

DRESSING – can substitute ½ to 1 cup of your favorite bottled Greek vinaigrette.

VEGAN CHICKPEA SALAD – This salad can easily be made dairy-free and vegan by omitting the feta cheese.



TO SERVE

RIGHT OUT OF THE BOWL – The chickpeas and all of the veggies make this salad plenty filling for a light meal. You could also add diced grilled chicken or shredded rotisserie chicken for a little more oomph.

WITH FRESH GREENS – If you wanted to up the veggies even more, you could toss this chickpea salad with fresh greens, then add on a bit of extra vinaigrette to create a green salad.

AS A SIDE DISH – The way I usually serve this salad is as a side dish to grilled meats, burgers or sandwiches.

From <https://www.kimscravings.com/healthy-greek-chickpea-salad/>



CURRIED CHICKEN SALAD

Nutrition: Protein 23g, Carbohydrate 13g, Fat 28g, Calories 375, Sodium 457mg, Sugar 9g

INGREDIENTS

- ½ cup non-fat greek yogurt
- 1–2 tsp. curry powder
- ½ lime, juiced
- pinch of salt, more to taste
- 2 cups cooked chicken, diced or shredded
- ½ medium apple with peel, diced
- 1 stalk celery, diced
- 2 Tbsp. red onion, diced
- ¼ cup raisins
- ¼ cup dry-roasted cashews, roughly chopped
- 2–4 Tbsp. fresh cilantro

INSTRUCTIONS

In a medium bowl mix together the mayonnaise, curry powder, lime juice, and salt.

Next add the cooked chicken, diced apple, celery, and onions and stir until well combined.

Fold in the raisins, cashews, and cilantro.

Serve in a lettuce wrap, on a bed of greens or in a tortilla wrap or between slices of your favorite bread.

From <https://therealfooddietitians.com/curry-chicken-salad/>