NewDawn Wellness

Slow Cooker & One Pan Recipes

Dawn Preisendorf
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New Dawn Wellness
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Enjoy Nourishing Simplicity with Dawn's Slow Cooker & One Pan Recipes

Eating well doesn't have to be complicated - in fact, some of the most satisfying, health-supportive meals come together with minimal effort and simple, wholesome ingredients.

I created this collection of Slow Cooker and One Pan Recipes to help you enjoy flavorful, nourishing meals that fit easily into your daily routine. These dishes are designed to simplify cooking while supporting your energy, digestion, and vitality - so you can spend more time savoring life and less time in the kitchen.

Whether you're cooking for one, two, or a few, I hope these recipes inspire you to slow down, nourish yourself well, and enjoy the process.

And if you or someone you care about is dealing with stubborn digestive or health challenges, I'd be happy to chat about natural ways to heal and restore vibrant health - so you (or they) can fully enjoy life with greater freedom and ease. You can visit my website or book a Complimentary Jump-Start Consult here.

Warmly,
Dawn
www.newdawnwellness.com

About Dawn Preisendorf, MA, CNC, CHWC

Dawn Preisendorf is a certified nutritionist and health coach who is passionate about the healing power of food, healthy lifestyle practices, and nature-connection as pathways to restoring health.

Dawn has studied functional nutrition and holistic health for 21 years; she has a master's degree in nutrition and health education from John F. Kennedy University, and earned her health coach certification through Wellcoaches. In addition, Dawn has completed more than 100 hours of post-graduate nutrition education using a functional medicine approach.

Dawn has a particular interest in gut health and hormone balance and is highly experienced in food-as-medicine approaches for many health challenges. She regularly teaches on health topics such as healthy weight, blood sugar balance, stress management, and women's health. She also facilitates groups focused on digestive health and loves guiding people in
nature-based wellness experiences.

Learn more about Dawn here.

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Slow Cooker Stuffed Peppers

4 servings
4 hours

Ingredients

- **4** Green Bell Pepper (large)
- **1 lb** Extra Lean Ground Turkey
- **1/2 tsp** Sea Salt
- **1/2 tsp** Black Pepper
- **1 tbsp** Chili Powder
- **1/2 tsp** Cumin
- **1/2 tsp** Dried Basil
- **1** Egg
- **2** Garlic (cloves, minced)
- **1/2** Yellow Onion (diced)
- **1 cup** Baby Spinach (chopped)
- **1 tbsp** Extra Virgin Olive Oil
- **2 tbsps** Coconut Flour
- **2 cups** Salsa
- **1 head** Cauliflower (large)

Directions

1. Slice the tops off the peppers and carve out the seeds. Set aside.
2. In a large mixing bowl, combine the ground turkey, sea salt, black pepper, chili powder, cumin, dried basil, egg, minced garlic, yellow onion, spinach, olive oil and coconut flour. Mix well and stuff it into the green peppers.
3. Place the peppers in the slow cooker and top each with a spoonful or two of salsa. Cook for 4 hours on high or 6 - 8 on low.
4. Trim your cauliflower into florets. Place the florets in a food processor and pulse into a rice-like consistency. Cover and store in the fridge until ready to eat. (Note: You can eat the cauliflower rice raw or saute it in a bit of coconut oil before serving.)
5. Remove the peppers from the slow cooker and serve over cauliflower rice. Top with remaining salsa. Enjoy!

Nutrition

Amount per serving	
Calories	348
Fat	16g
Carbs	27g
Fiber	10g
Sugar	13g
Protein	30g
Cholesterol	130mg
Sodium	1435mg
Vitamin A	2492IU
Vitamin C	172mg
Calcium	142mg
Iron	5mg

Notes

Vegans and Vegetarians: Use cooked lentils or beans instead of ground meat.

No Ground Turkey: Use ground chicken or beef instead.

No Slow Cooker: Bake peppers in the oven at 350 for 45 minutes to 1 hour, or until meat is cooked through.

No Cauliflower: Serve over rice, quinoa, greens or sweet potato mash.

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Slow Cooker Cod & Sea Veggie Soup

4 servings
6 hours

Ingredients

3 tbsps Coconut Oil
1 Yellow Onion (medium, diced)
4 cups Mushrooms (sliced)
3 Garlic (cloves, minced)
2 tbsps Ginger (peeled and grated)
1 1/3 ozs Dulse (torn apart into small pieces)
2 Sweet Potato (medium, diced)
4 Cod Fillet (cubed)
8 cups Vegetable Broth (or bone broth)

Nutrition

Amount per serving	
Calories	423
Fat	12g
Carbs	28g
Fiber	6g
Sugar	9g
Protein	49g
Cholesterol	99mg
Sodium	1650mg
Vitamin A	10466IU
Vitamin C	10mg
Calcium	107mg
Iron	6mg

Directions

1. Heat the coconut oil in a frying pan over medium heat. Add the onion and mushrooms. Saute for about 3 minutes or until onions are translucent. Add garlic and ginger. Cook for a 1 to 2 minutes until fragrant.
2. Transfer the contents of the pan to your slow cooker. Add the dulse (ripped into bite-sized pieces), diced sweet potato, cod and broth. Do not add salt, as the dulse is naturally very salty and should flavour the soup.
3. Cook on high for 4 hours, or low for 6 to 8 hours. Taste, and add sea salt if necessary.
4. Divide between bowls and enjoy!

Notes

Leftovers: Store in an airtight container up to 3 days or freeze.
Fillet Size: One fillet is equal to 231 grams or 8 ounces.

