

Lettuce Leaf Tacos

Ingredients:

- 1 green bell pepper, chopped
- 1 yellow onion, chopped
- 2 tablespoons olive oil
- 2 tablespoons chicken stock (optional)
- 1 pound ground beef
- 3 tablespoons taco seasoning
- 2 large roma tomatoes, chopped
- ½ teaspoon salt
- 1 (8 oz.) package shredded cheddar cheese
- 12 large romaine lettuce leaves

Directions:

1. Cook and stir green bell pepper and yellow onion in a skillet over medium heat with olive oil and chicken broth until onion is translucent, about 5 minutes.
2. Cut up ground beef into small pieces; place into a separate skillet over medium heat. Cook and stir ground beef with taco seasoning until beef is browned and crumbly, 5 to 8 minutes. Drain excess grease.
3. Sprinkle roma tomatoes with salt in a bowl. Place cheddar cheese into a separate bowl.
4. Fill each lettuce leaf with about 2 tablespoons beef filling; top with 1 to 2 teaspoons green pepper mixture, roma tomato, about 1 1/2 tablespoons cheddar cheese

Serves 12

Nutrition Information:

Calories: 175, Fat: 13 g, Carbohydrate: 3 g, Fiber: 1 g, Protein: 13 g

Strawberry Smoothie

Ingredients:

16 oz. unsweetened Almond milk

½ cup strawberries

½ cup plain Greek yogurt

1 cup fresh spinach

6 ice cubes

Directions:

1. Place all ingredients into the blender and pulse until mixed.

Serves 2

Nutrition Information:

Calories: 140, Fat: 10 g, Carbohydrate: 7 g, Fiber: 5 g, Protein 7 g

Quinoa Salad

Ingredients:

2 cups quinoa

3 cups water

1 pound cherry tomatoes

1 cucumber cut in ¼" half circles

2 tablespoons olive oil

2 tablespoons red wine vinegar

4 ounces Feta cheese

2 cups spinach

1 tablespoon chopped parsley

1 teaspoon salt

1 teaspoon pepper

Directions:

1. In a medium saucepan, cover the quinoa with the water. Cover and cook over moderately low heat until all of the water has been absorbed and the quinoa is tender, about 10-12 minutes. Stir and let cool to room temperature.
2. Coat the cherry tomatoes in a teaspoon of olive oil and roast in oven until collapsed and tender.
3. In a large mixing bowl, mix together room temperature quinoa, roasted cherry tomatoes, cucumbers, spinach, parsley, salt, and pepper.
4. Add red wine vinegar and olive oil and completely incorporate.
5. Top with feta cheese and serve.

Serves 4

Nutrition Information:

Calories: 320, Fat: 13 g, Carbohydrate: 35 g, Fiber: 7 g, Protein: 11 g