

# TEAM TRANSFORM YOUR LIFE

## Recipes

### Turkey Meatballs with Fresh Homemade Salsa by Lisa Wolny

Serves 4 - Nutrition: Cal 334 / Fat 16 g / Protein 43 g (Meatballs only)  
Nutrition: Cal 371 / Fat 17g / Protein 44 g (Meatballs with Salsa)

- o 2 lbs lean ground turkey
- o 2 egg whites
- o 3 crushed garlic cloves
- o 1/3 cup chopped onion
- o Squeeze of mustard
- o Hys Seasoning salt (no msg)
- o Pepper to taste

Mix together and form into small balls using a small cookie scoop. Bake at 350 degrees for about 20 min or until done. These freeze very well, if you double the batch and have a bunch of leftovers!  
They are great to have on hand to have as a mid afternoon snack. They are kind of dry so eat with fresh salsa.

#### Fresh Salsa

- o 4 vine ripened tomatoes diced
- o 1 cup chopped green peppers
- o 1 cup chopped onion
- o 1/2 large jalapeno finely chopped (add more or less depending on how hot you like it)
- o 1 cup chopped fresh cilantro
- o 1 1/2 large limes juiced
- o 1 tsp salt (add more if needed)

Mix together and serve with Turkey Meatballs or grilled chicken, quinoa, brown rice or anything else that requires some extra flavour!

Meal Idea: Serve meatballs with salsa, mix together with 3/4 cup cooked quinoa for a great meal.  
Serve with a side salad. Add 1/4 of an avocado for some healthy fat or serve your salad with oil  
(I like to use flaxseed oil and balsamic vinegar for my dressing).

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## Recipes

### Chicken Tikka Masala by Joanne Penn

Lighter version of an Indian dish with bold flavours of yogurt, lime and ginger plus a seasoned, creamy tomato sauce.

Nutrition: Cal 374 / Fat 9.5 g / Protein 51.3 g Servings: 4

- o 2/3 cup(s) plain yoghurt, nonfat
- o 1 tablespoon(s) lime juice, fresh
- o 1 teaspoon(s) ginger root, fresh, grated
- o 2 medium garlic cloves, minced
- o 1 teaspoon(s) cumin, ground
- o 1 teaspoon(s) coriander, ground
- o 4 6 oz. chicken breasts, boneless, skinless

Sauce:

- o 2 teaspoon(s) olive oil
- o 1 medium garlic clove, minced
- o 1 small jalapeno, minced
- o 1 teaspoon(s) cumin
- o 1/2 teaspoon(s) paprika
- o 1 14 oz. can(s) tomato sauce
- o 1/2 14 oz. can(s) diced tomatoes
- o 1 cup(s) evaporated milk, lowfat
- o 1/4 cup(s) cilantro, fresh, chopped
- o 1/4 teaspoon(s) black pepper

Directions:

Preparing the chicken: In a large bowl, whisk together first six ingredients (yoghurt through coriander). Slice chicken breasts in half horizontally to make 2 thin chicken cutlets per breast. Add chicken and toss to coat. Cover bowl and marinate for 1 hour and up to 24 hours.

Preheat grill or broiler. Line a baking sheet with foil. Lay chicken cutlets in a single layer and grill or broil for 7 -10 minutes, until chicken is cooked through, turning once. Let the chicken rest for 5 minutes and then cut it into cubes.

Preparing the sauce: Heat oil in a large, high-sided skillet (or wide saucepan) over medium heat.

Add remaining minced garlic clove and jalapeno and cook 1 minute. Add cumin and paprika and stir to coat.

Add tomato sauce and diced tomatoes. Let simmer for 10 minutes. Reduce heat to low and slowly add evaporated milk a little at a time, simmer 5 minutes, stirring frequently.

(If you add evaporated milk too quickly the sauce will curdle.)

Add chicken to tomato mixture and simmer 1 minute. Remove from heat and stir in chopped cilantro.

Serve with brown rice or brown Basmati rice (additional calories).