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Slow Cooker Black Bean Soup

6 servings
4 hours

Ingredients

2 tbsps Extra Virgin Olive Oil
1 Yellow Onion (finely diced)
2 stalks Celery (diced)
1 Carrot (large, chopped)
6 Garlic (cloves, minced)
1 tbsp Cumin
1/2 tsp Cayenne Pepper
6 cups Black Beans (cooked, drained and rinsed)
3 cups Diced Tomatoes
2 cups Water
2 Lime (juiced)

Nutrition

Amount per serving	
Calories	318
Fat	6g
Carbs	51g
Fiber	17g
Sugar	6g
Protein	17g
Cholesterol	0mg
Sodium	45mg
Vitamin A	2352IU
Vitamin C	19mg
Calcium	108mg
Iron	6mg

Directions

1. Combine all ingredients together in your slow cooker. Cook on high for 4 hours, or on low for 6 hours.
2. Pour approximately half the soup into a blender (or use an immersion blender) and blend into a smooth puree. Be sure to leave a spot for the steam to escape. Add the pureed soup back into the slow cooker and mix everything well. Ladle into bowls, top with desired toppings and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Freeze for up to two months.

Serving Size: One serving equals approximately 1.5 cups.

Toppings: Cilantro, avocado, sour cream, yogurt, cheese, salsa and/or tortilla chips.

Stove Top: If you don't have a slow cooker, or if you need to increase the servings above 6 and your slow cooker is too small, make it on the stove top in a large stock pot instead. Add all ingredients to the pot and bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer on low for an hour before blending.

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Slow Cooker Vegan Chili

8 servings
8 hours

Ingredients

6 cups Canned Whole Tomatoes
2 cups Red Kidney Beans (cooked, drained and rinsed)
2 cups White Navy Beans (cooked, drained and rinsed)
2 cups Frozen Corn
2 stalks Celery (diced)
2 Green Bell Pepper (de-seeded and chopped)
2 Carrot (chopped)
1 White Onion (diced)
4 Garlic (cloves, minced)
2 tsps Cumin
1 tsp Oregano
3 tbsps Chili Powder
1 tbsp Sea Salt

Nutrition

Amount per serving	
Calories	222
Fat	1g
Carbs	42g
Fiber	14g
Sugar	8g
Protein	12g
Cholesterol	0mg
Sodium	1325mg
Vitamin A	4434IU
Vitamin C	47mg
Calcium	127mg
Iron	5mg

Directions

1. Add whole tomatoes with juice to the slow cooker and roughly crush with your hands. Add remaining ingredients and stir until combined.
2. Cover and cook on high for 6 to 8 hours, depending on the strength of your slow cooker.
3. Ladle into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days or freeze up to four months.
Serving Size: One serving is roughly 1 1/2 cups.
Serve it With: Toast, quinoa, brown rice, or a salad.
Make Ahead: Chop celery, bell peppers, carrot and onion ahead of time.
Kid-Friendly: Omit the chili powder and puree until smooth. Serve with tortilla chips.
Extra Spicy: Add 1 to 2 chopped jalapeno peppers, chili flakes or extra chili powder.
More Greens: Mix in chopped kale or spinach. Stir until wilted.
Extra Toppings: Top with green onion or diced avocado.

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Curried Chicken Slow Cooker Stew

6 servings
6 hours

Ingredients

1 Sweet Potato (large, diced)
2 cups Chickpeas (cooked, drained and rinsed)
1/2 cup Frozen Corn
1/2 cup Frozen Peas
1 tsp Cumin (ground)
1 tbsp Curry Powder
2 Garlic (cloves, minced)
2 cups Vegetable Broth (or any type of broth)
8 ozs Chicken Breast

Nutrition

Amount per serving	
Calories	185
Fat	3g
Carbs	26g
Fiber	6g
Sugar	5g
Protein	15g
Cholesterol	27mg
Sodium	262mg
Vitamin A	3587IU
Vitamin C	4mg
Calcium	52mg
Iron	3mg

Directions

1. Add all ingredients except chicken breasts to the slow cooker and stir well to mix. Then lay chicken on top and season them generously with sea salt and pepper. Cover with lid and cook on low setting overnight or for 6 to 8 hours.
2. After 6 to 8 hours, remove the lid and lift the chicken out onto a plate. Use a fork to shred the chicken breasts and add them back to the slow cooker. Stir well to mix and let sit for 15 minutes.
3. Serve the stew on it's own or over brown rice. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is approximately 1 1/2 cups of stew.
More Carbs: Serve it over brown rice.
More Protein: Serve it over quinoa.
Vegan and Budget-Friendly: Skip the chicken breast and add an extra can of chickpeas, lentils or beans instead.
Turn it Into a Soup: Double up on the broth.
More Green Veggies: Right before serving, stir in a few cups of baby spinach or chopped kale just until wilted.

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Ground Beef, Cabbage & Carrot Skillet

2 servings
25 minutes

Ingredients

1 tsp Extra Virgin Olive Oil
1/3 Yellow Onion (diced)
1 Garlic (clove, minced)
8 ozs Extra Lean Ground Beef
2 cups Green Cabbage (thinly sliced)
1 Carrot (medium, julienned)
Sea Salt & Black Pepper (to taste)
1/2 Lime (juiced)
2 tbsps Cilantro (chopped)

Nutrition

Amount per serving	
Calories	267
Fat	14g
Carbs	11g
Fiber	4g
Sugar	6g
Protein	24g
Cholesterol	74mg
Sodium	114mg
Vitamin A	5272IU
Vitamin C	38mg
Calcium	71mg
Iron	4mg

Directions

1. Warm the oil in a large pan over medium heat. Add the onion and sauté for three to four minutes or until soft. Add the garlic and cook for another minute.
2. Add the beef, breaking it up as it cooks. Cook for five to seven minutes, stirring occasionally. Add the cabbage and carrot to the pan. Season with salt and pepper and cook for 10 to 12 minutes or until everything is cooked through. Stir occasionally.
3. Drizzle with lime juice and top with cilantro before serving. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is equal to approximately 1 1/2 cups.
More Flavor: Add mushrooms.
No Lime: Use lemon instead.

