

“UNHEALTHY TO HEALTHY” RECIPES

Chicken Parmigiana

4 servings

504 calories per serving

- 2-4 chicken breast
- 1 cup Panko bread crumbs
- 1 cup Plain Greek yogurt
- Salt
- Pepper
- Garlic powder
- Brown rice pasta
- Organic Marinara save about 1/4 cup for chicken
- 1 cup shredded mozzarella

DIRECTIONS: Preheat oven to 400 degrees. In one bowl place the Greek yogurt. In another bowl place the panko, salt, pepper, and garlic powder. Dip chicken in Greek yogurt and then the panko and place on cookie sheet. Do this to the rest of the chicken breast and bake for 20 minutes, flip and then bake an additional 20 minutes or until chicken reaches 165 degrees. Once done spoon pasta sauce on top and spread mozzarella on each breast and bake an additional 5 min. While chicken is baking cook pasta according to package, once done drain and add the pasta sauce. Serve with baked chicken on the side.

Healthy Buffalo Chicken Bites

4 servings

346 calories per serving

- 1 lb chicken tenders cut in pieces
- 1/2 cup panko bread crumbs
- 1/2 cup organic flour
- 1/4 cup Parmesan cheese
- 1 cup plain Greek yogurt
- 1/2 cup Franks Red hot sauce

DIRECTIONS: Preheat oven to 400 degrees. Place chicken pieces in bowl with Greek yogurt and coat. In a bowl place panko, flour, and Parmesan and then season with salt, pepper, and garlic. Take chicken pieces and coat in panko mixture then place on cookie sheet. once all are coated bake in oven for 15 minutes and then flip and bake an additional 5 minutes. Once done take hot sauce and place in a bowl and coat each piece, place back on cookie sheet and bake 5 more minutes.

Pita Pizza

1 serving

283 calories

- Whole Wheat pita
- 3 TBSP Organic marinara
- 1/4 cup shred mozzarella
- Uncured pepperoni
- Favorite pizza topping

DIRECTIONS: Preheat oven to 425 degrees. Place pita on cookie sheet, add marinara, mozzarella, pepperoni, and favorite pizza toppings bake in oven for 15 minutes and enjoy!

Healthy Nachos

Serves 4

424 calories per serving

- 3 chicken breast
- 1 jar salsa
- 4 cups Organic blue corn tortilla chips
- 1 1/2 cup Mexican blend cheese
- 12 pickled jalapeños

DIRECTIONS: In crock pot place chicken and jar of salsa, salt and pepper. Cook low for 4 hours. Once done take out and shred and add back to crock pot. On cookie sheet place tortilla chips, shredded chicken, mozzarella, and jalapeños and bake in oven for 5 minutes on 425 degrees.

Juicy Burger

4 servings

473 calories per serving with gluten free bun

500 calories with whole wheat bun

- 1 lb 93/7 lean ground beef
- 4 strips of Uncured bacon
- 4 slices Cheddar cheese
- Salt
- Pepper
- Garlic powder
- 4 tsp organic Ketchup
- 4 tsp Mustard
- 4 romaine Lettuce leaf
- 4 slices Tomato
- 4 gluten free or whole wheat buns

DIRECTIONS: Preheat oven to 425 degrees. Place burger in bowl and season with salt, pepper, and garlic. Form into 4 patties. Place on a baking sheet and bake for 15 minutes and flip and do an additional 15 min or until its cooked to desired temperature. While burgers are cooking place bacon on microwave safe plate and place in microwave for 3-4 minutes or until done. Once burgers are done take a new cookie sheet and place burger on bottom bun with bacon and cheese and melt. Then add the toppings. Enjoy!