

KINDA HEALTHY RECIPES



poultry in motion

75 RECIPES FOR
CHICKEN WITH A
SURPLUS OF DIGGITY

by **Mason Woodruff**

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A top-down view of a white ceramic bowl filled with pulled chicken. The chicken is shredded and has a rich, reddish-brown color, suggesting it has been cooked in a sauce. The bowl is set on a dark wooden surface. A white vertical bar is positioned on the left side of the image, partially overlapping the bowl's edge.

JUST CHICKEN



SHREDDED BBQ CHICKEN

Ingredients

- 2 lbs Boneless Skinless Chicken Thighs
- 2 Tbsp (32g) Olive Oil
- 1 Tbsp Brown Sugar
- 2 tsp Smoked Paprika
- 1 tsp Garlic Powder
- 1 tsp Cumin
- 1 tsp Kosher Salt
- 1 tsp Dry Mustard
- 1 tsp Chili Powder (optional)
- 1/2 tsp Black Pepper
- 1/2 C (140g) BBQ Sauce

READY IN: 35 MINUTES

MAKES: 10 SERVINGS

165 CAL | 18P | 3C | 9F

1 serving = 3 ounces

Directions

1. Mix the dry ingredients in a bowl. Coat the chicken in the oil in a large bowl before adding the spices. Stir to coat.
2. Set a pressure cooker's sauté function to high. Once hot, add the chicken and cook for 2-3 minutes before flipping and cooking an additional 2-3 minutes.
3. Add the bbq sauce and make sure none of the chicken is stuck to the pot. Pressure cook for 5 minutes on high.
4. Transfer the cooked chicken to a bowl to shred before going back in the sauce.
5. Optional: Use the broil function for 8-12 minutes or broil on a baking sheet for crispy edges.

Macros per serving with chicken breast: 135 cals, 21g protein, 3g carbs, and 4g fat



MEXICAN SHREDDED CHICKEN

Ingredients

- 2 lbs Boneless Skinless Chicken Thighs
- 2 Tbsp (32g) Olive Oil
- 2 tsp Kosher Salt
- 2 tsp Garlic Powder
- 2 tsp Chipotle Chili Powder
- 2 tsp Dried Oregano
- 1 tsp Ground Cinnamon
- 1 tsp Ground Coriander
- 12 oz Cerveza

READY IN: 30 MINUTES

MAKES: 8 SERVINGS

200 CAL | 22P | 2C | 11F

1 serving = 4 ounces

Directions

1. Mix the dry ingredients in a bowl. Coat the chicken in olive oil in a large bowl before adding the spices. Stir to coat.
2. Set a pressure cooker's sauté function to high and let the pot heat up. Add the chicken thighs and cook for 2-3 minutes to develop color before flipping and cooking an additional 2-3 minutes.
3. Add the cerveza and make sure none of the chicken is stuck to the pot. Seal and pressure cook for 5 minutes on high.
4. Remove the cooked chicken and shred. Use the sauté function to reduce the liquid while you shred the chicken.
5. Optional: Use the broil function for 8-10 minutes for crispy edges.



CHILI COCONUT PULLED CHICKEN

Ingredients

- 1 lb Boneless Skinless Chicken Thighs
- 14 oz can Lite Coconut Milk
- 2 Tbsp (60g) Gochujang
- 2 Tbsp (42g) Honey
- 2 Tbsp (30g) Lime Juice
- 1 Tbsp Paprika
- 1 tsp Ground Ginger
- 1 tsp Garlic Powder
- 1/2 tsp Kosher Salt
- 1/4 tsp Ground Coriander

READY IN: 25 MINUTES

MAKES: 4 SERVINGS

185 CAL | 15P | 10C | 9F

1 serving = 4 ounces

Directions

1. Mix all the ingredients except the chicken thighs in the pot of a pressure cooker before adding the chicken. Fully coat the chicken in the mixture.
2. Pressure cook on HI for 10 minutes with quick release pressure.
3. Transfer the cooked chicken to a bowl to shred with two forks.
4. While you shred the chicken, use the pressure cooker's sauté function to reduce the remaining liquid for 5-10 minutes, stirring occasionally, until the sauce is as thick as you'd like.
5. Once you've reduced the sauce, set the pressure cooker to its keep warm function and add the shredded chicken thighs back to the pot. Stir to coat in the sauce and serve with rice.

PAN FRIED BUTTERMILK CHICKEN



Ingredients

- 3 Boneless Skinless Chicken Breasts (about 5-6 ounces each)
- 1/2 C (120mL) Low Fat Buttermilk
- 1 large Egg
- 1/4 C (30g) All Purpose Flour
- 1 Tbsp Paprika
- 1/2 Tbsp Dry Mustard
- 1/2 Tbsp White Pepper
- 1/2 tsp Black Pepper
- 1/2 tsp Kosher Salt
- 1 1/2 Tbsp (24g) Olive Oil

READY IN: 4+ HOURS

MAKES: 3 PIECES

285 CAL | 38P | 10C | 10F

Directions

1. Preheat oven to 400°F. Remove the chicken from the marinade and place on a wire rack. Discard remaining marinade.
2. Mix the flour and spices together. Place one chicken breast at a time in the flour mixture and toss to coat. Add the coated chicken breast back to the wire rack. Repeat until no flour remains.
3. Heat a 12" cast iron skillet or large, oven-safe skillet over medium heat with the olive oil. Once hot, gently place the chicken breasts in the skillet. Cook for 3 minutes, flip, and cook for an additional 2 minutes before popping in the oven.
4. Cook for 5 minutes or until the chicken reaches an internal temp of 165F. Transfer the cooked chicken to a clean wire rack or dish to rest for at least 5 minutes before serving.



JALAPEÑO CILANTRO LIME CHICKEN

Ingredients

- 1 lb Boneless Skinless Chicken Thighs
- 1/2 C (120g) Pickled Jalapeño Juice
- 1/4 C (60g) Lime Juice, about 2 small limes
- 1 Tbsp (16g) Olive Oil
- 2 Tbsp (10g) Chopped Cilantro
- 3 cloves (10g) Garlic, peeled and thinly sliced
- 1/2 tsp Black Pepper
- + an additional 1/2 Tbsp (8g) Olive Oil for cooking

READY IN: 8+ HOURS

MAKES: 4 THIGHS

185 CAL | 22P | 2C | 10F

Directions

1. Mix all the marinade ingredients together in a resealable container before adding the chicken thighs and covering. Refrigerate overnight.
2. Remove the chicken thighs from the marinade and place on a paper towel to dry the surface before frying. Reserve the remaining marinade (or make fresh batch).
3. Heat a large skillet over medium-high heat with the 1/2 tablespoon of oil.
4. Place the chicken thighs dry-side down in the skillet. Cook for 4-6 minutes or until the bottoms are golden brown before flipping. Slowly pour the remaining marinade in the gaps around the chicken, being careful to not pour over the top of the chicken.
5. Continue cooking to reduce the marinade to a thick sauce, 4-5 minutes tops, before transferring the chicken to a plate once it reaches an internal temp of 165F.



THE BEST NAKED CHICKEN TENDERS

Ingredients

- 1 lb Boneless, Skinless Chicken Tenderloins or Breasts, cut into strips
- 1 Tbsp Olive Oil
- 2 Tbsp Ranch Seasoning
- 1/4 tsp Ground Chipotle Pepper Powder (or chili powder)
- 1/4 tsp Black Pepper

READY IN: 30 MINUTES

MAKES: 6 TENDERS

95 CALS | 15P | 4C | 2F

Directions

1. Mix the dry ingredients (you can season however you'd like) before mixing with the oil.
2. Add the chicken and seasoning blend to a resealable bag or container. Refrigerate for at least 30 minutes, ideally longer for more flavor.
3. Heat a large skillet (with a cover) over medium-high heat with cooking spray.
4. Add the marinated chicken to the hot pan and leave untouched for **4 minutes**.
5. Flip and cook for another **2 minutes**.
6. Turn the heat off, cover, and leave the chicken alone (**DON'T PEEK**) for **6 minutes**. Depending on the size of the chicken tenderloins you use, these times may vary slightly. Make sure the juices run clear and/or use a meat thermometer to make sure the chicken reaches 165F.
7. Remove the cooked chicken and refrigerate whole for better leftover chicken.

Note: If you double the recipe, you'll likely need to cook two batches to avoid overcrowding the pan.



MUSTARD BALSAMIC CHICKEN THIGHS

Ingredients

- 4 Boneless Skinless Chicken Thighs (24oz total)
- 1/4 C (60g) Lemon Juice (about 1 large lemon)
- 1/4 C (60g) Coarse Ground Mustard or Dijon Mustard
- 1/4 C (60g) Trader Joe's Fat Free Balsamic Vinaigrette
- 1 tsp Kosher Salt
- 1 tsp Dried Rosemary Leaves
- 1/2-1 tsp Black Pepper

READY IN: 2 1/2 HOURS

MAKES: 4 CHICKEN THIGHS

285 CAL | 33P | 4C | 12F

Directions

1. Mix all the ingredients except the chicken in an 8x8 baking dish or shallow resealable container. Add the chicken thighs, submerging them in the marinade. Cover and refrigerate for at least 2 hours.
2. Place 2 of the chicken thighs in an air fryer basket and cook at 400°F for 12-14 minutes or until each thigh reaches an internal temp of 165°F at its thickest point.
3. Repeat for the remaining 2 thighs or refrigerate for later. If you air fry them immediately after the first batch, they'll likely cook a bit faster (by 1-3 minutes).



SPICY BUTTERMILK CHICKEN TENDERS

Ingredients

- 1 1/2 lb Boneless Skinless Chicken Tenderloins
- 3/4 C (180mL) Low Fat Buttermilk
- 2 Tbsp (30g) Hot Sauce
- 1 Tbsp Paprika
- 1 tsp Kosher Salt, divided
- 1 tsp Black Pepper, divided
- 1/2 tsp Cayenne Pepper, divided (optional)

READY IN: 20 MIN (+ 2 HRS IN MARINADE)

MAKES: 10 TENDERS

80 CAL | 16P | 1C | 1F

Directions

1. Whisk the buttermilk, hot sauce, paprika, 1/2 tsp salt, 1/2 tsp pepper, and 1/4 tsp cayenne pepper together in a resealable container. Add the chicken and marinate for at least 2 hours.
2. Preheat oven to 400F. Transfer the chicken tenderloins from the marinade to a baking sheet with a wire rack. Discard the remaining marinade.
3. Mix the remaining 1/2 tsp of salt and pepper with the remaining 1/4 tsp of cayenne pepper to sprinkle on top of the tenderloins.
4. Bake for 15-18 minutes or until the chicken tenderloins reach an internal temperature of 165F. Remove from the oven and let the chicken rest for at least 5 minutes before serving.

CRISPY CHICKEN SANDWICHES



Ingredients

- 6 Boneless Skinless Chicken Thighs, cut to fit bun size
- 3/4 C (180mL) Low Fat Buttermilk
- 1 large Egg
- 1/4 C (30g) All Purpose Flour
- 1 Tbsp Paprika
- 1/2 Tbsp Ground Mustard
- 1/2 Tbsp White Pepper
- 1/2 tsp Kosher Salt
- 1/2 tsp Black Pepper
- 1 1/2 Tbsp Olive Oil
- 6 Potato Rolls (or your choice of bun)

READY IN: 25 MINUTES (+ 4 HRS IN MARINADE)

MAKES: 6 SANDWICHES

300 CAL | 21P | 32C | 9F

Directions

1. Cut the chicken thighs into rough squares about the size of the buns you're using. Whisk the buttermilk and egg together before adding the chicken thighs. Cover and refrigerate for 4 hours or overnight.
2. To bake the chicken, preheat an oven to 400F.
3. Transfer the chicken thighs to a wire rack or tray. Let any excess marinade drip off the chicken. Discard remaining marinade.
4. Mix the flour and dry spices together in a shallow bowl. Place a chicken thigh in the flour/spice mixture and toss to coat. Place the coated chicken back on the rack and repeat until little to no flour remains.
5. Heat a large oven-safe skillet over medium heat with the olive oil. (I used a 12" cast iron skillet.)
6. Once the oil is hot, carefully place the chicken thighs in the skillet. Cook for 2.5-3 minutes or until the bottoms are golden brown before flipping and cooking another 2 minutes.
7. Transfer the skillet to the oven and bake for 8-10 minutes or until the chicken reaches an internal temperature of 165F.
8. Transfer the cooked chicken to a clean cooling rack to rest. Place the skillet back over medium heat to toast your buns before serving.



BAKED ORANGE CHICKEN

Ingredients

- 1 1/2 lbs Boneless Skinless Chicken Breast, cut into bite size pieces
- 2 Tbsp (30g) Orange Juice
- 1 Tbsp (15g) Rice Vinegar
- 1 large Egg
- 3/4 C (90g) Breadcrumbs
- 2 Tbsp (15g) Grated Parmesan
- 1/4 tsp Black Pepper (optional)

For the Sauce

- 1 Tbsp (15g) Ginger, minced
- 2-3 cloves (15g) Garlic, minced
- 1 Tbsp (15g) Olive Oil
- 1/2 C (120g) Chicken Stock
- 2 Tbsp (30g) Orange Juice
- 1/4 C (60g) Walden Farms Pancake Syrup
- 1/4 C (60g) Soy Sauce
- 2 Tbsp (30g) Rice Vinegar
- 1/2-1 tsp Crushed Red Pepper Flakes
- 1 Tbsp (15g) Orange Zest

READY IN: 40 MINUTES

MAKES: 4 SERVINGS

340 CAL | 40P | 22C | 11F

1 serving = 1 cup (260g)

Directions

1. Preheat oven to 400F and place a wire rack on top of a baking sheet. Set aside.
2. Zest an orange and set the zest aside for the sauce before juicing the orange into a large bowl. Add the egg, rice vinegar, and black pepper. Whisk together. Cut the chicken into bite size pieces and toss in the orange juice mixture.
3. Mix the breadcrumbs and parmesan. Dip the chicken pieces in the breadcrumbs and add to the wire rack.
4. Bake for 14-16 minutes or until 165F internally.

For the Sauce

1. Mix the chicken stock, soy sauce, pancake syrup, orange juice, and crushed red pepper together, reserving the orange zest for the end. Set aside.
2. Heat the olive oil in a large skillet over medium-high heat before adding the ginger and garlic. Cook until fragrant, about 30-60 seconds.
3. Add the chicken stock mixture to the pan. Continue cooking, stirring often, until thick, about 6-8 minutes.
4. When the sauce thickens, remove from the heat, add the orange zest, and stir before adding the baked chicken and stirring to coat. Top with sesame seeds, additional orange zest, green onion, and serve over rice or vegetables.



GENERAL TSO'S CHICKEN

Ingredients

- 1 1/2 lbs Boneless Skinless Chicken Breast, diced
- 1 Tbsp (15g) Soy Sauce
- 1 Tbsp (15g) Red Wine Vinegar
- 1 large Egg
- 1/4 tsp Black Pepper
- 3/4 C (90g) Breadcrumbs
- 2 Tbsp (15g) Grated Parmesan

For the General Tso Sauce

- 3 Scallions, finely chopped
- 3 cloves Garlic, minced
- 1 Tbsp Ginger, minced
- 4-6 Dried Arbol Chiles
- 1 1/2 Tbsp (24g) Toasted Sesame Oil, divided
- 1/2 C (120g) Chicken Stock
- 1/4 C (60g) Soy Sauce
- 1/4 C (48g) Swerve Brown
- 2 Tbsp (30g) Red Wine Vinegar
- 2 Tbsp (30g) Sriracha

READY IN: 40 MINUTES

MAKES: 4 SERVINGS

265 CAL | 40P | 22C | 13F

Directions

1. Preheat oven to 400F and spray a wire rack (optional) with nonstick cooking spray over a baking sheet.
2. Whisk the egg, soy sauce, red wine vinegar, and black pepper together before adding the chicken. Mix the breadcrumbs and parmesan in a separate bowl.
3. Coat the chicken pieces in the breadcrumbs and add to the wire rack. Bake for 14-16 minutes or until the largest pieces reach an internal temperature of 165F.