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Creamy Broccoli, Mushrooms & Bacon

2 servings
15 minutes

Ingredients

3 slices Bacon (chopped)
3 cups Broccoli (cut into florets)
10 Cremini Mushrooms (medium, quartered)
2 Garlic (cloves, minced)
1/4 cup Canned Coconut Milk
1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	289
Fat	22g
Carbs	14g
Fiber	5g
Sugar	5g
Protein	13g
Cholesterol	28mg
Sodium	521mg
Vitamin A	866IU
Vitamin C	125mg
Calcium	76mg
Iron	2mg

Directions

1. Heat a skillet over medium-high heat. Once hot, add the bacon and cook, stirring often until browned and crispy, about six to seven minutes. Remove the bacon with a slotted spoon, leaving the fat in the skillet. Set the bacon aside on a paper towel-lined plate.
2. Add the broccoli and mushrooms to the pan. Sauté for about five minutes or until brown. Add the garlic and cook for another minute.
3. Add the coconut milk, stir, and bring to a simmer. Let it simmer for about two to three minutes and season with salt. Top with cooked bacon and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is equal to approximately 1 1/3 cups.
More Flavor: Add lemon or lime juice.
Additional Toppings: Top with fresh parsley or green onion.

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One Pan Cherry Chicken

3 servings
25 minutes

Ingredients

2 tbsps Extra Virgin Olive Oil (divided)
1 1/8 lbs Chicken Breast (boneless, skinless)
2 cups Cherries (pitted, halved)
1/3 cup Shallot (chopped)
2 Garlic (clove, large, minced)
1 cup Chicken Broth
1 tbsp Lemon Juice
2 tbsps Fresh Oregano (chopped)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	375
Fat	14g
Carbs	22g
Fiber	4g
Sugar	15g
Protein	41g
Cholesterol	125mg
Sodium	387mg
Vitamin A	153IU
Vitamin C	11mg
Calcium	68mg
Iron	2mg

Directions

1. In a large skillet, heat half of the oil over medium-high heat. Add the chicken to the skillet and cook for four to six minutes per side until golden brown. The chicken won't be cooked through. Set it aside.
2. In the same skillet, sauté the cherries and the shallot for two to three minutes until tender and juicy. Transfer to a plate.
3. Add the remaining oil to the skillet and sauté the garlic for 30 seconds, until fragrant. Add the broth and the lemon juice to the skillet. Bring to a simmer and then reduce the heat to medium-low. Let the sauce simmer for three to five minutes until slightly reduced.
4. Return the chicken and cherries to the skillet, and simmer for an additional five to seven minutes, until the chicken is cooked through. Season with salt and pepper.
5. Garnish with oregano and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.
Serving Size: One serving is approximately 1/2 cup of sauce with chicken.
More Flavor: Serve with rice, your favorite grain, and/or mixed greens.

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One Pan Beef, Mushrooms & Swiss Chard

2 servings
25 minutes

Ingredients

1 tsp Extra Virgin Olive Oil
10 ozs Flank Steak (sliced into strips, against the grain)
8 Cremini Mushrooms (medium, sliced)
1 tsp Paprika
1 tsp Cumin Seed
Sea Salt & Black Pepper (to taste)
3 cups Swiss Chard (chopped)
1/2 Lemon (sliced into wedges, to serve)

Nutrition

Amount per serving	
Calories	290
Fat	15g
Carbs	6g
Fiber	2g
Sugar	2g
Protein	34g
Cholesterol	96mg
Sodium	198mg
Vitamin A	3883IU
Vitamin C	22mg
Calcium	81mg
Iron	5mg

Directions

1. Heat the oil in a cast-iron skillet over medium-high heat. Add the steak and cook for about 10 minutes, stirring occasionally.
2. Add the mushrooms to the skillet and sauté for another five minutes. Add paprika and cumin and season with salt and pepper.
3. Add the swiss chard, stir, and cook for another five minutes or until wilted and everything is cooked through.
4. Adjust the seasoning to your taste. Serve with lemon wedges and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is equal to approximately two cups.
More Flavor: Add bell peppers, onion, and/or broccoli.
Additional Toppings: Top with fresh herbs such as parsley and/or green onion.

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One Pan Pork Chops, Carrots & Sweet Potatoes

2 servings
30 minutes

Ingredients

1 tbsp Extra Virgin Olive Oil
1 lb Pork Chop (bone-in)
1/4 cup Shallot (sliced)
1 Carrot (large, cut on a bias)
1/2 Sweet Potato (large, sliced)
1/4 cup Water
2 cups Kale Leaves (chopped)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	506
Fat	28g
Carbs	14g
Fiber	3g
Sugar	5g
Protein	49g
Cholesterol	156mg
Sodium	177mg
Vitamin A	10731IU
Vitamin C	24mg
Calcium	127mg
Iron	2mg

Directions

1. Heat a heavy pan over medium-high heat and add the oil.
2. Once hot, sear the pork chops on each side for one to two minutes until browned. Remove from the pan and set aside.
3. Add the shallot, carrot, sweet potato, and water to the same pan and lower the heat to medium. Cook the veggies for 10 minutes, stirring halfway through.
4. Add the pork chops back to the pan and add the kale. Season with salt and pepper. Cook the pork chops for two to four minutes or until cooked through. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is approximately one pork chop and 1 1/2 cups of veggies.
More Flavor: Add minced garlic, soy sauce, and/or hot sauce.
Additional Toppings: Chopped green onions, sesame seeds, and/or chopped cilantro.

