

## Taco Salad

**SERVINGS:** 4-6 | **PREP TIME:** 10 MINUTES | **COOK TIME:** 10-15 MINUTES

### INGREDIENTS:

- **1.5 lbs ground beef**
- **8-10 cups of lettuce**
- **1/3 cup water**
- **2 cups diced tomatoes**
- **1 packet of taco seasoning**
- **Optional: 1-1.5 cups shredded cheese,**  
(any kind - cheddar blend recommended)
- **Optional: 1.5 cups tortilla strips**
- **Optional: sour cream or greek yogurt**



### INSTRUCTIONS:

1. Cook beef in a large skillet over medium heat until browned and cooked fully (around 8-10 minutes). Drain excess fat if necessary.
2. Add taco seasoning and water, stir well, and simmer for 2-3 minutes. Set aside to cool a little.
3. Wash lettuce and tomatoes. Chop lettuce and dice tomatoes.
4. Combine chopped lettuce and diced tomatoes in a bowl.
5. Add the warm taco-seasoned beef on top of the lettuce and tomatoes.
6. Toss gently to combine. Add any toppings like cheese, tortilla strips, sour cream, and/or greek yogurt.



## Kale Wraps

**SERVINGS:** 4-6 | **PREP TIME:** 15 MINUTES

### INGREDIENTS:

- **6-8 large kale leaves**
- **2 cups finely shredded cabbage**
- **1/2 cup greek yogurt**
- **Optional: 1 grated carrot**
- **Optional: 1 tbsp lemon juice or apple cider vinegar**



### INSTRUCTIONS:

1. Wash kale leaves and pat dry (and carrot if using).
2. Shred cabbage (and carrot if using).
3. In a large bowl, combine shredded cabbage, carrot (if using), greek yogurt, lemon juice (if using), salt, and pepper.
4. Stir well and let sit for 5-10 minutes.
5. Lay out kale leaves and spoon 2-3 tbsp of the cabbage-yogurt slaw onto the center of each. Add any extra desired toppings.
6. Roll the kale leaf around the filling like a burrito by folding the sides in and then rolling up.
7. Serve and enjoy!



## One-Pan Chicken & Veggies

**SERVINGS:** 4-6 | **PREP TIME:** 15 MINUTES | **COOK TIME:** 25-30 MINUTES

### INGREDIENTS:

- **1.5-2 lbs boneless, skinless chicken thighs or breasts** (whole)
- **2 medium summer squash**
- **1.5 cups cherry tomatoes**
- **3 tbsp olive oil**
- **1 tsp garlic powder**
- **1 tsp paprika**
- **1 tsp Italian seasoning**
- **Salt and pepper** to taste

### INSTRUCTIONS:

1. Preheat oven to 425 °F.
2. Season both sides of the chicken breasts or thighs with half of the olive oil, garlic powder, paprika, italian seasoning, salt, and pepper.
3. Wash and dice tomatoes and cut the summer squash into small bite-sized pieces.
4. In a large bowl, toss the summer squash, corn, and tomatoes with the remaining olive oil, garlic powder, paprika, italian seasoning, salt, and pepper.
5. Place the chicken breasts on the sheet pan and place the vegetables spread out evenly around them.
6. Roast in the oven for 25-30 minutes, or until the chicken is cooked through (165 °F internal temperature).
7. Remove, cool, and enjoy!