For the General Tso Sauce

1. Mix the remaining sauce ingredients in a bowl, reserving 1/2 Tbsp of the sesame oil.
2. Add the 1/2 Tbsp of sesame oil to a large skillet over medium-high heat. Add the scallions, garlic, and ginger. Cook until fragrant, about 1 minute. Add the chiles and cook for another 60 seconds before adding the liquid ingredients.
3. Continue cooking over medium-high heat, stirring often, until the sauce thickens, about 5-7 minutes.
4. Reduce the heat to low and toss the baked chicken in the sauce before removing from the heat, topping with more scallions, sesame seeds, and serving with rice, steamed broccoli, or your choice of pairings.



CAROLINA BBQ CROCKPOT CHICKEN

Ingredients

- 2 lbs Boneless Skinless Chicken Breast
- 1/4 C (60g) Yellow Mustard
- 1/4 C (60g) Apple Cider Vinegar
- 1/4 C (60g) Worcestershire Sauce
- 2 Tbsp (30g) Hot Sauce
- 1/2 C (96g) Swerve Brown Sugar or light brown sugar
- 1 tsp Ground Mustard
- 1 tsp Black Pepper
- 1 tsp Onion Powder

READY IN: 2+ HOURS

MAKES: 8 SERVINGS

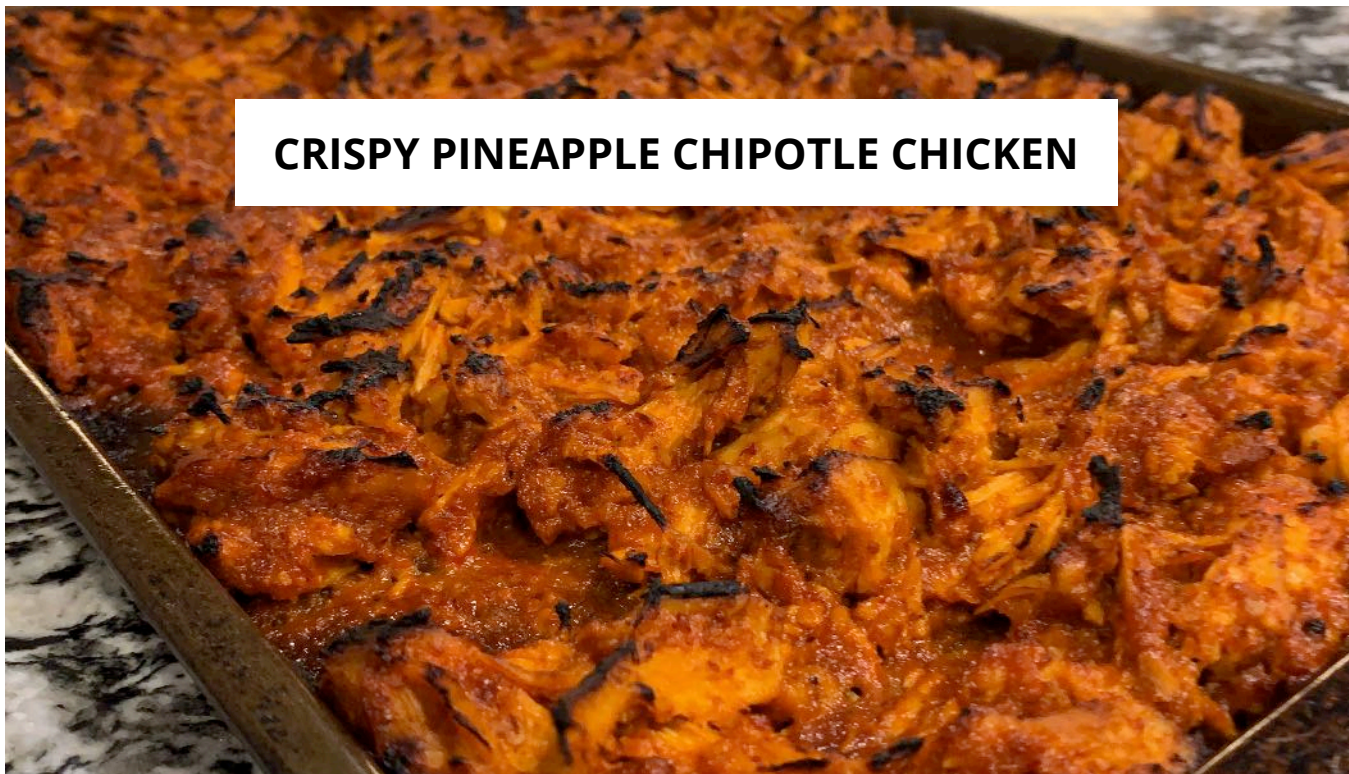
130 CAL | 26P | 14C | 1F

1 serving = 3 ounces

Directions

1. Mix everything together in a bowl or crockpot before adding the chicken. Flip the chicken a few times to fully coat both sides.
2. Cover and cook on low for 1.5-2.5 hours or until the chicken reaches an internal temp of 165F. (You can cook on high, but a longer cook time will produce more flavorful chicken.)
3. After the chicken is cooked, shred it with two forks or a stand/hand mixer.
4. Set the crockpot to its keep warm function and add the chicken back to the crockpot. Let the chicken rest in the juices for an additional hour.
5. Remove the chicken and add the sauce to a small saucepan over medium-high heat. Cook until the sauce thickens, about 4-5 minutes.
6. Pour the sauce over the chicken, stir, and serve on sandwiches, fries, or with veggies!

For an Instant Pot, cook the chicken on manual for 12-16 minutes with quick release pressure. Make sure the chicken is fully cooked before shredding.



CRISPY PINEAPPLE CHIPOTLE CHICKEN

Ingredients

- 2 lbs Boneless Skinless Chicken Breast
- 8 oz can Crushed Pineapple in juice
- 7 oz can Chipotle Peppers in Adobo Sauce (use 1/2 can for spice sensitive)
- 5-6 cloves (25g) Peeled Garlic
- 1 Tbsp (16g) Olive Oil
- 2 Tbsp (15g) Juice of Medium Lime
- 1/2 tsp Sea Salt
- 1/2 tsp Cumin

READY IN: 3+ HOURS

MAKES: 16 SERVINGS

90 CAL | 14P | 4C | 2F

1 serving = 3 ounces

Directions

1. Add all the chicken ingredients (except the chicken breasts) to a blender or food processor and pulse until smooth.
2. Add the chicken breasts and sauce to a crockpot and cook on low for 2.5-3 hours on low or until the chicken reaches 165F and/or juices run clear.
3. Remove the chicken to shred with two forks before tossing in the sauce. (You can do this in the crockpot but be careful to not burn yourself.)
4. Add the chicken to a large baking sheet and set your oven to a high broil.
5. Place the baking sheet on the top oven rack and broil for 4-6 minutes or until the chicken has crisp edges.

For an Instant Pot, cook the chicken on manual for 12-16 minutes with quick release pressure. Make sure the chicken is fully cooked before shredding.



HONEY CHIPOTLE CHICKEN

Ingredients

- 2 lbs Boneless Skinless Chicken Breast
- 7 oz can Chipotle Peppers in Adobo Sauce
- 1/4 C (84g) Honey
- 1/4 C (60mL) Walden Farms Pancake Syrup (or sugar free pancake syrup)
- 1/4 C (68g) Reduced Sugar Ketchup

READY IN: 3+ HOURS

MAKES: 8 SERVINGS

165 CAL | 27P | 10C | 2F

1 serving = 3 ounces

Directions

1. Add everything but the chicken to a food processor or blender. If you're sensitive to spice, use half the can of chipotle peppers. Blend until smooth and add to the Foodi with the chicken. Flip the chicken to coat.
2. Seal, vented, and cook on low for around 2 to 2.5 hours or until the chicken reaches 165°F.
3. Shred the cooked chicken and set the Foodi to its keep warm function. Let the chicken rest in the sauce for an additional hour.

You can use the Foodi's broil function to create crispy edges on the cooked and shredded chicken.



CHICKEN & VEGGIES



SWEET CHILI CHICKEN & SPROUTS

Ingredients

For the Brussels Sprouts

- 12 oz Brussels Sprouts, stemmed and halved
- 1 Tbsp (16g) Olive Oil
- 1 tsp Kosher Salt
- 1 tsp Black Pepper

For the Chicken

- 1 lb Boneless Skinless Chicken Breast, diced
- 1 Tbsp (16g) Chili Oil*
- 2 tsp Ground Ginger
- 1 tsp Garlic Powder
- 1 tsp Chili Powder
- 1/2 tsp Kosher Salt

READY IN: 30 MINUTES

MAKES: 6 SERVINGS

155 CAL | 20P | 7C | 5F

1 serving = 3 ounces

Directions

1. Toss the sprouts in olive oil, salt, and pepper.
2. Add the brussels sprouts to an air fryer basket and cook at 400°F for 10 minutes.
3. While the brussels sprouts are in the air fryer, coat the diced chicken breast in the chili oil before adding the ground ginger, garlic and chili powder, and salt. Stir to fully coat the chicken.
4. After the brussels sprouts have cooked for 10 minutes, add the chicken breast to the basket and gently stir everything together.
5. Air fry for an additional 10 minutes at 400°F. Shake the chicken and sprouts and cook for an additional 4-6 minutes or until the chicken reaches an internal temperature of 165°F.
6. Serve over rice with scallions, toasted sesame seeds, and sweet chili sauce, if desired.

Nutrition facts are do not include any sweet chili sauce. Add 1 SmartPoint, 25 calories, and 6g of carbs for each tablespoon of sauce (nutrition info may vary). For stovetop/oven instructions: <https://masonfit.com/air-fryer-sweet-chili-chicken-and-brussels-sprouts/>



GREEK CHICKEN & VEGGIES

Ingredients

For the Veggies

- 1 medium (200g) Red Onion, diced (large)
- 1 large (250g) Bell Pepper, diced (large)
- 1 pint Grape Tomatoes
- 1 Tbsp (16g) Olive Oil
- 1 tsp Black Pepper
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 1/2 tsp Dried Oregano

For the Chicken

- 1 lb Boneless Skinless Chicken Breast, diced
- 1 Tbsp (16g) Olive Oil
- 1 Tbsp Greek Seasoning
- 1 tsp Black Pepper

READY IN: 35 MINUTES

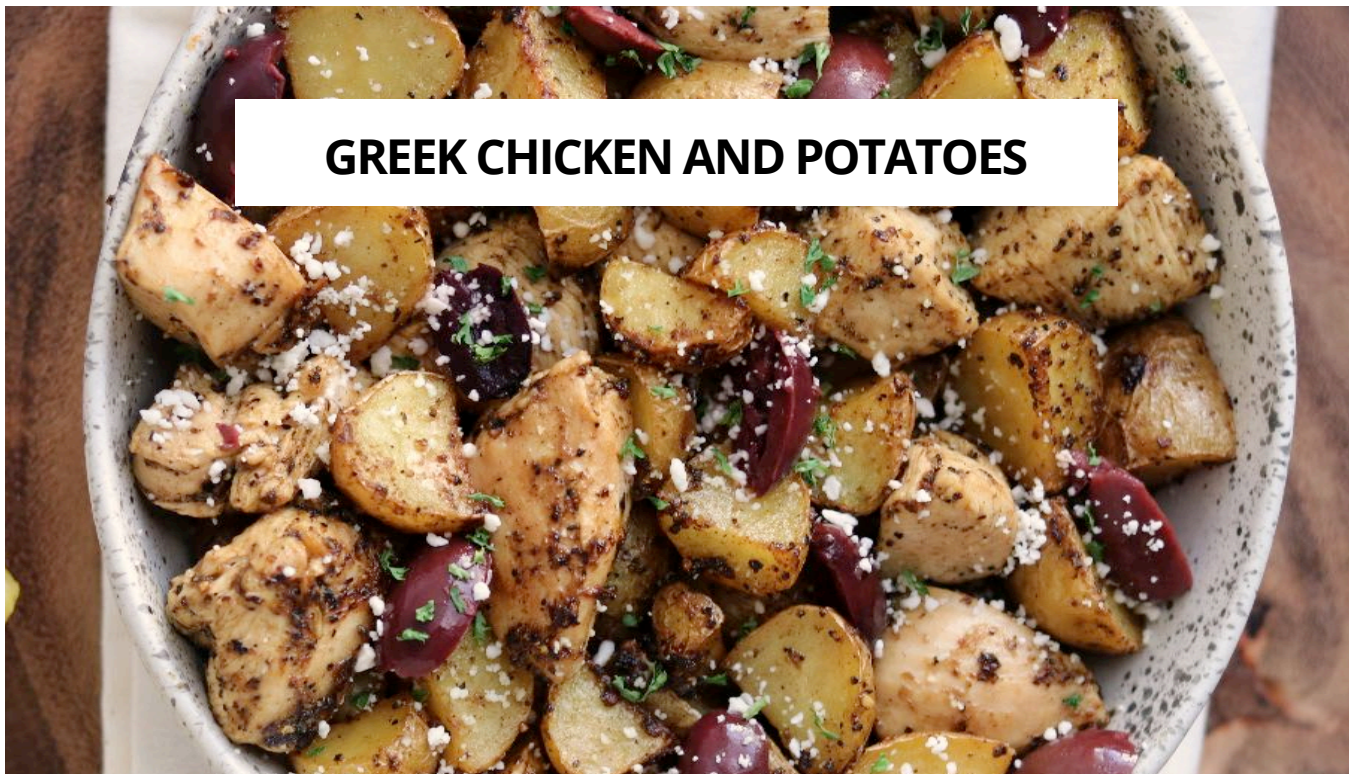
MAKES: 5 SERVINGS

175 CAL | 22P | 9C | 6F

1 serving = 7 ounces

Directions

1. Cut the onion and bell pepper into 1" pieces and place in a large bowl with the tomatoes. Toss the veggies with the 1 Tbsp of olive oil and spices before placing in the air fryer basket. Cook for 10 minutes at 400°F.
2. In the same bowl, add the diced chicken, remaining olive oil, Greek seasoning, and black pepper. Stir to fully coat the chicken.
3. After the veggies have cooked for 10 minutes, transfer to a **clean** bowl. Set aside.
4. Add the chicken to the air fryer basket and cook for 8 minutes at 400°F.
5. After the chicken is cooked, add the veggies back to the basket and use the Foodi's broil function for 6-8 minutes or until the onion/peppers begin to slightly char and the tomatoes begin to wrinkle.
6. Serve with kalamata olives, crumbled feta cheese, parsley, rice, and lemon juice, if desired. *(Not included in nutrition facts.)*



GREEK CHICKEN AND POTATOES

Ingredients

For the Potatoes

- 1 lb Baby Gold Potatoes, quartered
- 1 Tbsp (16g) Olive Oil
- 2 Tbsp (30g) Lemon Juice
- 1/2 tsp Lemon Zest
- 1/2 Tbsp Greek Seasoning
- 1/2 tsp Black Pepper

For the Chicken

- 1 lb Chicken Breast, diced
- 1 Tbsp (16g) Olive Oil
- 1/2 Tbsp Greek Seasoning
- 1/2 tsp Black Pepper

READY IN: 35 MINUTES

MAKES: 4 SERVINGS

265 CAL | 29P | 20C | 8F

1 serving = 6 ounces

Directions

1. Mix the lemon juice and zest together with the olive oil and toss the potatoes in the mixture. Season with 1/2 Tbsp Greek seasoning and 1/2 tsp black pepper. Use a spatula to transfer the potatoes to an air fryer basket, leaving the remaining oil/lemon juice mixture in the bowl. Air fry for 12 minutes at 400°F.
2. While the potatoes cook, dice the chicken breast and add to the bowl with the remaining olive oil and lemon juice. Add an additional Tbsp of olive oil and toss to coat before adding the remaining 1/2 Tbsp Greek seasoning and 1/2 tsp pepper.
3. Once the potatoes have cooked for 12 minutes, transfer them to the bowl with the chicken and stir together. Transfer back to the basket and air fry for 10-12 minutes at 400°F, shaking halfway through, until the chicken reaches an internal temp of 165°F (check multiple pieces). Serve with kalamata olives, feta, and parsley.