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Sheet Pan Chickpeas, Cabbage & Parsnips

3 servings
25 minutes

Ingredients

1 cup Chickpeas (cooked)
3 cups Purple Cabbage (sliced)
2 Parsnip (sliced)
2 tsps Extra Virgin Olive Oil
1 1/2 tsps Shawarma Spice Blend
1/4 tsp Sea Salt
1 tbsp Parsley (chopped)

Nutrition

Amount per serving	
Calories	220
Fat	5g
Carbs	40g
Fiber	10g
Sugar	11g
Protein	8g
Cholesterol	0mg
Sodium	356mg
Vitamin A	1115IU
Vitamin C	67mg
Calcium	108mg
Iron	5mg

Directions

1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. In a large bowl, toss the chickpeas, cabbage, and parsnips with oil and the shawarma spice blend. Spread out on the baking sheet and cook for 15 to 20 minutes or until the chickpeas are crispy and the vegetables start to brown on the edges.
3. Season with the salt and garnish with the parsley. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is about 1 1/4 cup.
More Flavor: Serve with yogurt. Add nigella/black cumin seeds.

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Peri Peri Chicken Thighs, Chickpeas & Collard Greens

3 servings
50 minutes

Ingredients

1 lb Chicken Thighs with Skin (bone-in)
1 1/2 cups Chickpeas (cooked)
2 tsps Extra Virgin Olive Oil
2 tsps Peri Peri Spice
1/4 cup Shallot (chopped)
1 Garlic (clove, minced)
2 cups Collard Greens (chopped)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	516
Fat	31g
Carbs	27g
Fiber	8g
Sugar	5g
Protein	34g
Cholesterol	148mg
Sodium	259mg
Vitamin A	1345IU
Vitamin C	11mg
Calcium	113mg
Iron	4mg

Directions

1. Preheat the oven to 375°F (190°C).
2. Heat a cast iron pan over medium heat. In a large bowl, add the chicken, chickpeas, oil, peri peri spice, shallot, and garlic. Toss together until the chicken and chickpeas are well coated.
3. Remove the chicken from the bowl and place in the hot pan, skin side down. Sear for three to five minutes. Flip the chicken and add the remaining chickpea mixture to the pan around the chicken.
4. Place the pan in the oven and cook for 40 minutes or until the chicken is cooked through.
5. Remove the chicken from the pan and set aside. Add the collard greens and mix well with the residual juices and chickpeas. Season with salt and pepper. Add the chicken back to the pan and serve. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is one chicken thigh and one cup of chickpeas and collard greens mixture.
More Flavor: Squeeze fresh lemon juice over everything before serving.

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Sheet Pan Chicken Thighs & Beets

2 servings
50 minutes

Ingredients

10 2/3 ozs Chicken Thighs with Skin (bone-in)
6 Beet (medium, peeled, cut into wedges)
1 tsp Extra Virgin Olive Oil
1/4 tsp Sea Salt
1/8 tsp Black Pepper
1/2 Yellow Onion (medium, sliced)
1/2 tsp Parsley (chopped)

Nutrition

Amount per serving	
Calories	472
Fat	28g
Carbs	27g
Fiber	8g
Sugar	19g
Protein	29g
Cholesterol	148mg
Sodium	611mg
Vitamin A	227IU
Vitamin C	12mg
Calcium	61mg
Iron	4mg

Directions

1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. Season the chicken and beets with oil, salt, and pepper. Add them to the baking sheet.
3. Place the baking sheet in the oven and cook for 20 minutes. Add the onion to the sheet and coat well with the residual juices. Cook for another 20 minutes or until the chicken is cooked through and the beets are tender. Garnish with parsley, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is one chicken thigh and one cup of beets.
More Flavor: Add minced garlic, fresh thyme leaves and/or paprika.

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One Pan Chicken Fajitas

6 servings
35 minutes

Ingredients

2 tbsps Extra Virgin Olive Oil
3 tbsps Fajita Seasoning
Sea Salt & Black Pepper (to taste)
1 1/2 lbs Chicken Breast (boneless, skinless, sliced)
1 Yellow Onion (medium, sliced)
1 Orange Bell Pepper (medium, sliced)
1 Red Bell Pepper (medium, sliced)
1 Green Bell Pepper (medium, sliced)
12 Corn Tortilla (small, warmed)

Nutrition

Amount per serving	
Calories	354
Fat	9g
Carbs	36g
Fiber	4g
Sugar	3g
Protein	28g
Cholesterol	82mg
Sodium	362mg
Vitamin A	950IU
Vitamin C	98mg
Calcium	219mg
Iron	2mg

Directions

1. Preheat the oven to 400°F (205°C). Line a large baking sheet with parchment paper.
2. In a small bowl, combine the oil, fajita seasoning, salt, and pepper.
3. Toss the chicken, veggies, and oil mixture together on the prepared sheet pan and spread out evenly. Bake for 20 to 25 minutes until the chicken is cooked through and the veggies are soft.
4. Serve with corn tortillas and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is approximately two fajitas.
Additional Toppings: Cheese, sour cream, lettuce, avocado, and/or jalapeños.

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One Pan Sausage, Squash & Sweet Potato

2 servings
35 minutes

Ingredients

1 Sweet Potato (medium, chopped)
1 Delicata Squash (large, halved, seeds removed, sliced)
1 Yellow Onion (small, chopped)
2 tsps Extra Virgin Olive Oil
2 tsps Curry Powder
1 tsp Thyme
Sea Salt & Black Pepper (to taste)
4 3/4 ozs Pork Sausage

Nutrition

Amount per serving	
Calories	427
Fat	24g
Carbs	44g
Fiber	8g
Sugar	7g
Protein	12g
Cholesterol	39mg
Sodium	659mg
Vitamin A	10082IU
Vitamin C	26mg
Calcium	132mg
Iron	5mg

Directions

1. Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
2. Toss the sweet potato, squash, onion, oil, curry powder, thyme, salt, and pepper together. Spread out onto the baking sheet and add the sausages.
3. Cook in the oven 25 to 30 minutes or until the potatoes and squash are tender and the sausages are cooked through. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is one whole sausage and approximately 1 1/3 cups of vegetables.
More Flavor: Add garam masala and minced garlic.
Additional Toppings: Chopped cilantro.

