

## Asian Turkey Burgers

### Ingredients:

1 lb ground turkey  
3/4 cup chopped onion (white, green, or red)  
3 tbsp chopped parsley  
1 finely diced green pepper  
1/2 cup Walden Farms Asian dressing  
1 tbsp low sodium soy sauce  
2 tsp ginger  
1/2 tsp each sea salt, pepper  
2 cloves minced garlic

Combine all ingredients in a bowl and shape into 5-8 oz patties. Place on non stick skillet or BBQ grill, lightly sprayed with non stick cooking spray at medium heat. Cook until desired temperature is reached.

You can “wrap” your patty in a Lettuce bun and top with additional veggies as desired.

## Easy Chicken Dinner

### Ingredients:

1 lb boneless skinless chicken meat, cut into bite sized pieces  
1 red bell pepper, chopped  
8oz mushrooms, sliced  
2 cups zucchini, sliced  
8 oz fresh basil, chopped  
3 cloves of garlic, minced  
3 tbsp olive oil  
Sea salt and pepper to taste

Heat oil in large skillet on high, add chicken and sprinkle with salt and pepper. Cook chicken on one side. Add the vegetables and stir. When food is nearly cooked, push it to one side and add garlic-careful to not let it burn. After about 30 seconds, stir it all together and add basil. Cook another 30-60 seconds and serve!

Makes 3 servings; each serving has 6.5 grams of carbs, 6 grams fiber, 40 grams protein, 353 calories

## Egg Salad

### Ingredients:

6 hard boiled eggs  
2 Tbsp Dijon mustard or Walden Farms Honey Dijon  
1-2 tsp dill pickle juice  
2 cups baby spinach

Dice eggs in bowl; add mustard and dill pickle juice, stir. Take half of mixture and top over baby spinach and enjoy.

## Spicy Chicken and Vegetable Saute

### Ingredients:

1 lb boneless skinless chicken breasts, cut in 3/4 in wide strips  
3 peppers (choose upon own desired heat) , seeded minced  
1 clove garlic, minced  
1/2 cup snow peas  
1 large red pepper, chopped  
2 cups bean sprouts  
1/4 cup soy sauce  
2 tbsp fresh basil, chopped  
1/4 cup olive oil

Trim any fat from chicken. In a large skillet or wok, heat up half the oil (2 tbsp) over medium heat. Add chicken strips a few at a time, brown a few minutes and set aside. Add remaining oil to wok and fry pepper, garlic, snow peas, and red pepper for 4 min. Return chicken and accumulated juices to wok/skillet. Add bean sprouts, stir in soy sauce, and cook for a few minutes. Add fresh basil before serving.

## Grilled Chicken Ratatouille

### Ingredients:

3 tablespoon(s) extra-virgin olive oil  
3 tablespoon(s) chopped fresh basil  
1 tablespoon(s) chopped fresh marjoram  
1 teaspoon(s) salt  
Olive oil cooking spray  
1 red bell pepper, halved lengthwise, stemmed and seeded  
1 small eggplant, cut into 1/2-inch-thick rounds  
1 medium zucchini, halved lengthwise  
4 plum tomatoes, halved lengthwise  
1 medium red onion, cut into 1/2-inch-thick rounds  
4 boneless, skinless chicken breasts (about 1 1/4 pounds), trimmed and tenders removed (see Tips & Techniques)  
1/4 teaspoon(s) freshly ground pepper  
1 tablespoon(s) apple-cider vinegar

Preheat grill to medium-high. Combine oil, basil, marjoram and salt in a small bowl and reserve 1 tablespoon of the mixture in another small bowl; set aside. Coat both sides of bell pepper, eggplant, zucchini, tomato and onion pieces with cooking spray. Grill the vegetables, turning once, until soft, and charred in spots, about 5 minutes per side for the pepper, 4 minutes per side for the eggplant and zucchini and 3 minutes per side for the tomatoes and onion. As the vegetables finish cooking, place them in a large bowl. Cover the bowl with plastic wrap. Rub the tablespoon of reserved herb mixture on both sides of chicken and sprinkle with pepper. Grill the chicken until cooked through and no longer pink in the center, 4 to 5 minutes per side. Meanwhile, transfer the grilled vegetables to a cutting board and chop into 1-inch pieces. Return to the bowl and toss with vinegar and the remaining herb mixture. Serve the grilled chicken with the ratatouille.

## Turkey Meatballs

### Ingredients:

1 lb ground turkey  
2 egg whites  
1/4 cup dried parsley  
1/2 tsp pepper  
1/2 tsp paprika  
1/2 tsp minced garlic  
3/4 cup grated zucchini  
3/4 cup chopped or grated cauliflower  
1/2 cup finely chopped mushrooms

Mix ingredients, form into balls and place on cookie sheet, cover with foil.  
Bake at 425 degrees for 25 minutes.

\*\*This is a great family meal to sneak in more veggies for your family. You can make extra and freeze for up to 3 months. Top with Walden Farms BBQ sauce or marinara sauce if desired. Pair with a side salad or cauliflower mashed potatoes and Enjoy!!

## “Breaded” Chicken

### Ingredients:

Ideal Protein Soup Mix (Chicken, Leek, or Mushroom)  
5-8oz Chicken Breast

Take the chicken soup and “bread” a piece of chicken with it and bake it in the oven for 25-30 minutes...it adds more protein to your meal and gives you a “breaded” piece of chicken that is healthy. You can also do this with any of the soups and any types of lean meat. Give it a try!

## Fiesta Chicken

### Ingredients:

4 tsp. Mrs. Dash Fiesta Lime Seasoning  
5-8 oz boneless skinless chicken breast  
2 tsp. olive oil

Preheat oven to 350. Lightly brush the chicken breast with olive oil. Sprinkle seasoning blend on all sides. Bake for 30 minutes or until cooked through.

## Lemon Chicken

### Ingredients:

5-8 oz. Boneless skinless chicken breast  
¼ cup lemon juice  
2 tsp. dried oregano  
½ tsp sea salt and pepper  
½ tsp garlic powder  
¼ tsp black pepper  
1-2 tsp olive oil

Heat oven to 375. Placed chicken in grease 9x13 (or smaller) baking dish. In a small bowl, mix together lemon juice, salt and pepper. Pour over chicken. Place in oven. Brush with olive oil every 10 minutes, turning chicken pieces over occasionally. Bake for 40-50 minutes or until juice runs clear when pierced with a fork.

## Garlic Spinach Stuffed Chicken

### Ingredients:

5-8 oz boneless skinless chicken breast  
1 cup fresh spinach  
½ cup tomatoes  
½ yellow onion  
½ tsp minced garlic  
1 tsp olive oil

Flatten and butterfly chicken breast. Brown chicken in ½ tsp olive oil and cook through. In a separate pan add ½ tsp olive oil and let heat. Chop spinach, tomatoes, onion, and garlic. Add to pan with oil and sauté until hot. Spoon spinach mixture into chicken breast, close breasts and give a flash fry to each side and serve.

## Gingered Chicken Breast

### Ingredients:

1 Tbsp fresh lemon juice  
1 ½ fresh grated ginger  
½ tsp black pepper  
2 cloves garlic  
2 5-8 oz boneless skinless chicken breasts

Combine the lemon juice, ginger, pepper and garlic in a small bowl. Place the chicken breasts in a deep bowl and pour the mixture over the chicken turning once to coat both sides. Cover and refrigerate for 30 minutes to 2 hours. Spray a large nonstick skillet with cooking spray and heat the skillet on medium high until hot. Add the chicken. Cook, turning once until tender, about 8 minutes.