CAJUN CHICKEN & VEGGIES

Ingredients

- 1 lb Boneless Skinless Chicken Breast, diced
- 2 Tbsp (32g) Olive Oil
- 1 Tbsp Cajun Seasoning*
- 2 tsp Garlic Powder
- 2 tsp Black Pepper
- 1 tsp Onion Powder
- 1 tsp Smoked Paprika
- 1/8 tsp Dried Oregano
- 1/8 tsp Dried Thyme
- 1 pint Cherry Tomatoes
- 1 Red Bell Pepper, diced
- 1 large Zucchini, diced

READY IN: 35 MINUTES

MAKES: 10 SERVINGS

85 CAL | 11P | 3C | 3F

1 serving = 3 ounces

Directions

1. Mix the chicken breast with the olive oil, cajun seasoning and additional dry spices/herbs. Stir to fully coat the chicken before adding the tomatoes, bell pepper, and zucchini. Stir well.
2. Transfer the chicken and vegetables to the air fryer basket and cook at 400°F for 8 minutes. Stir and cook for an additional 8 minutes at 400°F. Repeat once more, cooking for a total 20-22 minutes or until the chicken reaches an internal temp of 165°F.
3. Treat yo' self by serving with a fresh squeeze of lemon juice. Bone apple tea.

**If you'd like to skip the additional spices/herbs, use 2 tablespoons of a salt free cajun seasoning + 1 tsp of salt and pepper.*



BAKED CHICKEN THIGHS & TATERS

Ingredients

For the Potatoes

- 1 1/2 lb (675g) Baby Gold Potatoes, cut into wedges
- 1 Tbsp (16g) Olive Oil
- 1 1/2 Tbsp Ranch Seasoning

For the Chicken Thighs

- 5 Boneless Skinless Chicken Thighs (24 oz total)
- 1 Tbsp (16g) Olive Oil
- 1 Tbsp (12g) Swerve Brown
- 2 tsp Cayenne Pepper
- 2 tsp Smoked Paprika
- 1 tsp Chili Powder
- 1 tsp Kosher Salt
- 1 tsp Red Pepper Flakes
- 1/2 tsp Garlic Powder

READY IN: 45 MINUTES

MAKES: 5 SERVINGS

375 CAL | 28P | 25C | 15F | 7SP

1 serving = 1 thigh + 1/5th potatoes

Directions

1. Preheat an oven to 400°F while you cut the potatoes and toss them in the olive oil and ranch seasoning. Transfer to a baking sheet and pop them in the oven on the center rack while you prep the chicken.
2. Pat the chicken thighs dry with a paper towel and place in a large bowl. Coat with a tablespoon of olive oil before adding the remaining spices. Use a rubber spatula to evenly coat the chicken in the spice blend.
3. Place the chicken thighs directly on a separate baking sheet and bake on the bottom rack of your oven for 18-20 minutes or until 165°F. Remove the chicken from the oven. Set aside.
4. Use your oven's broil function for 5-10 minutes if you want extra crispy potatoes. You can also stir the potatoes in the baking sheet for evenly crisp potatoes.

Chicken Tip: For extra diggity, spoon some of the rendered fat/juices over the chicken thighs a couple times during baking.



LOADED CHICKEN & POTATOES

Ingredients

- 8 oz Boneless Skinless Chicken Breast, diced
- 15 oz can New Potatoes, drained and diced
- 1/2 Tbsp (8g) Olive Oil
- 1 tsp Lawry's Seasoned Salt (or your choice of seasoning)
- 1/8 tsp Black Pepper
- 1/4 tsp Paprika
- 3/8 C (42g) Reduced Fat Shredded Cheddar
- 4 slices Precooked Bacon, cut into thin strips

READY IN: 25 MINUTES

MAKES: 2 SERVINGS

330 CAL | 37P | 21C | 11F

Directions

1. Cut the chicken into bite size pieces and add to a large bowl. Open and drain the can of potatoes. Use a knife to cut the potatoes into small cubes before adding the chicken.
2. Add the olive oil and spices to the bowl and stir to fully coat the chicken and potatoes. Add the chicken and potatoes to the air fryer basket in an even layer. Cook for 10-12 minutes at 400°F or until the chicken is fully cooked. Add the shredded cheese and bacon strips on top of the cooked chicken and potatoes and cook for an additional 3-5 minutes or until the cheese melts and bacon is crispy.
3. Top with plain fat free Greek yogurt or light sour cream, jalapeño peppers, green onion, or other toppings, if desired.



AIR FRYER CHICKEN & BROCCOLI

Ingredients

For the Chicken

- 1 lb Boneless Skinless Chicken Breast, diced
- 1 Tbsp (16g) Olive Oil
- 1 Tbsp Lemon Pepper Seasoning

For the Broccoli

- 9 oz Fresh Broccoli Florets
- 1 Tbsp (16g) Olive Oil
- 1 Tbsp (15g) Lemon Juice
- 1/4 C (30g) Grated Parmesan
- 1 tsp Garlic Powder
- 1/2 tsp Red Pepper Flakes

READY IN: 30 MINUTES

MAKES: 4 SERVINGS

230 CAL | 31P | 5C | 10F

Directions

1. Coat the diced chicken in the olive oil before adding the seasoning and stirring to coat. Set aside.
2. Toss the broccoli with the olive oil and lemon juice before adding the parmesan, red pepper, and garlic powder. Stir until evenly coated.
3. Add the chicken and broccoli to an air fryer basket, mixing the two together.
4. Air fry for 12-14 minutes at 400°F, shaking/stirring halfway through. The chicken should reach an internal temperature of 165°F and the broccoli should be crispy but not charred.
5. Serve with rice and freshly grated parmesan cheese.



CHICKEN FRIED CAULIFLOWER RICE

Ingredients

For the Chicken

- 1 lb Diced Chicken Breast
- 1 Tbsp (16g) Chili Oil
- 1 tsp Kosher Salt
- 1 tsp Garlic Powder
- 1/2 tsp Black Pepper
- 1/2 tsp Ground Ginger
- 1/4 tsp Red Chili Flakes (optional)

For the Stir Fry

- 1 Tbsp (16g) Sesame or Olive Oil
- 12 oz bag Trader Joe's Riced Cauliflower Stir Fry
- 2 large Eggs, beaten

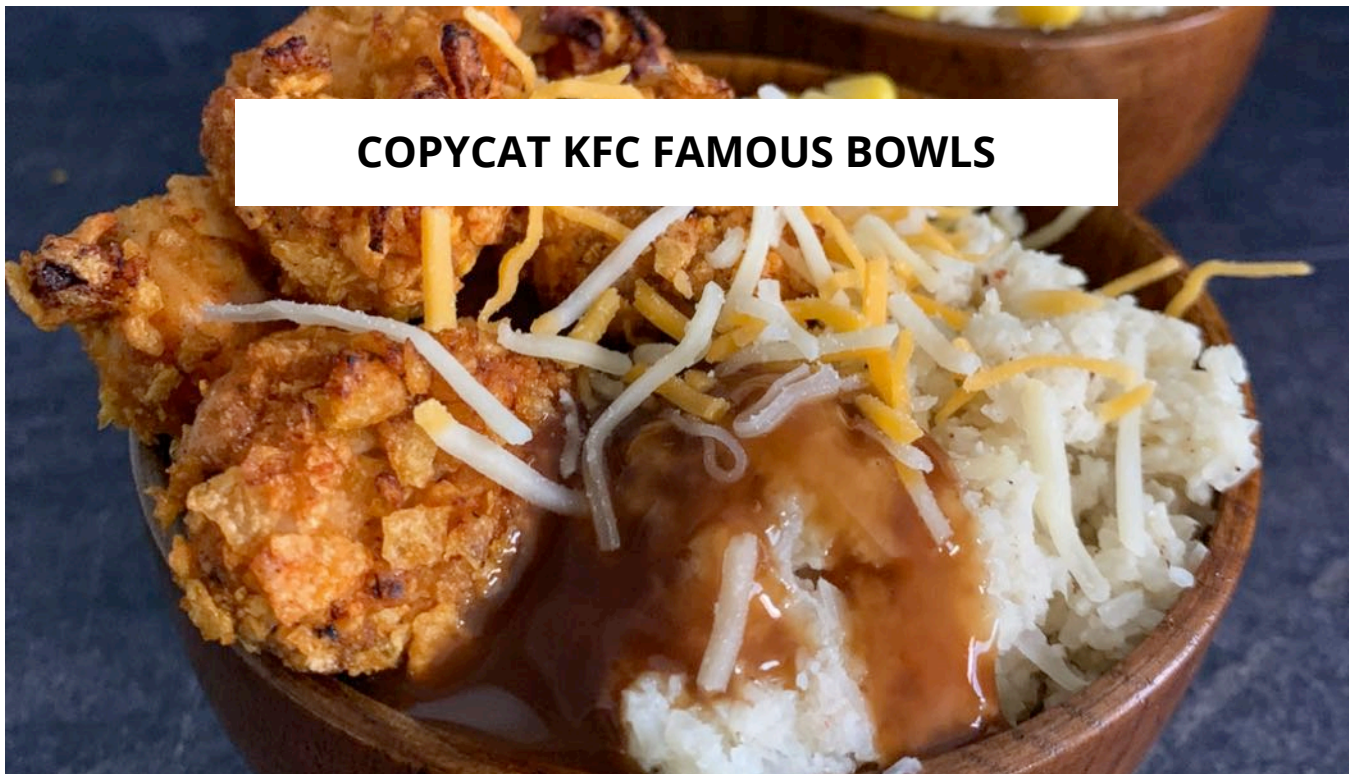
READY IN: 30 MINUTES

MAKES: 4 SERVINGS

275 CAL | 31P | 8C | 14F

Directions

1. Add the diced chicken, chili oil, and spices to a bowl and stir to fully coat the chicken.
2. Heat a large skillet or wok over medium-high heat. Once hot, add the chicken to the skillet. Cook for 2 minutes before flipping the chicken and cooking for another 2-3 minutes until cooked through. Transfer the chicken to a clean bowl or plate and set aside.
3. Heat the sesame or olive oil in the skillet before adding the cauliflower rice stir fry (from frozen). Cook for 5-6 minutes with minimal stirring. Whisk the eggs together while cooking.
4. Create a well in the center of the stir fry and add the eggs. Scramble the eggs and mix into the stir fry before adding the chicken back to the skillet. Stir everything together and remove from the heat.
5. Serve with fresh green onion, sweet chili sauce, soy sauce, toasted sesame seeds.



COPYCAT KFC FAMOUS BOWLS

Ingredients

- 12 oz Frozen Cauliflower Rice
- 2 Tbsp (28g) Light Butter
- 1/2 tsp Black Pepper
- 1/2 C (125g) Whole Kernel Corn, drained
- 1/4 C (60g) Beef Gravy
- 1/4 C (28g) Reduced Fat Shredded Cheddar
- 16 pieces Spicy Popcorn Chicken from The Snacks Section (or your choice of popcorn chicken)

READY IN: 30 MINUTES

MAKES: 6 SERVINGS

300 CAL | 24P | 26C | 11F | 6SP

Directions

1. Microwave the cauliflower rice for 4-5 minutes and drain any remaining liquid before adding to a food processor or blender with the butter and black pepper.
2. Blend until smooth like mashed potatoes. You may be able to accomplish this with a masher or really fine whisk, but it will take some work.
3. Open a can of corn and drain any liquid before microwaving 1/2 cup for 60-90 seconds or until warm. Measure the beef gravy and microwave for 30-60 seconds or until warm.
4. Add half the mashed cauliflower to a bowl before adding half the corn, gravy, and 8 pieces of popcorn chicken. Sprinkle half the shredded cheddar and repeat for the second bowl.



THE NUGGETS



COPYCAT CHICK-FIL-A NUGGETS

Ingredients

- 1 lb Chicken Breast, diced
- 1/2 C (120mL) Pickle Juice
- 1/4 C (60mL) Skim Milk
- 2 tsp Powdered Sugar
- 1/2 tsp Kosher Salt
- 1/2 tsp Black Pepper
- 1/2 tsp Garlic Powder
- 1/4 tsp Smoked Paprika

READY IN: 55 MINUTES

MAKES: 4 SERVINGS

135 CAL | 27P | 1C | 1F

Directions

1. Mix the pickle juice and milk together before adding the diced chicken. Cover and refrigerate for an hour (or overnight).
2. Drain the chicken before adding a mixture of the remaining ingredients. Once evenly coated, transfer to an air fryer.
3. Air fry for 10-12 minutes at 400°F until the chicken reaches an internal temp of 165°F. If you'd like your nuggets to be a bit crispier, you can use the broil function for a few minutes to add crisp them up without drying out the chicken.



JAMAICAN JERK NUGGETS

Ingredients

- 1 lb Chicken Breast, diced
- 1 Tbsp (16g) Olive Oil
- 1 Tbsp (15g) Soy Sauce
- 1 Tbsp Salt-Free Jerk Seasoning
- 1/2 tsp Garlic Powder

READY IN: 25 MINUTES

MAKES: 4 SERVINGS

150 CAL | 27P | 0C | 5F

Directions

1. Mix the olive oil and soy sauce together in a large bowl.
2. Pat the diced chicken dry before coating in the olive oil and soy sauce.
3. Add the jerk seasoning and garlic powder, stirring to evenly coat the chicken.
4. Air fry at 400°F for 10-12 minutes until the chicken reaches an internal temp of 165°F.



CAJUN CHICKEN NUGGETS

Ingredients

- 1 Tbsp (16g) Olive Oil
- 1/2 Tbsp (6g) Granulated Sugar
- 1 tsp Smoked Paprika
- 1/2 tsp Kosher Salt
- 1/2 tsp Garlic Powder
- 1/2 tsp Onion Powder
- 1/2 tsp Dried Oregano
- 1/2 tsp Red Pepper Flakes
- 1/4 tsp Black Pepper
- 1/4 tsp Ground Thyme

Directions

1. Pat the chicken dry with a paper towel before tossing with the olive oil.
2. Mix the dry ingredients together in a small bowl and add to the olive oil coated chicken.
3. Air fry for 10-12 minutes at 400°F or until the nuggets reach an internal temperature of 165°F.