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Chicken & Tomato Bake

2 servings
25 minutes

Ingredients

2 cups Cherry Tomatoes
1/2 cup Red Onion (sliced)
2 tbsps Extra Virgin Olive Oil (divided)
1 tbsp Herbes de Provence (divided)
Sea Salt & Black Pepper (to taste)
12 ozs Chicken Breast (halved lengthwise)

Nutrition

Amount per serving	
Calories	366
Fat	18g
Carbs	10g
Fiber	2g
Sugar	6g
Protein	40g
Cholesterol	124mg
Sodium	86mg
Vitamin A	1293IU
Vitamin C	23mg
Calcium	33mg
Iron	1mg

Directions

1. Preheat the oven to 450°F (230°C).
2. In a baking dish, add the cherry tomatoes, red onions, half of the oil, and half of the Herbes de Provence. Season with salt and pepper. Toss to coat.
3. Brush the chicken breasts with the remaining oil. Season with the remaining Herbes de Provence, salt, and pepper. Nestle them with the tomatoes into the dish.
4. Bake for 15 to 20 minutes or until the chicken is cooked through and the tomatoes have started to blacken and release their juices. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is approximately one cup of tomatoes with juices served with chicken.
More Flavor: Add garlic and parmesan cheese.
Additional Toppings: Fresh herbs like basil and/or parsley.
Serve it With: Your favorite grains, and/or slices of crusty bread.

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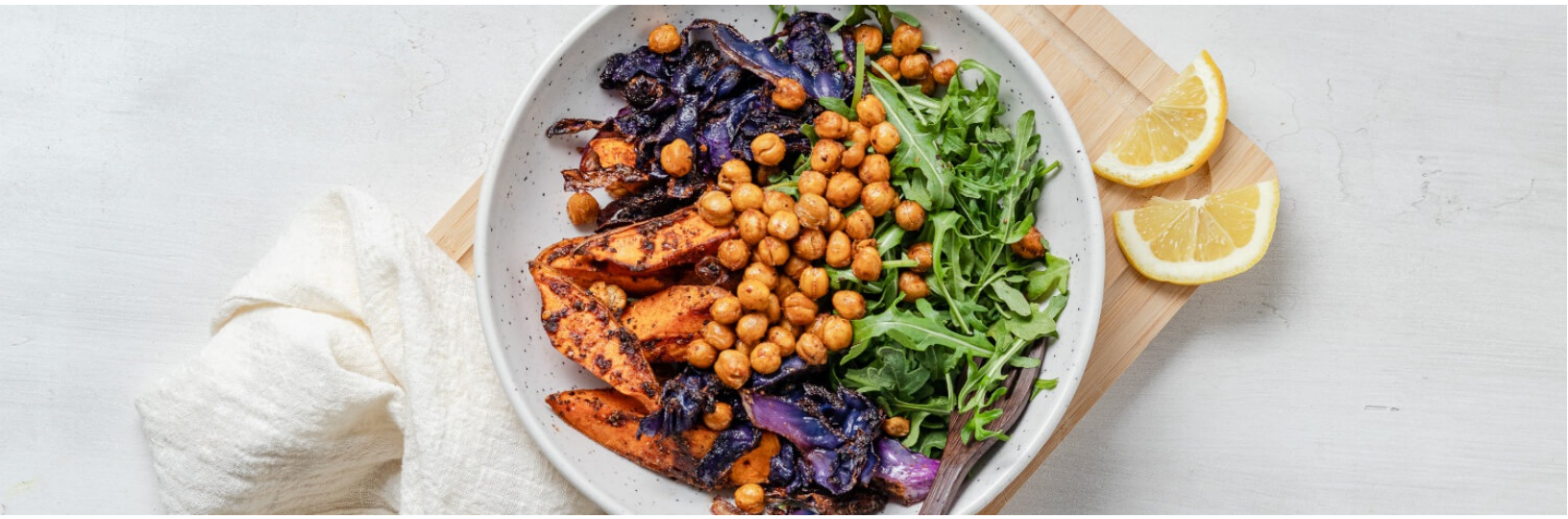

Sheet Pan Cajun Sweet Potato & Chickpeas

3 servings
45 minutes

Ingredients

1 Sweet Potato (large, cut into wedges)
3 cups Purple Cabbage (thinly sliced)
1 1/2 cups Chickpeas (cooked)
2 tbsps Extra Virgin Olive Oil
2 tbsps Cajun Seasoning
3 cups Arugula
1 Lemon (small, juiced)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	287
Fat	11g
Carbs	40g
Fiber	10g
Sugar	10g
Protein	10g
Cholesterol	0mg
Sodium	2299mg
Vitamin A	7639IU
Vitamin C	62mg
Calcium	126mg
Iron	4mg

Directions

1. Preheat the oven to 425°F (205°C) and line a baking sheet with parchment paper.
2. Add the sweet potato wedges on the left side of the baking sheet, followed by the cabbage in the middle and the chickpeas on the right side. Use additional baking sheets if additional room is needed.
3. Drizzle the oil all over the pan, followed by the cajun seasoning. Toss each section to make sure everything is fully coated.
4. Cook for 30 to 35 minutes or until browned and cooked through, flipping the sweet potatoes halfway through and tossing the cabbage and chickpeas.
5. Divide the arugula between bowls along with the roasted sweet potatoes, cabbage, and chickpeas. Drizzle lemon juice all over each bowl and season with salt and pepper. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is approximately one cup of sweet potato wedges, 2/3 cup of cabbage, and 1/2 cup of chickpeas.
Additional Toppings: Top with chopped green onion, fresh parsley, and/or fresh dill.
No Cajun Seasoning: Use another spice blend instead.