This meal can be frozen. Thaw in the fridge overnight. Heat in a saucepan on medium heat, stirring frequently, or microwave at a medium setting just until heated through. (Chicken will become tough if microwaved too long).

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## Recipes

### Curried Red Lentil, Chicken and Swiss Chard Stew with Garbanzo Beans by Joanne Penn

Serves 6

Nutrition: Cal 551 / Fat 9.3 g / Protein 47.5 g

Modified from Epicurious recipe

- o 2 tbsp coconut oil
- o 1 lb chicken breast, boneless, skinless
- o 1 large onion, thinly sliced
- o 1 cup celery, diced fine
- o 2 garlic cloves, minced
- o 1 cup red bell pepper, diced fine
- o 1 large bunch or 2 small bunches Swiss chard, tough stalks removed, coarsely chopped (about 12 cups)
- o 5 tsp curry powder
- o 1/4 tsp cayenne pepper
- o 6 cups low sodium chicken broth
- o 1 lb red lentils (about 2 1/4 cups)
- o 1 15-ounce can garbanzo beans (chickpeas), drained

Cut chicken breasts into 1 inch cubes. Heat coconut oil in heavy large saucepan over medium-low heat. Brown chicken pieces and then remove from pan and leave juices (chicken should not be cooked all the way through).

Add onion and celery and sauté until tender, about 13 minutes. Add minced garlic, red bell pepper and swiss chard stems and cook for 1 minute. Mix in curry and cayenne. Add chicken broth and increase heat; bring to boil. Add lentils, chickpeas & chicken strips; reduce heat to medium.

Cover and simmer until lentils are tender, stirring occasionally for about 10 minutes.

Add swiss chard leaves in the last 5 minutes of cooking. Consider adding some lemon juice /salt at the end. This recipe can be frozen.

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## Recipes

### Shrimp Pad Thai submitted by Joanne Penn (From Clean Eating Magazine – October 2012)

Serves 4

Nutrition: (1/4 of recipe) Calories: 378; Total fat 9 g; Sat fat 1 g; Carbs 56 g; Fibre 6 g; Sugars 6 g; Protein 23 g; Sodium 540 mg; cholesterol 86 mg

- o 8 oz Brown Rice Noodles
- o 1 tbsp jarred tamarind paste
- o 2 tsp fish sauce
- o 4 tsp Sucanat
- o 1/2 tsp red pepper flakes
- o 1 tbsp high-heat cooking oil (such as sunflower, safflower, peanut or grape seed oil)
- o 2 shallots, finely chopped
- o 2 cloves garlic, minced
- o 8 oz peeled, deveined shrimp (preferably tail on)
- o 6 green onions, white & light green parts, plus half dark green parts, halved lengthwise and cut into 2- inch leng
- o 1 1/2 cups bean sprouts
- o 1/3 cup cilantro, fresh, chopped
- o 3 tbsp dry-roasted unsalted peanuts
- o 1 lime, cut into wedges (optional)

Prepare noodles according to package directions. Drain and set aside.

Bring a small pot or kettle to a boil. In a medium bowl, whisk 3/4 cup boiling water, tamarind paste, fish sauce, Sucanat and pepper flakes. Set aside. In a large wok or skillet, heat oil on high.

Add shallots and garlic and sauté, stirring often, for 30 seconds.

Add shrimp and sauté until cooked through, about 2 minutes.

Add noodles and toss to combine.

Working 3 to 4 tbsp at a time, gradually add tamarind paste mixture to wok, tossing to coat.

Cook until noodles are tender and well coated, about 3 minutes.

Stir in green onions and bean sprouts and cook, tossing gently, for 30 seconds.

To serve, garnish with cilantro and peanuts. If desired, serve with lime.

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## Recipes

### Spice Rubs by Joanne Penn

Spice rubs are a great way to add flavour without adding a lot of calories.

Sprinkle as much or as little as you would like on a chicken breast, pork tenderloin or fish filet, wrap in parchment paper and bake in the oven until cooked through.

Parchment paper is a great way to cook protein, keeping it moist without adding any fat.

Keep in an airtight container.