READY IN: 25 MINUTES

MAKES: 4 SERVINGS

155 CAL | 27P | 2C | 5F



CHIPOTLE LIME NUGGETS

Ingredients

- 1 Tbsp (16g) Olive Oil
- 1 Tbsp (15g) Lime Juice
- 1/2 tsp Lime Zest
- 1-2 tsp Chipotle Chili Powder, to spice preference
- 1/2 tsp Kosher Salt

READY IN: 25 MINUTES

MAKES: 4 SERVINGS

150 CAL | 27P | 0C | 5F

Directions

1. Mix the olive oil, lime juice, and zest together in a large bowl.
2. Pat the diced chicken dry before coating in the olive oil and lime juice.
3. Add the salt and chili powder, stirring to evenly coat the chicken.
4. Air fry at 400°F for 10-12 minutes until the chicken reaches an internal temp of 165°F.



LEMON PEPPER NUGGETS

Ingredients

- 1 lb Chicken Breast, diced
- 1 Tbsp (16g) Olive Oil
- 1 Tbsp (15g) Lemon Juice
- 1 Tbsp Lemon Pepper Seasoning
- 1/2 tsp Parsley Flakes (optional)

READY IN: 25 MINUTES

MAKES: 4 SERVINGS

150 CAL | 27P | 0C | 5F

1 serving = 4 ounces

Directions

1. Mix the olive oil and lemon juice together in a large bowl.
2. Pat the diced chicken dry before coating in the olive oil and lemon juice.
3. Add the lemon pepper seasoning and parsley flakes, stirring to evenly coat the chicken.
4. Air fry at 400°F for 10-12 minutes until the chicken reaches an internal temp of 165°F.



GARLIC PARMESAN NUGGETS

Ingredients

- 12 oz Boneless Skinless Chicken Breast, cut into strips
- 1 Tbsp (16g) Olive Oil
- 1/4 C (30g) Grated Parmesan
- 1 tsp Garlic Powder
- 1/2 tsp Red Pepper Flakes
- 1/2 tsp Dried Oregano
- 1/2 tsp Parsley Flakes
- 1/4 tsp Kosher Salt

READY IN: 20 MINUTES

MAKES: 4 SERVINGS

205 CAL | 31P | 1C | 8F

Directions

1. Pat the chicken dry with a paper towel before tossing with the olive oil.
2. Mix the dry ingredients together in a small bowl and add to the olive oil coated chicken.
3. Air fry for 10-12 minutes at 400°F or until the nuggets reach an internal temperature of 165°F.

For a dipping sauce, try Calabrian chili paste mixed with marinara or the classic ranch seasoning and fat free Greek yogurt dip.



NASHVILLE HOT NUGGETS

Ingredients

- 12 oz Boneless Skinless Chicken Breast, diced
- 1/2 Tbsp (8g) Olive Oil
- 1 tsp Cayenne Pepper
- 1 tsp Paprika
- 1 tsp Chili Powder
- 1/2 tsp Garlic Powder
- 1/2 tsp Black Pepper
- 1/2 tsp Crushed Red Pepper Flakes
- 1 Tbsp (12g) Brown Sugar (I used Swerve)

READY IN: 20 MINUTES

MAKES: 3 SERVINGS


130 CAL | 25P | 0C | 3F | 0SP

1 serving = 8 nuggets

Directions

1. Use a paper towel to pat dry the diced chicken breast before adding to a bowl and tossing with the olive oil.
2. Mix the spices and brown sugar in a small bowl before adding to the chicken. Toss until evenly coated.
3. Add the chicken to an air fryer basket in an even layer. Cook at 400°F for 8-10 minutes. Let the chicken nuggets rest for 3-4 minutes after frying before serving.

For a dip, mix 1/2 C (113g) Fat Free Greek Yogurt, 2 Tbsp (30mL) Skim Milk (or any milk), and 1 Tbsp Ranch Seasoning



GROUND CHICKEN & TURKEY



CHICKEN BREAKFAST SAUSAGE

Ingredients

- 1 lb Ground Chicken (97/3)
- 2 tsp Black Pepper
- 1 tsp Smoked Paprika
- 1/2-1 tsp Crushed Red Pepper
- 1/2 tsp Kosher Salt
- 1/2 tsp Rubbed Sage
- 1/4 tsp Allspice
- 2 Tbsp (24g) Swerve Brown
- 1 Tbsp (16g) Olive Oil

READY IN: 20 MINUTES

MAKES: 10 PATTIES

60 CAL | 10P | 2C | 3F

Directions

1. Mix the spices and brown sugar in a bowl.
2. Add half the spices to the ground chicken and massage it into one side. Fold the chicken over and continue adding the spices and folding the chicken and spices together to evenly distribute.
3. Divide the chicken into 10 pieces (about 1.8 ounces each) and use your palms to flatten.
4. Heat a large pan over medium-high heat with **half the olive oil**. Add 5 sausage patties to the pan. (If the pan is large enough, you can add all the oil and patties at once. Try not to overcrowd the pan.)
5. Cook for 3-4 minutes or until the bottoms are a crispy brown. Flip each patty and press down firmly.
6. Cook for an additional 3-4 minutes or until the patties are cooked through and reach an internal temp of 165F. Transfer to a plate and let the sausage patties rest for a few minutes before serving.



CHICKEN SAUSAGE GRAVY

Ingredients

- 1 lb Ground Chicken (97/3)
- 2 tsp Black Pepper
- 1 tsp Smoked Paprika
- 1/2-1 tsp Crushed Red Pepper
- 1/2 tsp Kosher Salt
- 1/2 tsp Rubbed Sage
- 1/4 tsp Allspice
- 2 Tbsp (24g) Swerve Brown (or brown sugar)
- 1 Tbsp (16g) Olive Oil
- 1/4 C (30g) All Purpose Flour
- 1 tsp Cajun Seasoning
- 3 C (720mL) Skim Milk

READY IN: 25 MINUTES

MAKES: 8 SERVINGS

120 CAL | 17P | 7C | 4F

1 serving = 1/2 C (125g)

Directions

1. Mix the spices for the breakfast sausage together in a small bowl while you heat a large skillet over medium-high heat.
2. Add the oil to the hot skillet and while it heats up, spread the spices over the top of the ground chicken. Spread the spices as evenly as possible across the entire top surface and slightly massage them into the top layer.
3. Carefully place the chicken, seasoned side down, in the skillet. Cook for 1-2 minutes until the bottom develops a crust before breaking apart and stirring. Cook for an additional 4-5 minutes until the chicken is cooked completely.
4. Add the flour and cajun seasoning to the chicken, stirring until no visible flour remains.
5. Carefully add the milk and bring to a soft boil before reducing the heat to medium-low. Continue cooking for 8-10 minutes, stirring occasionally, until the gravy thickens. Once the gravy is as thick as you'd like, reduce the heat to its lowest setting to keep warm. (If the gravy thickens as it cools, you can add a bit more milk.)



SAUSAGE EGG & CHEESE CASSEROLE

Ingredients

- 2 C (491g) Liquid Egg Whites
- 8 oz tube Reduced Fat Crescent Rolls
- 3/4 C (84g) Shredded Cheddar
- 1/4 C (28g) Shredded Parmesan
- 1 lb Ground Chicken
- 2 tsp Black Pepper
- 1 tsp Smoked Paprika
- 1 tsp Crushed Red Pepper
- 1/2 tsp Kosher Salt
- 1/2 tsp Rubbed Sage
- 1/4 tsp Allspice
- 2 Tbsp (24g) Swerve Brown (or brown sugar)

READY IN: 40 MINUTES

MAKES: 8 SERVINGS

255 CAL | 22P | 15C | 12F

Directions

1. Preheat oven to 350F.
2. Mix the chicken sausage spices together in a small bowl.
3. Heat a large, oven-safe skillet over medium high heat before adding the ground chicken. Add the spice blend on top and crumble the meat to fully cook.
4. Remove the skillet from the heat. Take the crescent roll dough out of the tube and pinch off 14 pieces, placing each piece around the skillet. Carefully press down so the pieces have contact with the skillet. Pour the egg whites on top of the chicken sausage and crescent rolls.
5. Top with shredded cheese and bake for 20-25 minutes or until the crescent roll pieces are cooked through.



SPICY COCONUT GROUND CHICKEN

Ingredients

- 1 lb Ground Chicken (97/3)
- 1 Tbsp Paprika
- 1 tsp Ground Ginger
- 1 tsp Garlic Powder
- 1/2 tsp Kosher Salt
- 1/4 tsp Ground Coriander (optional)
- 2 Tbsp (60g) Gochujang
- 2 Tbsp (42g) Honey
- 13.5 oz can Light Unsweetened Coconut Milk

READY IN: 20 MINUTES

MAKES: 4 SERVINGS

230 CAL | 27P | 13C | 10F

Directions

1. Heat a skillet over medium heat with nonstick cooking spray. Add the ground chicken to the skillet and mix the dry spices together in a small bowl. Add the mixed spices to the chicken and use a spatula to stir everything together. Fully cook the chicken until no pink remains.
2. Add the chili paste and honey to the cooked chicken, stirring until evenly incorporated.
3. Add the coconut milk and stir until you can no longer see any white from the milk. Continue cooking for 8-10* minutes, stirring occasionally, until the mixture thickens. Remove from the heat and serve.



GROUND TURKEY TACOS

Ingredients

- 1 lb Ground Turkey (97/3)
- 1 Tbsp (16g) Olive Oil
- 1 (250g) Onion, diced
- 5 cloves Garlic, minced
- 6-8 Chipotle Peppers in Adobo, roughly chopped
- 1/4 C (60g) Lime Juice
- 1 Tbsp (21g) Honey
- 4 oz Broth or Water
- 1 tsp Kosher Salt
- 1 tsp Ground Coriander
- 1 tsp Cumin

For the Tacos

- 8 Mission Carb Balance Flour Tortillas
- 8 oz Shredded Cheese

READY IN: 40 MINUTES

MAKES: 8 TACOS

315 CAL | 23P | 23C | 15F

Directions

1. You can use a pressure cooker or large sauté pan. Begin by heating olive oil in the pan. Add the onion and cook until soft, about 5 minutes, before adding the garlic. Cook for 30-60 seconds until fragrant before pushing to the sides and adding the ground turkey. Fully cook the turkey.
2. Once cooked, add the remaining ingredients.
3. If you're using a pressure cooker, seal and pressure cook for 6 minutes with quick release. If you're on the stovetop, cook over medium heat until the taco meat has very little liquid remaining, about 6-8 minutes.
4. For the quesadillas, place tortillas on a griddle or skillet with nonstick spray or some of the juices from the taco meat. Top each tortilla with an ounce of cheese and 75 grams of the taco meat. Fold the tortilla over and grill both sides.

Taco meat only: 1,005 Calories, 109g Protein, 68g Carbs, and 34g Fat. Serve on tortillas with diced white onion, cilantro, and a sprinkle of cotija cheese to save fat/calories.



CHIPOTLE SWEET POTATO SKILLET

Ingredients

- 1 lb Ground Turkey (97/3)
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 1 tsp Kosher Salt
- 1 tsp Cumin
- 1 tsp Ground Coriander
- 6-8 Chipotle Peppers in Adobo, roughly chopped
- 2 C Beef or Chicken Broth
- 15 oz can Black Beans
- 1 1/2 lb Sweet Potatoes, peeled and cubed
- 3 oz Shredded Cheese

READY IN: 30 MINUTES

MAKES: 6 SERVINGS

330 CAL | 27P | 37C | 8F

1 serving = 10 ounces

Directions

1. Fully cook the ground turkey in a large sauté pan over medium-high heat before adding the seasoning blend, chopped chipotle peppers, broth, and black beans. Stir well. *(If you don't like the seeds from the chipotle peppers, blend them with the broth.)*
2. Add the sweet potatoes, stirring everything together. Reduce the heat to medium-low, cover, and cook for 12-15 minutes until the potatoes are fork tender. Stir occasionally and be careful to avoid over cooking and turning the potatoes to mush.
3. Salt and pepper the finished skillet to taste.
4. Optional: Top with cheese and broil in the oven for 4-6 minutes. Serve with fresh lime juice, cilantro, and fat free Greek yogurt.



CHEESEBURGER TURKEY MUFFINS

Ingredients

- 1 lb Ground Turkey (97/3)
- Pinch of Salt and Pepper
- 1/4 C (68g) Reduced Sugar Ketchup
- 1/4 C (60g) Whole Grain Mustard*
- 2 Tbsp (30g) Worcestershire Sauce
- 3 large Eggs
- 4 oz Shredded Cheddar
- 1/2 C (60g) Breadcrumbs

**I used a dill flavored mustard, but you could add a tablespoon or two of relish.*

READY IN: 30 MINUTES

MAKES: 12 MUFFINS

125 CAL | 13P | 4C | 6F

Directions

1. Add salt and pepper to the ground turkey and brown in a large skillet over medium-high heat. Preheat an oven to 400°F.
2. While the turkey cooks, mix the ketchup, Worcestershire, and mustard together.
3. Add the sauce to the cooked ground turkey, deglazing the skillet to get all the crispy bits off the skillet. Remove the pan from the heat and let the turkey cool briefly.
4. Mix the eggs, cheddar, and breadcrumbs together before adding the slightly cooled ground turkey. *If it's too warm, you might cook the eggs before you can get in a muffin tin.*
5. Transfer the mixture to a 12-muffin tin or silicone mold. Bake for 20 minutes or until the muffins are cooked through. Transfer to a wire rack to cool for a few minutes before serving.

CHIPOTLE RANCH CHICKEN BURGERS



Ingredients

- 1 lb Ground Chicken (97/3)
- 1 Tbsp (16g) Olive Oil
- 1 Tbsp Crushed Chipotle Pepper
- 1 Tbsp Ranch Seasoning
- 4 Nature's Own Butter Buns

For the Slaw

- 10 oz bag Tri-Color Cole Slaw Mix
- 1/2 C (113g) Fat Free Greek Yogurt
- 2 Tbsp (30g) Pickle Juice
- 2 Tbsp (24g) Swerve Granular
- 1 Tbsp Ranch Seasoning
- 1-2 tsp Crushed Chipotle Pepper
- 1-2 tsp Smoked Paprika

READY IN: 20 MINUTES

MAKES: 4 BURGERS

300 CAL | 31P | 29C | 9F

Directions

1. Mix the yogurt, pickle juice, and spices together in a large bowl before folding the slaw mix in. Place in the fridge to let the flavors meld while the burgers cook.
2. Mix the crushed chipotle and ranch together in a small bowl. Divide the chicken into 4 pieces and gently massage about 2/3 of the seasoning mixture into the top of each piece.
3. Heat a large skillet over medium-high heat before adding the olive oil. Once hot, carefully add the chicken pieces spice side down. (Use the ventilation in your kitchen and be careful not to stand over the chipotle pepper as it cooks.)
4. Sprinkle the remaining seasoning on top and use a spatula to firmly press each piece down. This will be the only time you should press the burgers (to keep the juices sealed inside) so make it count!
5. Cook for about 3 minutes or until the chicken burgers have a good sear and have developed some color on one side. Flip and cook for another 2-3 minutes or until the burgers are cooked through and reach an internal temp of 165F.
6. Transfer the cooked burgers to a plate, reduce the heat to a medium-low, and toast the buns. Top each burger with the slaw and enjoy!