Dawn Preisendorf
http://www.newdawnwellness.com/

One Pan Shrimp, Peppers & Broccoli

2 servings
15 minutes

Ingredients

1 1/2 tbsps Extra Virgin Olive Oil
3 Garlic (clove, sliced)
2 cups Broccoli (chopped into florets)
1 Red Bell Pepper (medium, sliced)
3 tbsps Water
Sea Salt & Black Pepper (to taste)
12 ozs Shrimp (peeled, deveined)
1 tsp Lemon Juice (plus more to taste)
1/4 cup Parsley (chopped)

Nutrition

Amount per serving	
Calories	291
Fat	12g
Carbs	12g
Fiber	4g
Sugar	4g
Protein	38g
Cholesterol	274mg
Sodium	241mg
Vitamin A	3071IU
Vitamin C	170mg
Calcium	177mg
Iron	2mg

Directions

1. Heat the oil in a large pan over medium heat. Add the garlic and cook for 30 seconds, until softened.
2. Add the broccoli, bell pepper, and water. Season with salt and pepper. Cover and cook for two to three minutes, stirring occasionally, until the vegetables are just tender.
3. Increase the heat to medium-high. Add the shrimp and season with salt and pepper. Cook for three to four minutes until the shrimp are cooked through.
4. Add the lemon juice and parsley. Stir to combine and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is approximately two cups.
More Flavor: Add ginger and tamari sauce. Serve over your favorite grain of choice or cauliflower rice.
Additional Toppings: Top with cilantro and/or green onions.

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Lemon Baked Cod with Tomatoes & Olives

2 servings
35 minutes

Ingredients

2 Cod Fillet
Sea Salt & Black Pepper (to taste)
2 tbsps Extra Virgin Olive Oil (divided)
1 tbsp Lemon Juice
1 cup Cherry Tomatoes (halved)
1/2 cup Assorted Olives
2 tbsps Red Onion (finely chopped)
2 Garlic (clove, minced)
2 tsps Greek Seasoning

Nutrition

Amount per serving	
Calories	371
Fat	19g
Carbs	7g
Fiber	2g
Sugar	3g
Protein	42g
Cholesterol	99mg
Sodium	1017mg
Vitamin A	825IU
Vitamin C	17mg
Calcium	82mg
Iron	3mg

Directions

1. Preheat the oven to 425°F (220°C).
2. Pat the fish dry and season both sides with salt and pepper. Brush a baking dish with 1/4 of the oil and place the fish in it. Drizzle the lemon juice over the fish.
3. In a bowl, mix together the tomatoes, olives, onions, garlic, Greek seasoning and the remaining oil. Season with salt and pepper. Toss well.
4. Spread the tomato mixture over the fish. Bake for 15 to 20 minutes, or until the fish is cooked through and flakes easily with a fork.
5. Remove from the oven. Divide evenly between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is one cod fillet and 1/2 cup of the tomato mixture.
Fillet Size: One cod fillet is equal to 231 grams or eight ounces.
No Cod Fillet: Use tilapia, haddock, or shrimp instead.

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Sheet Pan Shrimp & Veggies

2 servings
30 minutes

Ingredients

12 ozs Shrimp (peeled, deveined)
1 Red Bell Pepper (medium, sliced)
1 cup Broccoli (chopped)
1 Zucchini (medium, sliced)
1 cup Red Onion (sliced)
2 Garlic (clove, chopped)
1/2 Lemon (zested, juiced)
1 tbsp Extra Virgin Olive Oil
2 tsps Old Bay Seasoning
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	291
Fat	8g
Carbs	19g
Fiber	5g
Sugar	9g
Protein	38g
Cholesterol	274mg
Sodium	792mg
Vitamin A	2345IU
Vitamin C	146mg
Calcium	175mg
Iron	2mg

Directions

1. Preheat the oven to 425°F (220°C) and line a large baking sheet with parchment paper.
2. Add all of the ingredients to the baking sheet and toss to ensure even seasoning. Spread everything out evenly.
3. Bake for 15 to 18 minutes or until the vegetables are fork-tender and the shrimp is cooked through. Divide evenly between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is approximately two cups.
Make it Vegan: Use tofu instead of shrimp.
Additional Toppings: Fresh herbs like parsley, dill and/or basil.

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One Pan Beef, Bell Pepper & Zucchini Stir Fry

4 servings
20 minutes

Ingredients

1 1/2 lbs Extra Lean Ground Beef
Sea Salt & Black Pepper
3 Garlic (clove, finely chopped)
1 cup Red Onion (chopped)
1 Red Bell Pepper (large, chopped)
1 Zucchini (large, chopped)
2 tsps Italian Seasoning
1 tbsp Lemon Juice

Nutrition

Amount per serving	
Calories	336
Fat	17g
Carbs	8g
Fiber	2g
Sugar	4g
Protein	36g
Cholesterol	111mg
Sodium	119mg
Vitamin A	1055IU
Vitamin C	52mg
Calcium	44mg
Iron	4mg

Directions

1. Heat a large pan over medium-high heat. Add the beef and cook for five to seven minutes until the meat is browned and cooked through, breaking it up as it cooks. Season with salt and pepper.
2. Add the garlic, onion, bell pepper, zucchini, Italian seasoning, and lemon juice. Cook for four to five minutes or until the vegetables are tender.
3. Divide evenly onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is approximately 1 1/2 cups.
No Ground Beef: Use ground chicken or turkey.

