

Ingredients

- 1 ½ pounds – Brussels Sprouts
- 3 Tbsp. – Extra Virgin Olive Oil
- *Optional – minced garlic
- ¾ Tps. – pink Himalayan salt (or kosher salt)
- ½ Tps. – Montreal Steak Seasoning Pepper (or ground pepper)
- ½ Tps. – Cajun seasoning
- 2 Tbsp. – balsamic vinegar
- 2 Tps. – honey

Time

Prep Time
30Min



Cook Time
30Min



Total Time
60Min

Direction

1. Mix all ingredients except for honey, let marinate for at least 30 minutes or overnight.
2. Preheat oven to 400-425 degrees
3. Line baking sheet with aluminum foil and transfer Brussels onto sheet, roast until tender and caramelized, about 25 minutes (mix around every 10 minutes for even roasting)
4. During the last 5 minutes of roasting, drizzle honey onto Brussels sprouts.



HONEY ROASTED BRUSSELS SPROUTS



ALERAGROUP

Ingredients

4 Tsp. olive oil
1 lb. lean ground turkey
½ cup onion, diced
2 cloves garlic, minced
1 cup bell pepper, diced (any color)
1 Tbsp. serrano pepper, minced
1 can (15 oz) diced tomatoes, no salt added
1 ½ cup beans (pinto, black, kidney)
3 cups butternut squash, cubed
2 cups chicken broth, low sodium
2 Tbsp. chili powder
1 Tsp. cumin
¼ Tsp. cayenne

Time



Prep Time
10Min



Cook Time
50Min



Total Time
60Min

Direction

1. In a large pot, heat 2 tps. of olive oil to Med-High.
2. Add onion, garlic and ground turkey. Cook until ground turkey is no longer pink.
3. Add the 2 remaining tps. of olive oil, bell pepper, serrano pepper, chili powder, cumin, paprika and cayenne. Cook for 5 minutes.
4. Add in diced tomato (with juice), chicken broth, butternut squash and beans. Bring to a boil.
5. Adjust heat to low, partially cover, and let simmer for 30 minutes or until squash is soft.



BUTTERNUT SQUASH TURKEY CHILI

Ingredients

1 cup fresh orange juice
½ cup fresh lime juice
1 Tps. salt
1 Tps. ancho chili powder
½ Tps. freshly ground black pepper
½ Tps. ground cumin
½ Tps. dried oregano
2 garlic cloves, crushed
1 (3 ½ pound) bone in pork shoulder,
trimmed and cut in half crosswise
1 medium red onion, halved vertically
¼ cup fresh lime juice
¼ cup fresh orange juice
½ Tps. salt
1 jalapeño pepper, seeded and minced
18 (6 inch) gluten free corn tortillas
1 cup guacamole

Time



Prep Time
1 Night



Cook Time
4 Hours



Total Time
Varies

Direction

1. **Pulled Pork:** Combine first 9 ingredients in a large heavy duty zip top plastic bag. Add pork to bag. Seal bag, turning to coat. Marinate in refrigerator overnight, turning occasionally.
2. Preheat oven to 325 degrees.
3. Remove pork from marinade, reserving marinade. Place pork in large Dutch oven; pour marinade over pork. Cover and bake at 325 for 4 hours or until pork is fork tender.
4. **Pickled Onions:** While pork is cooking, place red onion and next 4 ingredients in a medium bowl, tossing to coat. Cover and marinate in refrigerator at least 2 hours.
5. Remove pork from pan, and place on cutting board. Reserve ½ cup cooking liquid; discard remaining liquid. Remove pork from bones; place in a large bowl. Shred pork with 2 forks. Stir in reserved cooking liquid.
6. Place ¼ cup pork mixture on each tortilla. Top with about 1 Tbsp. of guacamole and about 3 Tbsp. of pickled onions.



CITRUS MARINATED PORK TACOS

Ingredients

- 1 to 1 ½ pounds of shredded chicken breasts
- 1 14.5 oz. can diced tomatoes
- 2 cups low sodium chicken broth
- 2 Tps. chili powder
- 1 Tps. cumin
- ¼ cup chopped cilantro
- 1 cup quinoa
- 1 can black beans, drained and rinsed
- 1 cup frozen corn kernels

Optional Ingredients: Shredded cheese, Sour Cream, Avocado, Salsa, Lettuce, Green Onions

Direction

1. Combine chicken breast, diced tomatoes, 1 cup chicken broth, chili powder, cilantro and cumin in a crock pot. Make sure chicken is covered (add additional broth if needed). Cover with the lid and cook on low for 3 to 4 hours.
2. Uncover and add the quinoa, beans, corn and 1 cup broth. Cover and continue cooking on low for another 3 to 4 hours. Check the quinoa periodically to make sure it cooks evenly; add more chicken broth if mixture seems dry. Cooking is done when quinoa is tender.
3. Use 2 forks to shred the chicken into bite sized pieces. You can do this in the crock pot itself, or remove chicken onto cutting board and shred separately.
4. Serve burrito bowls with selection of toppings

Time



Prep Time
10Min



Cook Time
8Hours



Total Time
8Hours



CHICKEN BURRITO BOWL

Ingredients

1 Tbsp. olive oil
1-2 zucchini (1 lb.)
Salt
Pepper

Time



Prep Time
10Min



Cook Time
5Min



Total Time
15Min

Direction

1. Use a vegetable spiralizer to make zucchini noodles. Set aside in a bowl.
2. In a large pan, heat olive oil
3. Add zucchini noodles, salt and pepper to pan.
4. Stir for 3-5 minutes until noodles are tender. Note: The noodles do not take long to cook. Be careful not to over-cook the noodles or they will become mushy.
5. Once noodles are cooked, drain any access water.
6. Serve with shredded cheese or your favorite sauce!