NASHVILLE HOT CHICKEN BURGERS

Ingredients

- 1 lb Ground Chicken (97/3)
- 1 Tbsp (16g) Olive Oil
- 1 Tbsp Cayenne Pepper
- 1 tsp Smoked Paprika
- 1 tsp Chili Powder
- 1/2 tsp Garlic Powder
- 1/2 tsp Black Pepper
- 1/2 tsp Crushed Red Pepper Flakes
- 2 Tbsp (24g) Swerve Brown
- 1-2 Tbsp Hot Sauce
- 12 Dill Pickle Slices
- 4 Potato Buns (or your choice of bun)

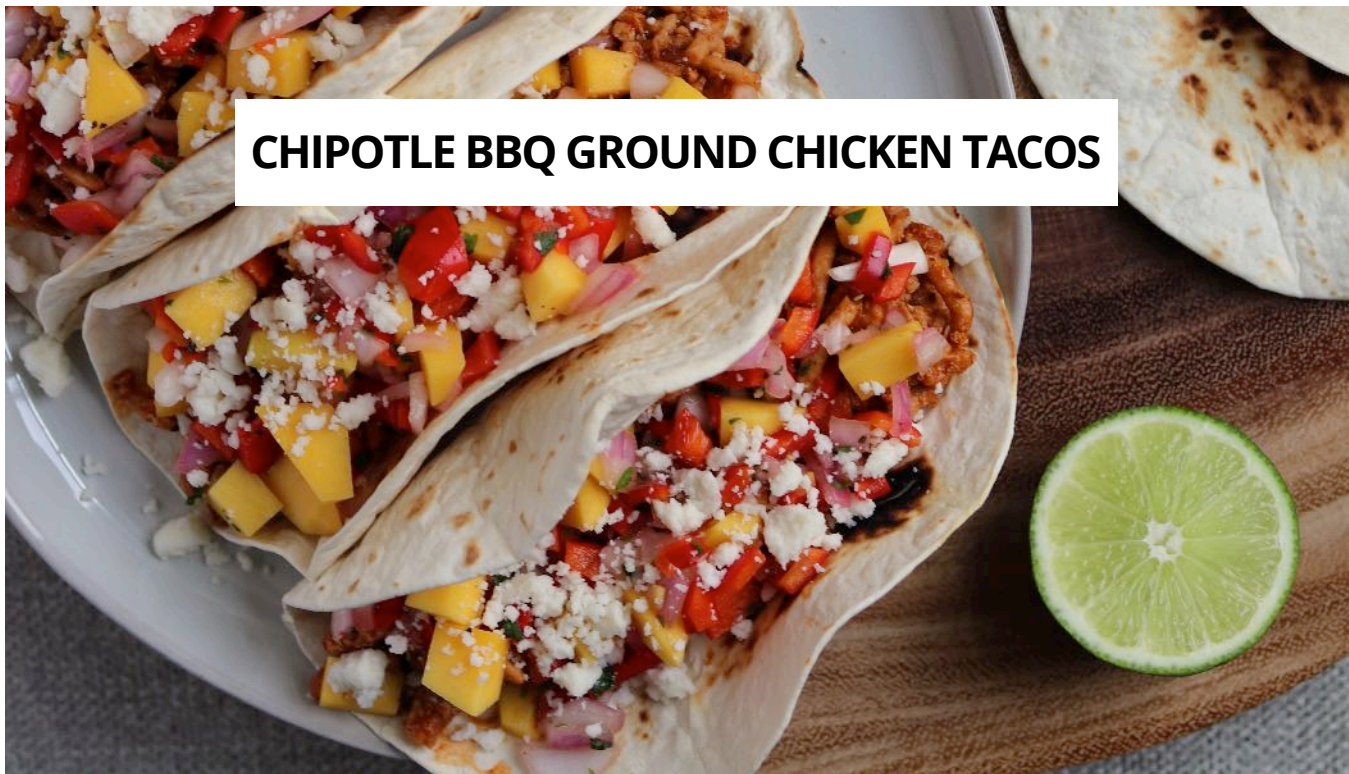
READY IN: 20 MINUTES

MAKES: 4 BURGERS

280 CAL | 34P | 24C | 9F

Directions

1. Mix the dry spices together in a small bowl. Divide the chicken into 4 pieces and generously sprinkle the spices on top of each piece.
2. Heat a large skillet over medium-high heat with olive oil. (Important: Turn the ventilation on high as the spices will create strong aromas and a bit of smoke as they bloom in the oil. Don't stand over the pan.)
3. Once the oil is hot, add the chicken pieces to the skillet spice-side down. Season the top side of the chicken, saving about 1/3 of the spices for the sauce.
4. Use a spatula to press the chicken burgers flat, smash burger style. Let them cook for 2-3 minutes to develop a good sear before flipping.
5. Flip and cook for another 2-3 minutes until juices run clear and the burgers reach an internal temp of 165F. (I used a 12-inch skillet so if you're using a smaller skillet and have thicker burgers due to lack of pan space, the burgers may take longer.)
6. Transfer the cooked burgers to a plate and add the remaining oil/juices to the remaining spices. Add the hot sauce to the spices and stir until thick. Add the sauce to the top of the burgers. Toast your buns in the skillet, top with pickles, and dig in!



CHIPOTLE BBQ GROUND CHICKEN TACOS

Ingredients

For the Chipotle BBQ Chicken

- 1 lb Ground Chicken (92% Lean)
- 1 Tbsp Ground Chipotle Chili Powder
- 1 tsp Garlic Powder
- 1/2 tsp Kosher Salt
- 1/2 tsp Black Pepper
- 1/2 C (120g) BBQ Sauce
- 1/2 C (120g) Chicken Broth
- 2 Tbsp (30g) Lime Juice
- Tortillas for serving

For the Mango Salsa

- 1 Mango, small diced
- 1/2 Red Bell Pepper, diced
- 1/4 Red Onion, diced
- 1/4 C (60g) Lime Juice
- 1-2 handfuls Cilantro, chopped
- 1/2-1 tsp Kosher Salt, to taste

READY IN: 30 MINUTES

MAKES: 7 SERVINGS

105 CAL | 13P | 2C | 5F

1 serving = 3 ounces (meat only)

Directions

1. Cook the ground chicken in a large skillet over medium-high heat. Add the chipotle and garlic powder, salt, and pepper towards the end of cooking.
2. Add the chicken broth, bbq sauce, and lime juice to the chicken and continue cooking until the mixture thickens, about 3-5 minutes. Remove from the heat. For the mango salsa, mix everything together in a large bowl.
3. For slightly charred tortillas, place the tortillas directly over a low flame on a gas stovetop or on a griddle over medium heat.

1 taco on a 6" Mission Carb Balance tortilla with a tablespoon of salsa has roughly 160 calories, 17g protein, 16g carbs, 7g fat, and 4 WW SmartPoints.



CHICKEN & RICE ENCHILADAS

Ingredients

For the Chicken and Rice

- 1 lb Ground Chicken (92% lean)
- 2 Tbsp Chili Powder*
- 1/2 Tbsp Garlic Powder
- 1/2 Tbsp Onion Powder
- 1 tsp Smoked Paprika
- 1 tsp Kosher Salt
- 1/2 tsp Cumin
- 1/2 tsp Dried Oregano
- 1/4 C (60g) Enchilada Sauce
- 1/4 C (60g) Lime Juice
- 2 C (480mL) Chicken Broth
- 7 oz bag Right Rice

For the Enchiladas

- 10 Tortillas (I used 6" Mission Carb Balance tortillas)
- 1 1/4 C (300g) Enchilada Sauce
- 4 oz (112g) Shredded Cheddar

READY IN: 30 MINUTES

MAKES: 10 ENCHILADAS

250 CAL | 20P | 26C | 12F

Directions

1. Cook the ground chicken using the Foodi's sauté function on high. Once cooked, add the dry spices, enchilada sauce, and lime juice. Turn off the Foodi and add the chicken broth and Right Rice. Stir well.
2. Seal the Foodi and cook with high pressure for 5 minutes. Transfer the chicken/rice to a bowl.

Assembling the Enchiladas

1. Add 1/2 cup (120g) of enchilada sauce to the bottom of the Foodi's ceramic pot.
2. Fill each tortilla with about 1/4 cup of the chicken/rice. Tightly roll and place the sealed side down in the pot. (8 center, 1 on each side)
3. Spoon any remaining chicken/rice over the top of the enchiladas, filling the sides.
4. Pour the remaining enchilada sauce (180g) over the enchiladas, followed by the shredded cheese. Use the Foodi's bake function at 350°F for 10 minutes.

**Reduce to 1 or 1 1/2 Tbsp for spice sensitive.*



SLOPPY JOES

Ingredients

- 2 lbs Ground Turkey (97/3)
- 2 Tbsp (30g) Garlic, minced
- 1/4 C White Onion, diced (optional)
- Salt and Pepper, to taste
- 3/4 C (204g) Reduced Sugar Ketchup
- 1/4 C (60g) Mustard
- 2 Tbsp (30mL) Apple Cider Vinegar
- 1/4 C (60mL) Walden Farms Pancake Syrup
- 1 Tbsp Chili Powder
- 1/2-1 tsp Cayenne Pepper

READY IN: 25 MINUTES

MAKES: 9 SERVINGS

145 CAL | 21P | 2C | 4F

1 serving = 150g (1/2 C without bun)

Directions

1. Set the Instant Pot to its saute function and wait for the "hot" notification. Spray the pot with nonstick cooking spray before add the minced garlic, onion, salt/pepper, and meat.
2. While the meat cooks, mix remaining sauce ingredients together in a bowl.
3. After your meat has browned, give it one last stir before adding your sauce to the top. DO NOT stir. Leave the sauce on the top, close the Instant Pot, and cook on manual for 10 minutes with a quick release.
4. The sauce should look thick and still be on top of your meat mixture, almost like the top of a meatloaf. Using a rubber spatula, fold the sauce into the meat, mixing well. It should lose its thickness and blend well.
5. Serve on your choice of bun or for a lower carb option, a bed of cauli rice or with roasted vegetables.



CREAMY TACO SOUP

Ingredients

- 2 lbs Ground Turkey (93/7)
- 15 oz can Sliced Stewed Tomatoes
- 10 oz can Rotel
- 15 oz can Black Beans, drained and rinsed
- 15 oz can Pinto Beans, drained and rinsed
- 15 oz can Corn
- 12 oz bag Frozen Peppers and Onions
- 12 oz bag Frozen Broccoli and Cauliflower Florets
- 8 oz Fat Free Cream Cheese
- 1 C (227g) FF Greek Yogurt plain
- 1 packet Ranch Dip Mix
- 2 packets Taco Seasoning

READY IN: 25 MINUTES

MAKES: 16 SERVINGS

210 CAL | 18P | 23C | 5F

1 serving = about 1 C

Directions

1. In a large pot or an Instant Pot, brown your choice of ground meat over medium high heat with one packet of taco seasoning. (Use the saute function if using an Instant Pot.)
2. Once the meat is fully cooked, add all the canned ingredients, cauliflower and broccoli, and remaining seasoning packets to a large pot. Heat the mixture until the frozen veggies begin to soften, stirring often, before reducing the heat to low.
3. Add the cream cheese and Greek yogurt to the soup and simmer for 5-10 minutes or until the cream cheese and Greek yogurt are fully incorporated and no lumps remain.



HATCH CHILE PUMPKIN PASTA CASSEROLE

Ingredients

- 1 lb Ground Turkey (93/7)
- 15 oz can Pumpkin
- 15 oz can Black Beans, drained and rinsed
- 1 1/2 C (360g) Roasted Chopped Green Chiles (*used Bueno Hatch Chiles thawed from frozen*)
- 1/2 tsp Kosher Salt and Black Pepper
- 1/2-1 Tbsp Chili Powder
- 1 tsp Ground Cumin
- 8 oz Banza Casarecce
- 4 oz Fontina Cheese (or a soft melting cheese)

READY IN: 45 MINUTES

MAKES: 6 SERVINGS

390 CAL | 35P | 39C | 12F

1 serving = 290 grams

Directions

1. Preheat an oven to 400F and bring a large pot of salted water to a boil (to cook the pasta).
2. Add salt and pepper to one side of a pound of ground turkey while heating a skillet over medium-high heat with nonstick spray. Place the meat seasoned side down in the skillet once hot.
3. Cook for 3-4 minutes, untouched, before flipping and crumbling the meat to finish cooking.
4. Add the chili powder, cumin, and chiles. Cook for 2-3 minutes before reducing the heat to low.
5. Drain and rinse the beans before adding them to the skillet with the canned pumpkin. Stir everything together.
6. Cook the pasta 1-2 minutes less than instructed on its packaging. Add the cooked pasta to the turkey, gently folding everything together.
7. Add the mixture to the casserole dish and top with cheese. Bake for 20-25 minutes or until the cheese is melted and bubbling around the edges.



TEX-MEX



MEXICAN CHICKEN SOUP

Ingredients

- 2 lbs Boneless Skinless Chicken Thighs
- 2 cans (15 oz) Stewed Tomatoes
- 15 oz can Black Beans
- 15 oz can Corn
- 16 oz Chicken Stock
- 12 oz Cerveza (or more stock)
- 2 tsp Kosher Salt
- 2 tsp Garlic Powder
- 2 tsp Onion Powder
- 2 tsp Chipotle Chili Powder
- 2 tsp Dried Oregano
- 1 tsp Ground Cinnamon
- 1 tsp Ground Coriander

READY IN: 30 MINUTES

MAKES: 13 SERVINGS

175 CAL | 17P | 15C | 5F

1 serving = 1 C (250g)

Directions

1. Add all the ingredients to a pressure cooker, stirring until evenly mixed.
2. Seal and pressure cook with high pressure for 15 minutes.
3. Release the pressure and transfer the chicken to a bowl to shred.
4. Add the shredded chicken back to the soup, stirring well.
5. Serve with shredded cheese, tortilla chips or strips, cilantro, fat free Greek yogurt, and lime wedges, if desired.

For baked tortilla strips, slice extra thin corn tortillas into strips and bake at 400°F for 10-15 minutes. Sprinkle with salt and lime juice as they come out of the oven.



TORCHY'S BRUSHFIRE TACOS

Ingredients

- 1 lb Boneless Skinless Chicken Breast, cut into strips
- 2 Jalapeño Peppers, seeded and cut into strips*
- 1 Tbsp (16g) Olive Oil
- 2 Tbsp Jamaican or Caribbean Jerk Seasoning

For the Tacos

- 6 Flour Tortillas (6" Mission Carb Balance)
- 1 Mango, diced
- Cilantro and Fat Free Greek Yogurt or Sour Cream

**Optional: Toss the jalapeño in 1-2 tablespoons of soy sauce and 1/2 tsp of garlic powder and onion powder before adding to the chicken.*

READY IN: 30 MINUTES

MAKES: 6 TACOS

175 CAL | 21P | 18C | 5F

Directions

1. Mix the chicken breast strips with the olive oil and jerk seasoning in a large bowl before adding the jalapeño strips. Stir to coat.
2. Transfer the chicken and jalapeño strips to the Ninja Foodi basket and air fry at **400°F for 8 minutes**. Shake the basket or use a spatula to stir the chicken and peppers. Air fry for an **additional 6 minutes at 400°F** or until the chicken reaches 165°F. (*For stovetop, cook over medium-high in a large skillet for ~8-10 minutes.*)
3. Warm the tortillas directly over a burner or in a large skillet before adding chicken and peppers (about 65g per taco), diced mango, Greek yogurt, and cilantro. Enjoy!

The recipe makes roughly 14 oz of chicken. Macros for the chicken and jalapeño mixture on its own: 650 calories, 100g protein, 10g carbs, 18g fat, and 1 SP.