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Za'atar Spiced Shrimp, Broccolini & White Beans

2 servings
20 minutes

Ingredients

1 1/2 tsps Extra Virgin Olive Oil
8 ozs Broccolini
1 tbsp Za'atar Spice (divided)
8 ozs Shrimp (small, peeled, deveined)
1 cup White Navy Beans (drained, rinsed)
Sea Salt & Black Pepper (to taste)
1/2 Lemon (juiced)

Nutrition

Amount per serving	
Calories	286
Fat	5g
Carbs	30g
Fiber	13g
Sugar	2g
Protein	32g
Cholesterol	183mg
Sodium	323mg
Vitamin A	1951IU
Vitamin C	53mg
Calcium	255mg
Iron	6mg

Directions

1. Heat a large pan over medium heat and add the oil. Add the broccolini and cook for five to seven minutes until slightly tender. Season with half of the za'atar spice.
2. Add the shrimp and cook for four to five minutes. Add the beans, the remaining za'atar, salt, and pepper. Sauté for two to three minutes until the shrimp are cooked through and the beans are warm.
3. Remove from the heat and add the lemon juice. Divide evenly between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is approximately 1 1/2 cups.
More Flavor: Add shallot and chili flakes.

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Turmeric Ginger Ground Turkey & Vegetables

2 servings
30 minutes

Ingredients

1 1/2 tsps Extra Virgin Olive Oil
1 Yellow Onion (small, sliced)
2 Garlic (clove, finely chopped)
12 ozs Extra Lean Ground Turkey
1 tsp Turmeric (ground)
1/4 tsp Ground Ginger
1 1/2 cups Broccoli (chopped into florets)
1 1/2 cups Purple Cabbage (thinly sliced)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	361
Fat	18g
Carbs	17g
Fiber	5g
Sugar	8g
Protein	36g
Cholesterol	126mg
Sodium	161mg
Vitamin A	1294IU
Vitamin C	100mg
Calcium	126mg
Iron	6mg

Directions

1. Heat the oil in a large pan over medium heat. Add the onion and sauté for two to three minutes until softened. Add the garlic and cook for another 30 seconds until fragrant.
2. Add the ground turkey and cook for five to seven minutes until browned, breaking it up as it cooks. Add the turmeric and ground ginger and stir well to coat.
3. Add the broccoli and cabbage and season with salt and pepper. Cook for seven to 10 minutes or until the vegetables are slightly tender. Divide evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is approximately two cups.
Additional Toppings: Green onion or cilantro.

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Sesame Beef & Zoodle Bowl

3 servings
20 minutes

Ingredients

1 tbsp Extra Virgin Olive Oil
1/2 Yellow Onion (chopped)
1 Garlic (clove, minced)
1 lb Extra Lean Ground Beef
2 tbsps Coconut Aminos
Sea Salt & Black Pepper (to taste)
3 Zucchini (medium, spiralized)
2 stalks Green Onion (chopped)
2 tbsps Sesame Seeds

Nutrition

Amount per serving	
Calories	395
Fat	23g
Carbs	12g
Fiber	3g
Sugar	9g
Protein	34g
Cholesterol	98mg
Sodium	298mg
Vitamin A	734IU
Vitamin C	36mg
Calcium	121mg
Iron	6mg

Directions

1. Heat the oil in a pan over medium heat. Add the onion and sauté for three to four minutes or until softened. Add the garlic and sauté for another 30 to 60 seconds until fragrant.
2. Add the ground beef, breaking it up as it cooks. Cook for six to eight minutes or until browned and cooked through. Add the coconut aminos, salt, and pepper and stir to combine.
3. Add the zucchini noodles and sauté for another one to three minutes or until cooked to your liking.
4. Divide the beef and zucchini noodles evenly into bowls. Top with green onion and sesame seeds. Enjoy!

Notes

Leftovers: Best enjoyed fresh. Refrigerate in an airtight container for up to two days.
Serving Size: One serving is approximately 2 1/2 cups.
Additional Toppings: Sriracha or chili flakes.
No Ground Beef: Use ground turkey or chicken instead.
No Zucchini Noodles: Dice the zucchini into small pieces instead and cook for longer.

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Creamy Sauteed Cabbage & Sausage

2 servings
30 minutes

Ingredients

1 1/2 tsps Extra Virgin Olive Oil
1 Yellow Onion (small, sliced)
2 cups Green Cabbage (sliced)
8 ozs Pork Sausage (cut into chunks)
1/4 cup Whipping Cream
Sea Salt & Black Pepper (to taste)
2 tbsps Cilantro (chopped)

Nutrition

Amount per serving	
Calories	539
Fat	47g
Carbs	14g
Fiber	4g
Sugar	8g
Protein	16g
Cholesterol	100mg
Sodium	1059mg
Vitamin A	680IU
Vitamin C	33mg
Calcium	90mg
Iron	3mg

Directions

1. Heat the oil in a pan over medium-high heat. Add the onion and sauté for five minutes or until softened.
2. Add the cabbage and sauté for another five minutes, stirring frequently. Add the sausage, stir, and cook for ten minutes or until browned. Add the cream and season with salt and pepper.
3. Reduce the heat to low and simmer for five minutes or until the flavors have combined.
4. Divide evenly between bowls or plates. Top with cilantro and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately two cups.

More Flavor: Add garlic and/or Cajun seasoning to the sauce. Add fresh-squeezed lemon juice to finish the dish.

Serve it With: A side of cauliflower rice or a grain of your choosing like quinoa or couscous.

