



## Moroccan Chicken with Cauliflower Rice

 4 servings  35 minutes

### Ingredients

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- 4 boneless, skinless chicken breasts
- 2 tablespoons olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon paprika
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground turmeric
- Salt and pepper to taste
- 1 can diced tomatoes, drained
- 1/4 cup chicken broth
- 1/4 cup chopped fresh cilantro
- 1 head cauliflower, grated or riced
- Lemon wedges for serving

### Method

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- Season the chicken with salt and pepper.
- Brown chicken in olive oil until cooked through, about 6-8 minutes per side.
- Sauté onion and garlic until softened, about 2-3 minutes.
- Then add spices and cook until fragrant.
- Stir in tomatoes and broth, then simmer for 10-15 minutes.
- Return chicken to skillet, cover, and simmer.
- Prepare cauliflower rice.
- Serve chicken over cauliflower rice.
- Garnish with cilantro and lemon wedges. Enjoy!


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For an extra burst of flavor, garnish with toasted almonds and a dollop of Greek yogurt before serving.



## Grilled Fish Sandwich

 4 servings

 30 minutes

### Ingredients

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- 4 fish fillets (such as cod or tilapia)
- 4 sandwich buns
- Lettuce leaves
- Sliced tomatoes
- Sliced onions
- Mayonnaise
- Mustard
- Salt and pepper
- Olive oil
- 4 large potatoes
- Seasoning of your choice (such as garlic powder, paprika, or Cajun seasoning)

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Add a squeeze of fresh lemon juice over the grilled fish for an extra burst of flavor.

### Method

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- Preheat your grill to medium-high heat.
- Season the fish fillets with salt, pepper, and a drizzle of olive oil.
- Place the fish fillets on the grill and cook for 4-5 minutes per side, or until cooked through and flaky.
- While the fish is grilling, prepare the fries. Wash and cut the potatoes into thin strips.
- In a bowl, toss the potato strips with olive oil and your choice of seasoning.
- Spread the seasoned potato strips in a single layer on a baking sheet and bake in the oven at 400°F (200°C) for 20-25 minutes, or until crispy and golden brown.
- Assemble the sandwiches by spreading mayonnaise and mustard on the sandwich buns. Add lettuce, tomato slices, onion slices, and the grilled fish fillets.
- Serve the grilled fish sandwiches with the crispy fries on the side. Enjoy!



## Falafel Wrap



4 servings



10 minutes

### Ingredients

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- Pre-made falafel patties
  - Pita bread or flatbread
  - Shredded lettuce
  - Diced tomatoes
  - Sliced cucumbers
  - Sliced onions
  - Chopped parsley
  - Tahini sauce
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For an extra kick, drizzle some tahini sauce over the falafel wrap before rolling it up.

### Method

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- Warm up the pre-made falafel patties in a skillet over medium heat for 2-3 minutes on each side, until they are heated through.
- Place the warm falafel patties inside the pita bread or flatbread.
- Add shredded lettuce, diced tomatoes, and cucumber slices on top of the falafel.
- Drizzle with tahini sauce for added flavor.
- Fold the bread around the falafel and toppings, creating a wrap.
- Serve immediately and enjoy!



## Chicken Tacos



4 servings



20 minutes

### Ingredients

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- 1 lb boneless, skinless chicken breasts
  - 1 tablespoon olive oil
  - 1 packet taco seasoning
  - 8 small flour or corn tortillas
  - 1 cup shredded lettuce
  - 1 cup diced tomatoes
  - 1/2 cup shredded cheddar cheese
  - 1/4 cup chopped cilantro
  - 1 avocado, sliced
  - Lime wedges, for serving
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### Method

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- Heat olive oil in a skillet over medium-high heat. Add chicken breasts and cook until golden brown and cooked through, about 6-8 minutes per side.
- Shred the cooked chicken using two forks. Sprinkle taco seasoning over the shredded chicken and mix well.
- Warm tortillas in a separate skillet or microwave according to package instructions.
- Assemble tacos by filling each tortilla with seasoned chicken, shredded lettuce, diced tomatoes, shredded cheese, chopped cilantro, and avocado slices.
- Serve chicken tacos with lime wedges on the side for squeezing over the top. Enjoy!