FAJITA CHICKEN BURRITO BOWLS

Ingredients

- 1 lb Boneless Skinless Chicken Breast
- 3 Bell Peppers
- 1 medium Yellow Onion
- 4-5 cloves (20g) Garlic, minced
- 1 Lime optional
- 2 Tbsp (32g) Olive Oil
- 1 Tbsp Chili Lime Seasoning
- 1/2 tsp Sea Salt
- 1 C (92g) Instant Rice
- 15 oz can Black Beans, drained and rinsed
- 15 oz can Whole Kernel Corn, drained and rinsed
- 1 Tbsp Chopped Cilantro
- 1 Tbsp (15g) Lime Juice

READY IN: 25 MINUTES

MAKES: 6 SERVINGS

220 CAL | 23P | 13C | 7F

1 serving = 120 grams (about 1/2 C)

Directions

1. Trim the fat from the roast and slice it in half (if large).
2. Salt and pepper to one side of the roast.
3. Set the Instant Pot to its saute function and wait for the "hot" notification before spraying with a bit of nonstick cooking spray. Add the roast, salt and pepper side down, and set a timer for 3 minutes.
4. After 3 minutes, flip and cook for 2 more minutes.
5. After the 2 minutes, turn the Instant Pot off. Mix the soup mix, Worcestershire sauce, onion and pepper blend, and mushrooms to a large bowl before adding them to the Instant Pot.
6. Seal the Instant Pot and cook on manual with quick release pressure for 4-5 minutes, depending on how well done you'd like your cheesesteak. After you've released the pressure, open the Instant Pot and remove the roast.
7. Use a knife to chop the roast into small pieces or long strips depending on how you prefer your cheesesteak. Add the roast back in the Instant Pot to rest in the remaining juices for a few minutes.
8. Serve as sandwiches, with fries or in baked potatoes, or lower carb/calorie options like cauliflower rice or a bed of roasted veggies.



CREAMY CHICKEN ENCHILADAS

Ingredients

- 1 1/2 lb Boneless Skinless Chicken Breast
- 1 medium (250g) Onion, diced
- 5 cloves Garlic, minced
- 1/2 C (120g) Guacamole Salsa
- 1/2 Tbsp Paprika
- 1 tsp Black Pepper
- 1/2-1 tsp Cayenne Pepper
- 1/4 tsp Kosher Salt

For the Enchiladas

- 4 Cutdacarb Flatbreads, or your choice of tortilla
- 1 C (227g) Fat Free Greek Yogurt
- 1/2 C (120g) Guacamole Salsa
- 1/2 C (56g) Shredded Pepper Jack Cheese

READY IN: 1 HOUR

MAKES: 8 SERVINGS

235 CAL | 23P | 14C | 9F

Directions

1. Add the chicken, diced onion, and minced garlic to a pressure cooker with 1/2 C guacamole salsa mixed with the spices. Cook on HIGH manual pressure for 8 minutes with quick release.
2. Transfer the cooked chicken to a bowl to shred and use the sauté function to reduce the remaining sauce, if necessary. As long as the chicken isn't completely runny when filling the enchiladas, it's fine.
3. Preheat an oven to 400F. Cut the flatbreads in half and fill each with about 3 ounces of cooked chicken. Roll from the long side and place in a 13x9 baking dish.
4. Mix the Greek yogurt and guacamole salsa before pouring over the enchiladas.
5. Top with freshly shredded pepper jack cheese and bake for 15-20 minutes until the edges of the flatbread begins to brown.



BAKED CHICKEN TACOS

Ingredients

- 6 Extra Thin Corn Tortillas
- 6 oz Mexican Shredded Chicken from the Just Chicken Section (*or any cooked chicken*)
- 1/2 C (56g) Shredded Cheddar (*or your choice of cheese*)

READY IN: 20 MINUTES

MAKES: 6 TACOS

110 CAL | 12P | 8C | 3F

Directions

1. Preheat the oven to 400°F and wrap the tortillas in a slightly damp paper towel and microwave for 45-60 seconds, flipping halfway through.
2. Add the chicken to one half of each tortilla. Top with cheese before folding over. Gently press down to seal each taco. (*If the tortillas crack, microwave them another 15-30 seconds.*)
3. Place a baking sheet or flat surface with a bit of weight on top of the tacos to press them down. This prevents the tacos from opening during baking and helps the cheese fully seal the tacos so they stick together after baking.
4. Bake for 8-12 minutes or until the tortillas are golden brown. Be careful not to burn. (If you're having trouble getting them crisp, remove the second baking sheet towards the end of cooking since the tacos will be sealed by then. And using a baking sheet instead of a wire rack on the bottom will take a bit longer.)



ROASTED CHICKEN POTATOES & PEPPERS

Ingredients

Seasoning Blend

- 2 tsp Chipotle Chili Powder
- 2 tsp Garlic Powder
- 2 tsp Ground Coriander
- 2 tsp Kosher Salt
- 2 tsp Dried Oregano
- 1/2 tsp Ground Cinnamon

For the Chicken

- 1 1/2 lb Boneless Skinless Chicken Breast, diced
- 1 Tbsp (16g) Olive Oil
- 1/2 the Seasoning Blend

For the Veggies

- 1 1/2 lb Baby Potatoes, halved
- 2-3 Bell Peppers, diced large
- 2-3 Jalapeño Peppers, diced
- 2 Tbsp (32g) Olive Oil
- 1/2 the Seasoning Blend

READY IN: 45 MINUTES

MAKES: 6 SERVINGS

280 CAL | 29P | 23C | 8F

1 serving = 9 ounces

Directions

1. Preheat an oven to 400°F and mix the seasoning blend in a bowl. Set aside.
2. Cut the potatoes and peppers and place in a large bowl. *If your baby potatoes are on the larger side, quarter instead of half.* Toss with 2 Tbsp of olive oil before coating in 1/2 the seasoning blend. Bake the veggies on a large baking sheet for 10 minutes while you prep the chicken.
3. Toss the diced chicken breast in oil before coating in 1/2 the seasoning blend.
4. Once prepped, push the veggies to the sides of the baking sheet, creating space for the chicken in the center. *You can also use a separate baking sheet.*
5. Bake for 16-20 minutes until the chicken reaches an internal temp of 165°F. Serve with fresh cilantro and lime wedges.



PASTA



BUFFALO CHICKEN MAC AND CHEESE

Ingredients

- 8 oz Banza Pasta Elbows
- 1 lb Ground Chicken (92/8)
- 1 (250g) Onion, diced
- 3 cloves Garlic, minced
- 1 Tbsp Ranch Seasoning
- 3/4 C (180g) Buffalo Sauce
- 1 C (227g) Fat Free Greek Yogurt
- 1/2 C (56g) Cheddar Powder
- 3/4 C (84g) Shredded Monterey Jack

READY IN: 30 MINUTES

MAKES: 6 SERVINGS

380 CAL | 34P | 31C | 16F

1 serving = 1 1/2 C (240g)

Directions

1. Bring a pot of salted water to a boil and cook the pasta for 5 min during step 2.
2. Add the ground chicken, onion, and garlic to a skillet over medium-high heat. Cook until no pink remains, about 8 minutes. Add the ranch seasoning towards and cook for 1-2 more minutes.
3. Add the buffalo sauce and cook for 2-3 minutes until the mixture thickens.
4. Reduce the heat to low. Mix the Greek yogurt and cheddar powder in a separate bowl and add to the skillet. Stir everything together before folding in the cooked pasta.
5. Top with the shredded cheese and broil on high for 5 minutes. Serve with fresh green onions, if desired.



CHICKEN FAJITA PASTA BAKE

Ingredients

- 1 lb Boneless Skinless Chicken Breast
- 1/2 tsp Kosher Salt and Black Pepper
- 2 Bell Peppers, diced
- 1 Jalapeño Pepper, diced
- 1 White Onion, diced
- 4 cloves Garlic, minced
- 1 Tbsp Olive Oil, divided
- 8 oz Banza Chickpea Pasta
- 1/2 C (120g) Chicken Stock
- 1/4 C (60g) Hot Sauce
- 12 oz jar Trader Joe's Queso
- 4 oz Shredded Pepper Jack Cheese

READY IN: 30 MINUTES

MAKES: 8 SERVINGS

260 CAL | 22P | 24C | 10F

1 serving = 1 C (215g)

Directions

1. Preheat oven to 400F and bring a large pot of salted water to a boil. Cook the pasta just shy of al dente.
2. Prepare the diced veggies and cut the chicken into bite size pieces. Pat the chicken dry and season with salt and pepper. Set aside.
3. Heat 1/2 the olive oil in a large skillet over medium-high heat. Cook the onions and peppers for 4-6 minutes until tender before adding the garlic. Cook for another 30-60 seconds until fragrant. Transfer the cooked veggies to a plate or bowl and set aside.
4. Add the remaining oil to the skillet and add the chicken. Cook for 2-3 minutes before flipping and cooking another 1-2 minutes or until the chicken is cooked through. Transfer cooked chicken to the bowl with the veggies. Reduce the heat to low.
5. Mix the hot sauce and chicken stock together and add to the skillet. Use your spatula to scrape any crispy bits off the bottom and cook the stock down for 30-60 seconds before adding the queso. Stir well.
6. Add the chicken and veggies back to the skillet before adding the cooked/drained pasta. Stir together.
7. Top with shredded cheese and bake for 10-15 minutes until the cheese is fully melted.



CHICKEN BACON RANCH MAC & CHEESE

Ingredients

- 1 lb Boneless Skinless Chicken Tenderloins
- 1 Tbsp (16g) Olive Oil
- 2 Tbsp Ranch Seasoning
- 1 tsp Chili Powder
- 1 box (8oz) Banza Shells
- 1 1/2 C (168g) Reduced Fat Shredded Cheddar Cheese
- 1/4 C (56g) Light Butter
- 1 C (227g) Fat Free Greek Yogurt
- 2 Tbsp Ranch Seasoning
- 6 slices Precooked Bacon
- 2 Tbsp (28g) Light Butter
- 2 C (56g) Corn Flakes Cereal

READY IN: 40 MINUTES

MAKES: 10 SERVINGS

280 CAL | 22P | 21C | 13F

1 serving = 150g

Directions

1. Preheat oven to 400°F and bring a large pot of water to a boil and cook the pasta.
2. Cut the chicken into bite size pieces and add to a bowl with the olive oil, half a packet of ranch seasoning, and chili powder. Toss/stir until the chicken is evenly coated.
3. Heat a large skillet over medium-high heat. When the skillet is hot, add the chicken and cook for 4-5 minutes untouched (until the bottoms have a slightly crispy layer) before flipping and cooking for another 2-3 minutes.
4. When the chicken is fully cooked, add the cheese sauce ingredients (except the pasta) to the skillet and stir until the cheese melts and everything is mixed evenly.
5. Once the cheese sauce is evenly mixed, add the cooked pasta and stir again. Transfer the mac and cheese to a baking dish or continue to the next step if you're using an oven safe skillet.
6. Microwave the remaining 2 tablespoons of butter for 10 seconds before mixing with the Corn Flakes. Fold the melted butter into the cereal until it's evenly coated. Top the mac and cheese with the Corn Flakes mixture.
7. Bake for 12-15 minutes or until the topping is golden brown.

A photograph of a white oval dish filled with Garlic Parmesan Chicken Mac & Cheese. The dish is topped with a golden-brown breadcrumb crust. In the background, a portion of a metal baking pan with more of the same dish is visible. A white text box with the title 'GARLIC PARMESAN CHICKEN MAC & CHEESE' is overlaid on the top right of the image.

GARLIC PARMESAN CHICKEN MAC & CHEESE

Ingredients

- 1 lb Boneless Skinless Chicken
- 1 Tbsp (15g) Garlic, minced
- 2 Tbsp (15g) Reduced Fat Grated Parmesan Cheese
- 1/2 tsp Black Pepper
- 1/2 tsp Crushed Red Pepper
- 2 packages Barilla Ready Pasta Elbows
- 3/4 C (170g) FF Greek Yogurt
- 1/4 C (56g) Light Butter
- 1 C (112g) Shredded Mozzarella Cheese
- 2 Tbsp (30g) Garlic, minced
- 1/2 tsp Black Pepper
- 1/4 C (56g) Light Butter
- 1/2 C (56g) Italian Breadcrumbs

READY IN: 45 MINUTES

MAKES: 8 SERVINGS

300 CAL | 21P | 30C | 12F

1 serving = (175g)

Directions

1. Preheat your oven to 400°F and spray an 8x8 baking dish with cooking spray. Set aside.
2. Cut the chicken into bite size pieces and add them to a large bowl. Toss the chicken pieces in the garlic, parmesan, and peppers.
3. Heat a large skillet over medium-high heat with cooking spray. Once the pan is hot, add the chicken to the pan. Leave untouched for 5 minutes before flipping. Cook for an additional 2 minutes before reducing the heat to low and covering for 6 minutes.
4. While the chicken cooks, microwave the pasta according to the packaging and set aside.
5. Mix the remaining mac & cheese ingredients in a bowl. Microwave in 30-second intervals for 3 minutes, stirring at each interval, until smooth.
6. Once the chicken is cooked, add the pasta and cheese sauce to the pan. Stir until everything is evenly mixed before adding to the baking dish.
7. Microwave the remaining butter for the crispy topping for 5-10 seconds or until it's mostly melted. Add the breadcrumbs and stir until it starts to look like a wet sand. Add to the top of the mac and cheese and bake for 15-20 minutes or until the topping is golden brown.



ITALIAN SAUSAGE PASTA BAKE

Ingredients

- 1 Tbsp (16g) Olive Oil
- 8 oz Mushrooms, sliced
- 1 (175g) Red Bell Pepper, sliced
- 1 large (300g) Zucchini, sliced
- 8 oz Cherry Tomatoes
- 4 cloves Garlic, minced
- 4 Trader Joe's Garlic Herb Chicken Sausages, sliced
- Salt and Black Pepper, to taste

For the Pasta Bake

- 8 oz Barilla Protein+ Farfalle
- 1/2 C (125g) Marinara
- 1/2 C (125g) Light Alfredo Sauce
- 3/4 C (84g) Shredded Mozzarella
- 1/4 C (28g) Shredded Parmesan Reggiano
- 1/2 tsp Crushed Red Pepper

READY IN: 45 MINUTES

MAKES: 8 SERVINGS

265 CAL | 20P | 27C | 10F

1 serving = 2 C (215g)

Directions

1. Preheat an oven to 400F and begin bringing salted water up to a boil for cooking the pasta. Cook the pasta for 6 minutes once the water comes to a boil.
2. In a large skillet, heat the olive oil over medium-high heat. Once hot, add the mushrooms, zucchini, and red bell pepper to the skillet. Sprinkle with a pinch of salt and pepper and sauté for 5 minutes.
3. Add the chicken sausage, garlic, and cherry tomatoes to the skillet. Stir and sauté another 5 minutes.
4. Turn off the heat and add the marinara, light alfredo sauce, and cooked pasta. Stir everything together and top with the mozzarella, parmesan, and crushed red pepper.
5. Bake for 15-20 minutes until the cheese is melted and bubbly.



MUSHROOM & SAUSAGE GNOCCHI

Ingredients

- 12 oz Trader Joe's Frozen Cauliflower Gnocchi
- 4 Trader Joe's Garlic Herb Chicken Sausages, sliced
- 8 oz Mushrooms, sliced
- 8 oz Cherry Tomatoes, halved
- 4 cloves (20g) Garlic, minced
- 2 Tbsp (28g) Trader Joe's Italian Bomba Pepper Sauce
- 1/4 C (60g) Red Wine Vinegar
- 1 C (232g) Trader Joe's Traditional Marinara
- 1 oz Grated Parmesan Reggiano, for topping

READY IN: 30 MINUTES

MAKES: 4 SERVINGS

310 CAL | 24P | 23C | 13F

1 serving = 275 grams

Directions

1. Add the frozen cauliflower gnocchetti to a bowl and microwave, covered, for 5 minutes.
2. Add the sliced mushrooms and chicken sausages to a large nonstick skillet over medium-high heat. Cook for 6-8 minutes, stirring occasionally, until both start to brown and crisp around the edges.
3. Add the garlic and optional pepper sauce. Cook for 30-60 seconds, stirring to fully incorporate.
4. Add the red wine vinegar, stir everything together, and cook until no liquid remains, about 30-60 seconds. Add the marinara and stir to fully incorporate.
5. Add the halved tomatoes and cook for 2-3 minutes until they begin to soften before adding the microwaved gnocchetti. Turn off the heat and stir everything together until the gnocchetti is evenly coated in the sauce.
6. Grate fresh parmesan reggiano, pecorino, or your choice of cheese on top as you serve.