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Tempeh & Brussels Sprouts Stir Fry

2 servings
20 minutes

Ingredients

1 tbsp Extra Virgin Olive Oil (divided)
8 ozs Tempeh (crumbled)
1/4 cup Water
1 1/2 tsps Fajita Seasoning
Sea Salt & Black Pepper (to taste)
2 Garlic (clove, minced)
3 cups Brussels Sprouts (shredded)
4 stalks Green Onion (small, chopped)
1 tbsp Red Wine Vinegar

Nutrition

Amount per serving	
Calories	353
Fat	20g
Carbs	24g
Fiber	6g
Sugar	4g
Protein	28g
Cholesterol	0mg
Sodium	203mg
Vitamin A	2036IU
Vitamin C	116mg
Calcium	203mg
Iron	5mg

Directions

1. Heat half of the oil in a non-stick pan over medium heat. Add the tempeh, water, fajita seasoning, salt, and pepper, and stir to combine. Cook for two to three minutes, until the water has completely evaporated.
2. Add the garlic to the pan and sauté for one more minute. Remove the ingredients from the pan and set them aside.
3. In the same pan over medium-high heat, add the remaining oil, Brussels sprouts, and green onion. Sautée for five to seven minutes or until the Brussels sprouts are browned and tender-crisp. Add the red wine vinegar and stir well to coat the vegetables.
4. Return the cooked tempeh to the pan and stir to combine. Cook for one more minute to heat through. Divide evenly onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.
Serving Size: One serving is approximately two cups.
More Flavor: Add a squeeze of lime juice or top with avocado slices.
Additional Toppings: Salsa or hot sauce.

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Coconut Chicken & Vegetable Stew

2 servings
35 minutes

Ingredients

1 1/2 tsps Extra Virgin Olive Oil
10 ozs Chicken Breast (boneless, skinless, cubed)
2 Zucchini (small, sliced)
1 Red Bell Pepper (medium, chopped)
1 1/3 cups Lite Coconut Milk
Sea Salt & Black Pepper (to taste)
2/3 cup Frozen Spinach (thawed, drained, chopped)
1/2 Lime (medium, juiced)

Nutrition

Amount per serving	
Calories	366
Fat	18g
Carbs	15g
Fiber	5g
Sugar	10g
Protein	37g
Cholesterol	103mg
Sodium	161mg
Vitamin A	8400IU
Vitamin C	117mg
Calcium	111mg
Iron	3mg

Directions

1. Heat the oil in a pot over medium heat. Add the chicken, stir, and cook for 10 minutes or until lightly browned.
2. Add the zucchini and bell pepper and cook for another five to seven minutes.
3. Add the coconut milk, stir, and season with salt and pepper. Cover the pot with a lid and let it simmer on low heat for 10 minutes or until everything is cooked through.
4. Remove the lid and add the spinach. Simmer for another minute, then remove from the heat and add the lime juice. Taste and adjust the seasoning as needed.
5. Divide evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is approximately two cups.
Additional Toppings: Garnish with green onion.

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Veal Scallopini with Mushrooms

2 servings
25 minutes

Ingredients

10 ozs Veal Leg Cutlet (boneless)
Sea Salt & Black Pepper
1 tsp Extra Virgin Olive Oil
8 Cremini Mushrooms (large, sliced)
1 tbsp Capers
1/3 cup Beef Broth
1/4 cup Whipping Cream
1/2 Lemon (medium, juiced)

Nutrition

Amount per serving	
Calories	295
Fat	16g
Carbs	4g
Fiber	1g
Sugar	3g
Protein	35g
Cholesterol	113mg
Sodium	316mg
Vitamin A	448IU
Vitamin C	7mg
Calcium	31mg
Iron	2mg

Directions

1. Season the veal cutlets all over with salt and pepper. Heat the oil in a pan over medium-high heat. Add the veal and cook for one to two minutes per side until lightly browned. Transfer to a plate and set aside.
2. In the same pan, add the mushrooms and cook for four to five minutes until golden. Add the capers, broth, and cream. Simmer for three to four minutes until slightly thickened.
3. Return the veal to the pan and spoon the mushroom sauce on top. Cook for another two to three minutes to heat through.
4. Remove from the heat and add the lemon juice. Divide evenly between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is approximately two veal cutlets and half a cup of mushroom sauce.
More Flavor: Add mustard and garlic.
Additional Toppings: Parsley or green onions.

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Creamy One Pan Chicken, Bell Pepper & Mushrooms

2 servings
45 minutes

Ingredients

1 1/2 tsps Extra Virgin Olive Oil
10 ozs Chicken Breast (boneless, skinless, cubed)
1/2 White Onion (small, diced)
2 Garlic (clove, minced)
8 Cremini Mushrooms (quartered)
1 Red Bell Pepper (medium, sliced)
2/3 cup Chicken Broth, Low Sodium
Sea Salt & Black Pepper (to taste)
1/3 cup Whipping Cream
2 tbsps Cilantro (chopped)

Nutrition

Amount per serving	
Calories	395
Fat	22g
Carbs	12g
Fiber	3g
Sugar	6g
Protein	38g
Cholesterol	148mg
Sodium	106mg
Vitamin A	2562IU
Vitamin C	81mg
Calcium	55mg
Iron	2mg

Directions

1. Heat the oil in a pan over medium heat. Add the chicken and cook for five to seven minutes or until lightly browned, stirring occasionally. Remove the chicken from the pan.
2. In the same pan, add the onion and sauté for five minutes or until soft and lightly browned. Add the garlic and cook for another minute. Add the mushrooms and bell pepper, stir, and cook for two to three minutes.
3. Return the chicken to the pan, add the broth, and season with salt and pepper. Reduce the heat to low, cover with a lid, and simmer for 15 to 20 minutes or until everything is fully cooked.
4. Remove the lid and add the cream. Simmer uncovered for another five minutes or until the sauce has thickened slightly. Remove from the heat and add the cilantro. Divide evenly between bowls or plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is approximately 1 1/3 cups.
More Flavor: Add mustard and tarragon to the sauce.
Dairy-Free: Use coconut cream instead.