For an extra burst of flavor, squeeze fresh lime juice over the assembled tacos before serving.



# Penne Roasted Tomatoes and Meatballs



4 servings



45 minutes

## Ingredients

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- 1 lb penne pasta
  - 2 cups cherry tomatoes, halved
  - 1 lb meatballs
  - Olive oil
  - Tomato puree or tomato sauce
  - Salt and pepper
  - Grated Parmesan cheese
  - Fresh basil leaves, torn (optional)
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Elevate the dish with a drizzle of balsamic glaze, adding a tangy sweetness that complements the savory meatballs and roasted tomatoes perfectly.

## Method

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- Preheat the oven to 400°F (200°C).
- On a baking sheet, toss the cherry tomatoes with olive oil, salt, and pepper. Roast in the preheated oven for 20-25 minutes, or until the tomatoes are caramelized and soft.
- While the tomatoes are roasting, cook the penne pasta according to package instructions until al dente. Drain and set aside.
- In a skillet, cook the meatballs in olive oil over medium heat until browned and cooked through, about 10-12 minutes.
- In a large bowl, toss the cooked penne pasta with the roasted cherry tomatoes and meatballs.
- Serve the penne pasta and meatballs hot, garnished with grated Parmesan cheese and torn fresh basil leaves, if desired. Enjoy!



## Chickpea Stew with Rice



4 servings



40 minutes

### Ingredients

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- 1 can chickpeas, drained and rinsed
- 1 onion, diced
- 2 cloves garlic, minced
- 2 carrots, diced
- 2 celery stalks, diced
- 1 bell pepper, diced
- 1 cup diced tomatoes
- 4 cups vegetable broth
- 1 cup uncooked rice
- 1 tsp cumin
- 1 tsp paprika
- Salt and pepper to taste
- Fresh parsley for garnish

### Method

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- In a large pot, heat olive oil over medium heat. Add diced onion and minced garlic, and sauté until fragrant.
- Add diced carrots, celery, and bell pepper to the pot, and cook until vegetables begin to soften.
- Stir in diced tomatoes, vegetable broth, chickpeas, uncooked rice, cumin, paprika, salt, and pepper.
- Bring the mixture to a boil, then reduce heat to low and let simmer for 20-25 minutes, or until rice is cooked and stew has thickened.
- Adjust seasoning to taste, adding more salt and pepper if needed.
- Serve the chickpea stew hot, garnished with fresh parsley. Enjoy!

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For a burst of freshness, squeeze a wedge of lemon over each bowl of chickpea stew before serving.



## Grilled Stea, Mashed Potatoes and Broccoli



4 servings



50 minutes

### Ingredients

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- 1 lb steak
  - 4 large potatoes, peeled and cubed
  - 1 head of garlic
  - 1 bunch of broccoli
  - Olive oil
  - Salt and pepper
  - Butter
  - Milk or cream (optional)
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Enhance the flavor of your steak by marinating it in a mixture of olive oil, minced garlic, soy sauce, and your favorite herbs before grilling.

### Method

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- Preheat grill to medium-high heat.
- Rub steak with olive oil and season with salt and pepper.
- Grill steak to desired doneness, about 4-5 minutes per side for medium-rare. Let it rest before slicing.
- Meanwhile, boil potatoes until tender. Drain and set aside.
- Cut the top off the garlic head, drizzle with olive oil, wrap in foil, and roast in the oven at 400°F (200°C) for 30-40 minutes until soft.
- Steam or roast broccoli until tender.
- Mash cooked potatoes with roasted garlic, butter, and milk or cream until smooth. Season with salt and pepper to taste.
- Serve grilled steak with roasted garlic mashed potatoes and broccoli on the side. Enjoy!