CAJUN SAUSAGE PASTA BAKE

Ingredients

- 8 oz (dry) Banza Penne
- 1 C (244g) Light Alfredo Sauce
- 1/2 C (120g) Marinara
- 2 tsp Cajun Seasoning
- 1/2 C (56g) Shredded Cheddar
- 1 Zucchini, chopped
- 1 Red Bell Pepper, chopped
- 4 Andouille Chicken Sausages, sliced

READY IN: 35 MINUTES

MAKES: 8 SERVINGS

220 CAL | 15P | 22C | 9F

1 serving = 1 C (160g)

Directions

1. Preheat oven to 400°F and cook the pasta according to its packaging.
2. Add the zucchini, pepper, and sausages to a large skillet over medium-high heat. Stirring occasionally, cook until the sausages develop a crisp exterior. (Over medium-high heat, this should take around 10 minutes.)
3. While the pasta and sausage/veggie mix cook, mix the alfredo, marinara, and cajun seasoning together. Add the sauce to the sausage and veggies after they've cooked, stirring well.
4. Drain the pasta and add to the pan, stirring to fully coat the pasta in sauce.
5. If you have an oven safe skillet, top with cheese and bake for 5 minutes or until the cheese is melted. Without an oven safe skillet, transfer to an 8x8 baking dish.
6. Top with fresh parsley and enjoy!



SNACKS



LOADED BBQ CHICKEN NACHOS

Ingredients

- 12 oz Pulled BBQ Chicken from the Just Chicken Section *(or your choice of cooked/shredded chicken)*
- 6 oz Tortilla Chips
- 4 slices Center Cut Bacon, cut into strips and cooked
- 1-2 Tomatoes, diced
- 1/2 Red Onion, cut into thin strips
- 2 handfuls Parsley, roughly chopped
- 6 oz Shredded Cheese

READY IN: 25 MINUTES

MAKES: 8 SERVINGS

255 CAL | 16P | 11C | 16F

Directions

1. Preheat an oven to 400°F and cook the bacon in a 12" cast iron skillet. *(You can also cook the bacon in any skillet and assemble the nachos on a sheet pan.)*
2. Place 3-4 ounces of chips on the bottom of the skillet. Top with roughly half the cooked bacon pieces, diced tomato, red onion, parsley, cheese, and chicken.
3. Add a second layer of chips and the remaining ingredients on top.
4. Bake for 12-15 minutes. Serve with a drizzle of fat free Greek yogurt, sour cream, and/or BBQ sauce.

To reduce calories/fat, you could make your own chips with extra thin corn tortillas, reduce the amount of cheese, or make one layer of nachos on a baking sheet.



CHICKEN BACON RANCH QUESADILLAS

Ingredients

- 1 lb Ground Chicken (97/3)
- 6 slices Center Cut Bacon, cut into strips
- 2 Tbsp Ranch Seasoning
- 8 oz Cheddar, shredded
- 8 Tortillas (I used 6" Mission Carb Balance tortillas)

For a spicy ranch dip, mix fat free Greek yogurt with ranch seasoning and a dash of hot sauce or sriracha.

READY IN: 25 MINUTES

MAKES: 8 QUESADILLAS

250 CAL | 25P | 15C | 14F

Directions

1. Cook the bacon in a large skillet over medium-high heat. Transfer the cooked bacon to a paper towel and drain the remaining grease before adding the ground chicken. Fully cook.
2. Add the ranch seasoning and bacon pieces back to the cooked ground chicken. Stir well until no visible ranch seasoning remains. Transfer the ground chicken mixture to a bowl or plate and set aside.
3. Place the same skillet or a large griddle over medium-low to medium heat. Spray with a tiny bit of cooking spray and add tortilla(s).
4. Place 2 tablespoons (14g) of cheese on one half of each tortilla, followed by the ground chicken mixture (about 40-45g) and another 2 tablespoons of cheese.
5. Use a spatula to gently fold the tortilla in half, holding the top half closed for a few seconds to melt the top layer of cheese. Cook for another 1-2 minutes per side until golden brown. (Reduce the heat if your tortillas are browning too quickly.)



AIR FRYER CHICKEN TAQUITOS

Ingredients

- 7 Extra Thin Corn Tortillas
- 8 oz Shredded Mexican Chicken From the Just Chicken Section (or any cooked chicken)
- 3 oz Shredded Mexican Cheese
- Cooking Spray or Oil

READY IN: 20 MINUTES

MAKES: 7 TAQUITOS

145 CAL | 10P | 9C | 7F

Directions

1. Spray an air fryer basket with cooking spray or brush with oil.
2. Wrap the tortillas in a paper towel and microwave for 30 seconds.
3. Fill a tortilla with a little more than 1 ounce of chicken and slightly less than 1/2 ounce of shredded cheese.
4. Tightly roll and place seal-side-down in the basket.
5. Once you have all 7 tortillas in the basket, spray the tops with cooking spray liberally or brush with about 1/2 a tablespoon of oil.
6. Air fry at 375°F for 10-12 minutes or until golden brown. *You can turn the taquitos towards the end of cooking for even color.*

You could use the same ratios to make more taquitos and bake on a large baking sheet for 15-ish minutes at 400°F.



BUFFALO CHICKEN NACHOS

Ingredients

For the Buffalo Chicken

- 1 1/2 lb Boneless Skinless Chicken Breast
- 15 oz can Black Beans
- 15 oz can Pinto Beans
- 2 Tbsp Ranch Seasoning
- 1/2 C (120g) Frank's RedHot Buffalo Sauce
- 4 oz Chicken Broth or Water

For the Nachos

- 6 oz Tortilla Chips*
- 4 oz Shredded Cheese
- 1 oz Blue Cheese or Gorgonzola Cheese, for topping (optional)
- Sliced Green Onions, for topping (optional)

**Use baked extra thin corn tortillas to save some fat/calories.*

READY IN: 30 MINUTES

MAKES: 6 SERVINGS

295 CAL | 17P | 28C | 13F | 6SP

Directions

1. Mix the chicken broth, buffalo sauce, ranch seasoning, and beans together in a pressure cooker or crockpot before adding the chicken breast. Pressure cook on HI for 10-12* minutes or slow cook for 2.5-3 hours until the chicken reaches 165°F.
2. Transfer the cooked chicken to a bowl to shred. Turn on the sauté function to reduce the remaining beans and liquid while you shred the chicken. *(If you're using a crockpot, you can transfer to a sauce pan over medium-high heat on the stovetop.)*
3. Once the chicken is shredded and the remaining beans/liquid has thickened, add the chicken back to the beans and stir everything together.
4. For the nachos, fill a baking sheet with the tortilla chips and top with 2 oz of shredded cheese. Add 16 oz** of the buffalo chicken and beans, followed by another 2 oz of shredded cheese. Bake for 6-8 minutes until the cheese is fully melted.

**10 minutes for 3 chicken breasts weighing ~8 oz each. 12 minutes for 2 large chicken breasts weighing ~12 oz each.*

The chicken portion makes around 48 oz of chicken. You can make more nachos or save for later. Macros for buffalo chicken and beans only: **1,495 calories, 203g protein, 145g carbs, 6g fat, and 2 SmartPoints (blue)



BUFFALO CHICKEN DIP

Ingredients

- 1 lb Boneless Skinless Chicken Breast
- 1 Tbsp (16g) Olive Oil
- 1 (350g) Yellow Onion, diced
- 5 cloves (30g) Garlic, minced
- 2 Tbsp Ranch Seasoning
- 1/2 C (120g) Buffalo Sauce
- 4 oz Chicken Broth
- 8 oz Fat Free Cream Cheese, room temp
- 3/4 C (84g) Shredded Cheddar

READY IN: 30 MINUTES

MAKES: 8 SERVINGS

175 CAL | 20P | 10C | 6F

1 serving = 140 grams

Directions

1. Use a pressure cooker's sauté function to cook the onion and garlic in the olive oil for 8-10 minutes until soft. Turn off the heat and add the buffalo sauce, chicken broth, and ranch seasoning. Stir everything together before adding the chicken breast. Seal and cook with high pressure for 10-12 minutes until the chicken reaches 165°F.
2. Transfer the cooked chicken to a bowl to shred and add the cream cheese to the buffalo sauce mixture. Once the cream cheese is fully incorporated, add the shredded chicken back and stir together.
3. Top with the shredded cheddar and use the broil function for 8-10 minutes until the cheese is melted and bubbly. Top with green onion.



CHICKEN SAUSAGE & CHEESE BALLS

Ingredients

- 1 lb 97/3 Ground Chicken
- 6 oz (168g) Freshly Shredded Cheddar
- 1 1/2 C (180g) All Purpose Flour
- 2 Tbsp (24g) Swerve Granular
- 2 Tbsp (24g) Swerve Brown
- 1/2 Tbsp Baking Powder
- 2 tsp Black Pepper
- 1 tsp Kosher Salt
- 1 tsp Smoked Paprika
- 1/2-1 tsp Crushed Red Pepper
- 1/2 tsp Sage
- 1/2 tsp Allspice

READY IN: 30 MINUTES

MAKES: 26 SAUSAGE BALLS

70 CAL | 6P | 5C | 3F

Directions

1. Preheat oven to 350F.
2. Mix the dry ingredients together in a large bowl or stand mixer with a paddle attachment.
3. Add the ground chicken and shredded cheese. Mix until little to no dry ingredients remain. Use a spatula or your hands to fully incorporate any remaining dry ingredients.
4. Use your hands or a small scooper to form balls with the mixture and place them on a wire rack over a baking sheet. (Yes, you can bake directly on the sheet.)
5. Bake for 20-22 minutes or until the chicken sausage balls reach an internal temperature of 165F. (Different sized balls may slightly affect cook time.)



BUFFALO CHICKEN BITES

Ingredients

- 1 lb Ground Chicken
- 1/2 medium (125g) Sweet Onion, diced
- 3-5 cloves Garlic, minced
- 1/2 C (120g) Frank's RedHot Buffalo Sauce
- 1 Tbsp (10g) Ranch Seasoning
- 1/2 tsp Black Pepper
- 4 large Eggs (or 1 cup of liquid egg whites)
- 1/2 C (56g) Shredded Mozzarella
- 1/2 C (56g) Breadcrumbs

READY IN: 40 MINUTES

MAKES: 32 CHICKEN BITES

45 CAL | 4P | 2C | 2F

Directions

1. Preheat oven to 400F and prepare two 24-muffin tins or silicone molds. *(The recipe makes 32 mini muffin-size chicken bites.)*
2. Add the chicken, diced onion, and minced garlic to a pan over medium high heat. Fully cook before adding the ranch, pepper, and buffalo sauce.
3. Continue cooking over medium high heat until the mixture thickens, about 2-3 minutes. Transfer to a large mixing bowl.
4. Whisk the eggs together before adding to the cooked chicken along with the shredded cheese and breadcrumbs. Stir well.
5. Spoon the mixture into 32 slots in the muffin tins/molds. Bake for 22-25 minutes or until the buffalo chicken bites are slightly brown around the edges and bottoms. *(If the tops begin to brown before the bottoms are no longer soggy, cover with foil and continue cooking.)*
6. Briefly cool before removing from the molds to finish cooling.



SPICY POPCORN CHICKEN

Ingredients

- 1 lb Boneless Skinless Chicken Breast, diced
- 1 Tbsp Honey
- 1 tsp Black Pepper
- 1 tsp Garlic Powder
- 1 tsp Ground Mustard
- 1 tsp Paprika
- 1/4 tsp Salt
- 2 C (56g) Corn Flakes Cereal

READY IN: 25 MINUTES

MAKES: 6 SERVINGS

105 CAL | 15P | 12C | 0F

1 serving = 8 pieces

Directions

1. Preheat an oven to 400F and line a baking sheet with a wire rack if possible. Or if you're using an air fryer, spray the basket with nonstick cooking spray.
2. Cut the chicken into bite size pieces. (I calculated the nutrition facts on a batch of 48 pieces.)
3. Add the chicken pieces to a large bowl or resealable bag and toss with the dry spices before drizzling the honey over. Toss to evenly distribute the honey. For optimal flavor development, let the chicken rest in the spices and honey for 20-30 minutes.
4. Add the Corn Flakes cereal to a resealable bag or deep bowl to crush the cereal. You want some flakes remaining so avoid blending too finely.
5. Add the crushed cereal to the bowl or bag and toss until the chicken is coated in the cereal.
6. Transfer the chicken pieces to the baking sheet or air fryer. Bake for 13-15 minutes or air fry at 400 for 10-14 minutes. Depending on the size of your air fryer, you may need to cook in two batches or slightly layer the chicken and shake halfway through frying. If you're baking directly on a baking sheet, flip halfway through baking for crispier chicken.



CONVENIENCE
ROTISSERIE & FROZEN CHICKEN



KING RANCH CHICKEN CASSEROLE

Ingredients

- 1 Tbsp (16g) Olive Oil
- 1 Onion, diced
- 1 Bell Pepper, diced
- 5 oz Mushrooms, chopped
- 4 cloves Garlic, minced
- 1 Tbsp Chili Powder
- 1 tsp Cumin
- 1 tsp Smoked Paprika
- 12 oz Shredded Rotisserie Chicken
- 1 C (227g) FF Greek Yogurt
- 10 oz can Diced Tomatoes & Green Chilies (RO-TEL)
- 12 Extra Thin Corn Tortillas
- 1 1/4 C (140g) Shredded Cheddar