ZUCCHINI NOODLES

Ingredients

4 boneless, skinless chicken breasts
cut in half lengthwise

1 cup mild or medium tomato salsa
(homemade or from jar)

1 can (4 oz.) diced green chilis w/juice

1 to 2 Tbsp. Cholula or other Mexican
type hot sauce

½ small onion, diced

2 Tbsp.. fresh squeezed lime juice

1 head of iceberg or romaine lettuce,
washed and separated

Avocado Salsa

Time



Prep Time
5 Min



Cook Time
5 Hours



Total Time
5 Hours

Direction

1. Spray the inside of the slow cooker with nonstick spray and arrange chicken strips in the bottom
2. Mix together the salsa, onion, diced green chilis with juice, lime juice and hot sauce (start with 1 Tbsp.. of hot sauce and taste before adding more).
3. Pour the sauce mixture over the chicken and cook on low for about 5 hours or until chicken is very tender.
4. When chicken is done, remove each piece with a slotted spoon and lay it on a cutting board to cool. Turn the slow cooker to high and leave the lid partly off so steam can evaporate.
5. When the chicken has cooled enough, use your clean hands or 2 forks to pull it apart into shredded chicken pieces.
6. Put the chicken back into the slow cooker, stir to combine with the sauce and let it heat back up while you prepare the other ingredients. If there seems to be a lot of sauce, just scoop the chicken back out with a slotted spoon



CHICKEN LETTUCE WRAPS TACOS

Ingredients

- 1 15.5 oz. can black beans, rinsed & drained
- 3 eggs
- 2 Tbsp.s coconut oil
- ¼ cup cocoa powder
- 1 pinch salt
- 1 Tps. vanilla extract
- ¼ cup Stevie
- ½ cup semi-sweet chocolate chips

Time



Prep Time
15Min



Cook Time
30Min



Total Time
45Min

Direction

1. Preheat oven to 350 degrees. Lightly spray an 8x8 square baking dish.
2. Combine the black beans, eggs, oil, cocoa powder, salt, vanilla and Stevie into food processor or blender, blend until smooth. Stir in chocolate chips. Pour blended mixture into baking dish.
3. Bake in preheated oven until top is dry and the edges start to pull away from the sides of the pan, about 30 minutes.



BLACK BEAN BROWNIES

Ingredients

- 1 cup chopped yellow or red onion
- 1 Tbsp. olive oil
- 2 Tps.s garlic minced
- 1 cup Chianti or red Italian wine
- 28 ounces Roma tomatoes
- 1 Tbsp. chopped fresh parsley
- 1 Tbsp. chopped fresh basil
- 1 Tps. fresh ground pepper

Time



Prep Time
15Min



Cook Time
25Min



Total Time
40Min

Direction

1. In large pan, heat olive oil
2. Add onion and cook over medium heat for ten minutes
3. Add garlic and cook for five minutes
4. Add wine and cook on high for ten minutes
5. Stir in tomatoes, parsley, basil and pepper
6. Cover and simmer on low heat for 20 – 25 minutes.
7. Makes 10 generous servings



LOW SODIUM TOMATO & BASIL MARINARA

Ingredients

1/3 cup unsalted pine nuts, lightly
toasted (walnuts can also be used)
1 packed cup fresh basil leaves
2 garlic cloves
1/3 cup extra virgin olive oil
1 Tps. low sodium Parmesan cheese
(optional since this is the ingredient
with highest salt content)

Time



Prep Time
10Min



Cook Time
10Min



Total Time
20Min

Direction

1. Wash basil, pick leaves from stems, throw stems in compost.
2. Place all ingredients in food processor and blend to make a course paste.
3. If paste is too thick, add 2 Tps.s olive oil and mix a bit more in the processor.
4. To store, seal and refrigerate up to three days.
5. Makes approximately 1 cup.



LOW SODIUM PESTO SAUCE

Ingredients

- ¼ cup coconut oil
- 1 cup chopped onions
- 1 clove garlic, minced
- 3 cups vegetable broth
- 1 Tps. curry powder
- ½ Tps. salt
- ¼ Tps. ground coriander
- ¼ Tps. crushed red pepper flakes
- 1 (15 ounces) can 100% pure pumpkin
- 1 cup light coconut milk

Direction

1. Heat the coconut oil in a deep pot over medium-high heat.
2. Stir in the onions and garlic; cook until the onions are translucent, about 5 minutes.
3. Mix in the vegetable broth, curry powder, salt, coriander, and red pepper flakes.
4. Cook and stir until the mixture comes to a gentle boil, about 10 minutes.
5. Cover, and boil 15 to 20 minutes more, stirring occasionally.
6. Whisk in the pumpkin and coconut milk and cook another 5 minutes.
7. Pour the soup into a blender, filling only half way and working in batches if necessary; process until smooth.
8. Return to a pot, and reheat briefly over medium before serving.

Time



Prep Time
10Min



Cook Time
35Min



Total Time
45Min



COCONUT CURRY PUMPKIN SOUP