#### Southwest Spice Rub

- o 2 tablespoon(s) chili powder
- o 2 teaspoon(s) cumin, ground
- o 2 tablespoon(s) paprika
- o 1 tablespoon oregano, dried
- o 1 tablespoon coriander, ground
- o 1 teaspoon cayenne pepper
- o 1 tablespoon garlic powder
- o 1 teaspoon crushed red pepper
- o 1 tablespoon salt
- o 1 teaspoon black pepper

Directions:

Combine all ingredients thoroughly.

#### Cajun Spice Rub

- o 3 tablespoons paprika
- o 1 tablespoon cayenne, less/more according to taste preference
- o 1 tablespoon thyme leaves
- o 1 tablespoon oregano leaves, dried
- o 2 tablespoons onion powder
- o 2 tablespoons garlic powder
- o 1 tablespoon sea salt, granulated
- o 1 tablespoon black pepper, ground

Directions:

Customize the blend to your taste and add as much, little or no heat to your liking.

Put all ingredients in a container and shake well to combine. Can be stored in a sealed jar up to 3 months.

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## Recipes

### Quinoa Tabbouleh (Cooking Light OCTOBER 1999)

Nutrition: Cal 182 / Fat 4.8g / Protein 5 g Yield: 5 servings (serving size: 1 cup)

Quinoa (KEEN-wah) is well on its way to being dubbed supergrain of the millennium.

High in fiber and a high-quality protein similar to that found in meat, this grain—a diet staple of the ancient Incas cooks up like rice and has a mild flavor similar to couscous.

Quinoa can be found in health-food stores and many supermarkets.

- o 1 3/4 cups water
- o 1 cup uncooked quinoa
- o 1/2 cup coarsely chopped seeded tomato
- o 1/2 cup chopped fresh mint or parsley
- o 1/4 cup raisins
- o 1/4 cup chopped cucumber
- o 1/4 cup fresh lemon juice
- o 2 tablespoons chopped green onions
- o 1 tablespoon extra-virgin olive oil
- o 2 teaspoons minced fresh onion
- o 1/2 teaspoon salt
- o 1/4 teaspoon freshly ground black pepper

#### Preparation

Combine water and quinoa in a medium saucepan; bring to a boil.

Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed.

Remove from heat; fluff with a fork. Stir in tomato and remaining ingredients.

Cover; let stand 1 hour.

Serve chilled or at room temperature.

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## Recipes

### Good Websites for Searching Healthy Recipes

#### ***Epicurious***

This site has great search functionality that allows you to narrow down your search criteria.

The reviews are helpful in determining whether a recipe is one worth making or if other cooks have modified in a way that might appeal to you.

**[www.epicurious.com](http://www.epicurious.com)**

#### ***Cooking Light***

This site is great for finding recipes that give you the nutritional content too.

Whether it's a chicken recipe that you can make ahead of time, a beef recipe you can prepare in the slow cooker or a recipe for an ingredient you've only heard about but never prepared yourself.

This is a great resource.

**[www.cookinglight.com](http://www.cookinglight.com)**

#### ***Clean Eating***

You will find the magazines in Chapters, but the website is a great too.

You can search for recipes that are Quick & Easy, Classics made Clean, 20 minutes or Less, Budget Recipes and 5 Ingredient Meals. All the recipes have nutrition data provided to help you in your daily planning.

The magazine includes lots of tips about how to make your recipes healthy, including which oils to use or nutritional data on ingredients that you should be including in a balanced diet. You're bound to find a recipe the entire family will enjoy and you'll know the nutritional data falls within your plan too.

Finding recipes that your entire family can enjoy is a key to your success.

If you can find 10 recipes that you can use as your "Go To" weeknight meals that everyone can enjoy, you will know how to shop and what needs to be done for supper.

Try to find recipes that you can make ahead and freeze.

On days when you don't have time to prepare a fresh meal, taking a healthy meal out of the freezer will save you from making the wrong choices.

**[www.cleaneatingmag.com](http://www.cleaneatingmag.com)**

These are just a few ... the Internet is a great place to search healthy recipes and meal ideas!