READY IN: 50 MINUTES

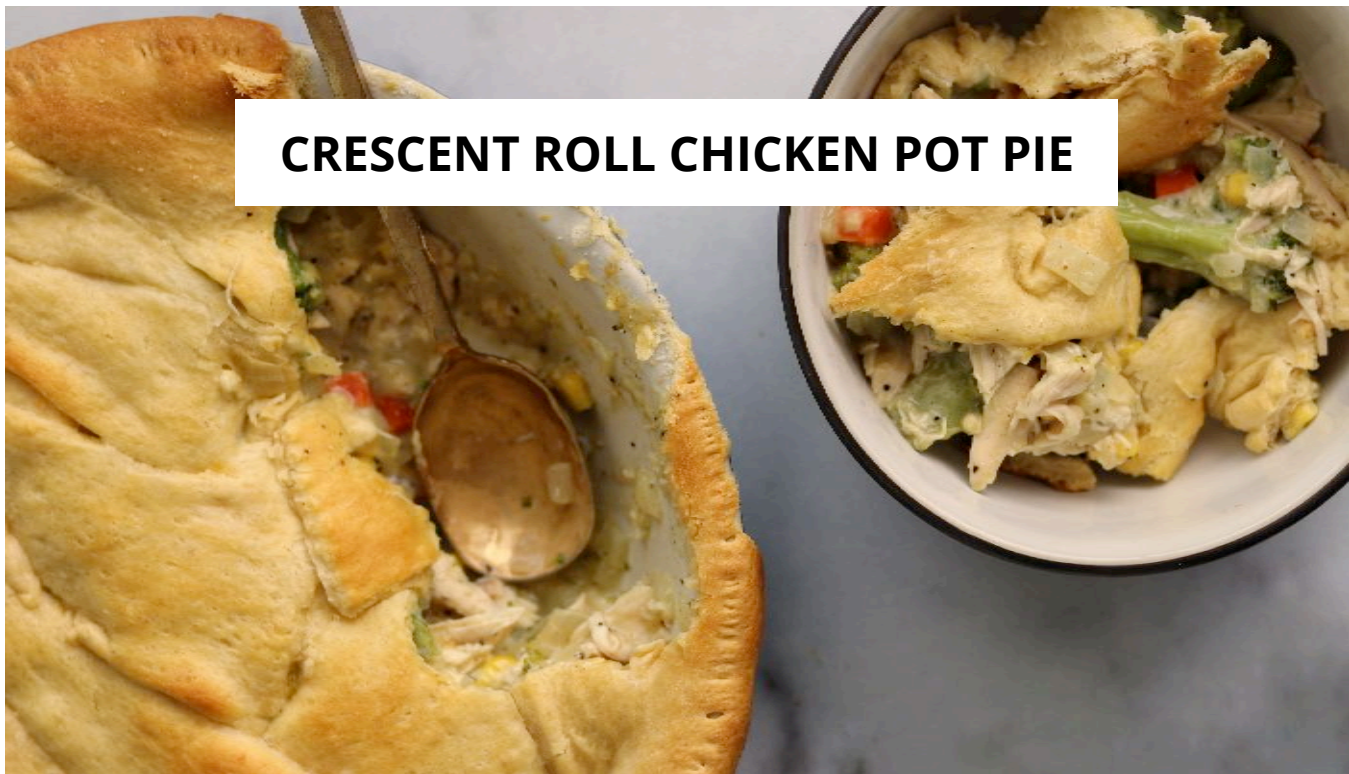
MAKES: 8 SERVINGS

250 CAL | 22P | 18C | 10F

1 serving = 190g

Directions

1. Preheat oven to 350F. Heat a large skillet over medium-high heat with the olive oil before adding the onion, mushrooms, and bell pepper. Cook until the veggies begin to soften, about 6-8 minutes.
2. Add the garlic and cook until fragrant, about 30-60 seconds, before adding the canned tomatoes and chilies. Be sure to deglaze the skillet if necessary. Reduce the heat to low and add the spices, stirring well. Follow that with the chicken and Greek yogurt. Fold everything together and remove from the heat.
3. Place 6 tortillas in the bottom of a 12" cast iron skillet (or a large baking dish).
4. Add half the chicken mixture and half the cheese. Place the remaining 6 tortillas on top and repeat the chicken and cheese once more.
5. Bake for 25-30 minutes or until the cheese is melted and the edges of the tortillas are golden brown and crispy. Top with freshly chopped cilantro, salt and pepper, and a dollop of Greek yogurt or sour cream. Enjoy!



CRESCENT ROLL CHICKEN POT PIE

Ingredients

- 1 lb Rotisserie Chicken, no skin
- 1 Tbsp (16g) Olive Oil
- 1 medium Onion, diced
- 2 cloves Garlic, minced
- 2 C (250g) Frozen Peas, Carrots, and Green Beans
- 2 C (170g) Frozen Broccoli
- 1/2 C (120g) Chicken Stock
- 10 oz can Condensed Cream of Chicken Soup
- 2/3 C (150g) Fat Free Greek Yogurt
- 1 tsp Black Pepper
- 1/2 tsp Kosher Salt
- 1/2 tsp Sage
- 1/2 tsp Nutmeg
- 1 tube (8oz) Reduced Fat Crescent Rolls

READY IN: 50 MINUTES

MAKES: 8 SERVINGS

275 CAL | 22P | 24C | 10F

1 serving = 1 cup (260g)

Directions

1. Preheat an oven to 350F and spray a 9" pie dish with nonstick spray. Set aside.
2. Microwave the frozen veggies for 5-6 minutes and drain any remaining water. Set aside.
3. Heat the olive oil in a large pot over medium-high heat before adding the diced onion. Cook until softened, about 6-8 minutes, before adding the garlic and dry spices. Cook until the garlic is fragrant, about 60 sec.
4. Add the chicken broth, cream of chicken soup, and vegetables to the pot, stirring everything together. Bring to a slow boil before removing from the heat and stirring in the Greek yogurt and rotisserie chicken.
5. Add the mixture to the pie dish.
6. Use the long edges of each crescent roll triangle to cover the outer rim of the dish and use the remaining crescent rolls to fill in the gaps. A few slits or gaps are fine and will serve as vents during baking. You can use a fork to crimp the edges.
7. Place the pie dish on a baking sheet to catch any overflow and bake for 16-24 minutes until the top is golden brown. You may need to cover the outer edges with foil (or a silicone pie saver) if they cook much faster than the center of the pie. Test the center of the crust to make sure it's cooked through.



CHICKEN AND DUMPLINGS

Ingredients

- 16 oz Rotisserie Chicken, no skin
- 1 Tbsp Olive Oil
- 1 medium Yellow Onion, diced
- 3 medium Carrots, peeled and sliced
- 2 cloves Garlic, minced
- 8.5 oz can Sweet Peas, drained
- 32 oz Chicken Stock
- 10.5 oz can Cream of Chicken Soup
- 1/2 tsp Ground Sage
- 1/2 tsp Black Pepper
- 1/2 tsp Nutmeg
- 2 Bay Leaves

For the Dumplings

- 1 1/2 C (180g) All Purpose Flour
- 2 Tbsp (24g) Swerve Granular
- 1/2 Tbsp Baking Powder
- 1/2 tsp Kosher Salt
- 2 Tbsp (28g) Light Butter
- 3/4 C (170g) Fat Free Greek Yogurt

READY IN: 45 MINUTES

MAKES: 8 SERVINGS

280 CAL | 23P | 27C | 8F

1 serving = 1 1/4 C (280g)

Directions

1. Prepare the vegetables and remove the breast meat from the rotisserie chicken. Discard the skin
2. Add the olive oil to a large pot over high heat and add the carrots and onions. Cook for 6-8 minutes until soft.
3. Add the garlic, black pepper, sage, and nutmeg. Stir and cook until the garlic is fragrant, about 1 minute.
4. Add the chicken broth, cream of chicken soup, rotisserie chicken, and bay leaves. Bring to a boil before reducing the heat and adding the peas.

For the Dumplings

1. While the chicken soup comes up to a boil begin by mixing the dumpling dry ingredients together and cutting in the butter with a fork.
2. Add the yogurt and mix until a dough begins to form.
3. Use your hands to work the remaining dry ingredients into the dough and divide into 16 small pieces.
4. Remove the bay leaves before placing the dumplings on top of the chicken soup. If you're using a pressure cooker, seal the pot and cook on high for 5 minutes with a quick release. (If you're using the stovetop, cover the pot and simmer for 15-20 minutes.)
5. The dumplings should be tender and buoyant. You can use the toothpick test to make sure they're cooked.



ROTISSERIE CHICKEN SPAGHETTI

Ingredients

- 1 Tbsp (16g) Olive Oil
- 1 (250g) Yellow Onion, diced
- 1-2 Jalapeño Peppers, diced
- 2 cloves Garlic, minced
- 1 Tbsp Chili Powder
- 1 1/2 C (350g) Salsa
- 2 cans (10.5 oz) Fat Free Cream of Mushroom Soup
- 2 cans (14 oz) Pastability Hearts of Palm Pasta, drained
- 12 oz Shredded Rotisserie Chicken, meat only no skin
- 1/2 C (56g) Shredded Cheddar
- 1/2 C (56g) Monterey Jack

READY IN: 30 MINUTES

MAKES: 6 SERVINGS

280 CAL | 24P | 20C | 12F

1 serving = 1 1/2 C (300g)

Directions

1. Heat a large skillet (I used a 12" cast iron) over medium-high heat with the olive oil. Once the oil is hot, add the onion and jalapeño and cook until soft, about 5 minutes.
2. Add the minced garlic and chili powder to the skillet, stirring everything together. Cook until the garlic is fragrant, about 1 minute.
3. Add the salsa, stir everything together, and reduce the heat to low.
4. Add the cream of mushroom soup, pasta, and rotisserie chicken, stirring everything together after adding each ingredient.
5. Top with the shredded cheese and broil on high for 6-8 minutes or until the cheese is melted and bubbly.



BUFFALO CHICKEN EMPANADAS

Ingredients

- 1 C (120g) All Purpose Flour
- 2/3 C (150g) Fat Free Greek Yogurt
- 3 oz Chicken Breast, cooked and shredded
- 2 oz Fat Free Cream Cheese, room temp or softened)
- 2 Tbsp (30mL) Frank's RedHot Buffalo Sauce
- 2 tsp Ranch Seasoning
- 1/2 Tbsp (8g) Olive Oil

READY IN: 35 MINUTES

MAKES: 4 EMPANADAS

200 CALS | 14P | 25C | 4F

Directions

1. Preheat oven to 400F and line a baking sheet with parchment paper or a nonstick mat.
2. Add the flour and Greek yogurt to a food processor and blend until you can form a ball of dough. (You can also mix by hand.)
3. Spray the parchment paper with a bit of cooking spray and roll the dough into a large rectangle (about 11x8).
4. Mix the cream cheese, cooked chicken, buffalo sauce, and ranch seasoning in a small bowl.
5. Cut the dough into 4 equal pieces and add 1/4th of the buffalo chicken mixture to each piece near the center cut line.
6. Fold the other half of the dough over, sealing the edges all the way around.
7. Use a fork to crimp the edges to seal and brush the olive oil over each empanada.
8. Bake for 18-22 minutes or until the tops are golden brown. (Air fry for 14-16 minutes at 375.)



BUFFALO CHICKEN STUFFED PEPPERS

Ingredients

- 6 large Bell Peppers
- 1/2 C (120g) Chicken Stock
- 1/2 C (120g) Franks' RedHot Buffalo Sauce
- 8 oz Fat Free Cream Cheese, cut into small pieces
- 1 Tbsp Ranch Seasoning
- 12 oz Shredded Rotisserie Chicken
- 4 oz Shredded Colby Jack

READY IN: 1 HOUR

MAKES: 6 PEPPERS

230 CAL | 27P | 13C | 8F

Directions

1. Preheat an oven to 400°F and remove the tops, seeds, and membranes from the bell peppers. Place the peppers in a 13x8 baking dish. Set aside.
2. Add the chicken stock, buffalo sauce, and cream cheese to a nonstick skillet over medium-low heat. Cook for a few minutes until smooth before adding the ranch.
3. Once the sauce is evenly mixed, turn off the heat and add the shredded chicken, folding everything together.
4. Fill the peppers with the chicken mixture and loosely cover with foil. Bake for 20 minutes before removing the foil, adding the shredded cheese, and baking an additional 15-20 minutes until the peppers are fork tender. You can use your oven's broil function for the last 2-3 minutes for extra bubbly cheese, if desired.



CHICKEN & PROTEIN WAFFLES

Ingredients

- 6 oz Perdue Farms Lightly Breaded Chicken Breast Chunks
- 2/3 C (108g) Mrs. Buttersworth's Buttermilk Pancake Mix
- 1 scoop (31g) Vanilla Protein Powder
- 3/4 C (180mL) Almond Milk (or any milk)

READY IN: 20 MINUTES

MAKES: 2 SERVINGS

380 CAL | 36P | 40C | 8F

Directions

1. Cook the frozen chicken breast chunks in an air fryer or oven at 400°F for about 10-15 minutes until golden brown and crispy.
2. While the chicken cooks, mix the protein powder, pancake mix, and milk together.
3. Pour the batter into a waffle maker. If you're using a smaller waffle iron, you may need to cook in batches.
4. Top the waffles with the chicken, butter, syrup, or your choice of fixin's.



HONEY SESAME CHICKEN

Ingredients

- 16oz Frozen Perdue Lightly Breaded Chicken Breast Chunks (*or the General Tso's Baked Chicken*)
- 1 Yellow Bell Pepper, cut into thin strips
- 1 C (85g) Green Beans
- 1 Tbsp (8g) Toasted Sesame Seeds

For the Sauce

- 1 C (240mL) Low Sodium Chicken Broth
- 3 Tbsp (63g) Honey
- 2 Tbsp (30g) Sweet Chili Sauce
- 2 Tbsp (30g) Rice Vinegar
- 1 Tbsp (16g) Toasted Sesame Oil
- 1 Tbsp (15g) Soy Sauce

READY IN: 30 MINUTES

MAKES: 4 SERVINGS

315 CAL | 25P | 30C | 11F

Directions

1. Air fry or bake the chicken at 400F for 12 minutes before adding the bell pepper and green beans. Toss and air fry for an additional 8-12 minutes until the chicken is crispy. For conventional oven, use a baking sheet with a wire rack.
2. While the chicken cooks, mix the sauce ingredients together in a bowl. Heat a saucepan or skillet over medium-high heat. Carefully add the sauce mixture to the pan and cook, stirring often, for 8-10 minutes until the mixture has reduced to a sauce. When a spatula leaves a trail behind it when dragged through the sauce, remove from the heat.
3. Add the cooked chicken to a bowl (or straight in the skillet/saucepan) with the toasted sesame seeds and sauce. Gently toss together until evenly coated. Serve with rice and enjoy!



BUFFALO CHICKEN PASTA

Ingredients

- 24 oz bag Perdue Simply Smart Lightly Breaded Chicken Chunks
- 1 Tbsp (16g) Olive Oil
- 2 Sweet Onions diced
- 4 cloves Garlic, minced
- 1 1/2 C (360g) Cashew (or any) Milk
- 3/4 C (180g) Frank's RedHot Buffalo Sauce
- 1/2 tsp Black Pepper
- 8 oz (dry) Chickpea Pasta (or your choice of pasta)
- 1/2 C (56g) Blue Cheese Crumbles (optional)

READY IN: 30 MINUTES

MAKES: 8 SERVINGS

320 CAL | 24P | 29C | 12F

1 serving = 175 grams

Directions

1. Bake or air fry the chicken according to its packaging and bring a pot of salted water to a boil to cook the pasta.
2. Heat a large skillet with the olive oil over medium-high heat. Add the onions and sauté for 3-4 minutes until they begin to soften. Add the garlic and cook for another 30-60 seconds until fragrant.
3. Add the milk, buffalo sauce, and black pepper to the skillet and continue cooking over medium-high heat, stirring often, to reduce the mixture to a thick sauce. This should take around 4-6 minutes. Once the sauce has thickened, remove from the heat.
4. Drain the cooked pasta and add to the sauce, tossing everything together, before adding the chicken. Fold everything together until the chicken is fully coated in the sauce.
5. Top with blue cheese crumbles and fresh green onion, if desired.



CHICKEN PARMESAN PASTA BAKE

Ingredients

- 8 oz Dry Pasta (I used Banza Cavatappi)
- 24 oz jar Marinara
- 16 oz Perdue Simply Smart Lightly Breaded Chicken Breast Chunks
- 1 1/4 C (140g) Shredded Italian Cheese Blend
- 1/2 tsp Crushed Red Pepper and Parsley Flakes (optional)

READY IN: 40 MINUTES

MAKES: 6 SERVINGS

410 CAL | 31P | 35C | 17F

1 serving = 240 grams

Directions

1. Preheat an oven to 450F.
2. Mix 3/4 of the marinara with the dry pasta in a 13x8 baking dish.
3. Add 3/4 C (84g) cheese on top of the pasta and marinara, followed by the chicken. Pour remaining marinara in the gaps and top with remaining cheese and the optional red pepper and parsley flakes.
4. Cover with foil and bake for 20 minutes. Uncover and bake for an additional 10-15 minutes until the cheese on top is melted and the chicken is crispy golden brown.