

# Healthy Eating Recipes

By [Elizabeth Burnett](#)

## Mandarin Chicken with Sautéed Veggies and Steamed Rice

(serves 4 plus leaves enough for 1-2 leftover meals)

- 6 boneless skinless chicken thighs
- 3 cups oj
- 4 tablespoons soy sauce
- 3 tablespoons seasoning salt (I love Lawry's brand)
- 1 bell pepper cut in 1 inch squares (I love to use an orange bell pepper because it is more sweet)
- 1 yellow onion cut in 1 inch squares
- 3 cups trimmed broccoli (buy the broccoli that comes in the bag and is precut, so much easier)
- 2 cups sliced mushrooms (feel free to buy the cut ones)
- feel free to add any extra veggies you would like to this stir fry
- 1 bag frozen white or brown rice from Trader Joe's
- 1 cup Mandarin sauce (I love the Panda Express sauce)

Marinate the chicken in oj, soy sauce and 2 Tbsp of seasoning salt. I recommend placing it all in a large Ziploc bag, sealing it and giving it a shake. Can marinate for up to two days.

Turn grill onto a med heat. Once hot place your chicken on the grill. Use 1.5 tsp of seasoning salt and sprinkle on top. Once meat has cooked for about 4 minutes flip it over and season again. After about 4 more minutes brush on desired amount of sauce on both sides of chicken. The chicken typically takes about 10 mins to cook or until 165 internal temp. Once cooked take off grill and wrap in aluminum foil. Set this yummy foil package aside in your kitchen. Cook the rice according to the directions. Heat up a sauté pan and add onions and peppers. Let cook til translucent. Add mushrooms and broccoli. Season with salt and pepper to taste. To add a little sweetness add a little honey and half the juice of an orange or some of the orange juice you have that you did not use in the marinade. Cook until tender.

Enjoy!!

## **BBQ Chicken with Red Potatoes and Grilled Veggies**

(serves 4 plus leaves enough for 1-2 leftover meals)

- 6 boneless skinless chicken thighs
- 3 tablespoons seasoning salt (I love Lawry's brand)
- 1 bell pepper cut into strips (I love to use an orange bell pepper because it is more sweet)
- 1 yellow onion cut into strips
- 3 cups trimmed broccoli (buy the broccoli that comes in the bag and is precut, so much easier)
- 2 cups mushrooms
- 2 Tbsps Olive Oil
- Salt and Pepper to taste
- 1/2 BBQ Sauce (my favorite brand is Sweet Baby Rays)
- 1 package microwavable potatoes

Turn grill onto a med heat. Take a large bowl and toss your veggies in oil and desired amount of salt and pepper. Once grill is hot place your chicken on the grill. Use 1.5 tsp of seasoning salt and sprinkle on top. Once meat has cooked for about 4 minutes flip it over and season again. Place a sheet of heavy duty aluminum foil on the grill and pour your veggies on it. Use a rubber spatula to move veggies around so they do not burn. Cook until tender (should be done just about the time the chicken is). For the chicken after about 4 more minutes brush on desired amount of sauce on both sides of chicken. The chicken typically takes about 10 mins to cook or until 165 internal temp. Once cooked take off grill and wrap in aluminum foil. Set this yummy foil package aside in your kitchen with the veggies. Cook the potatoes according to the directions.

Bon Appetite!

## **Chicken Fajitas with Spanish Rice and Pinto Beans**

(serves 4 plus leaves enough for 1-2 leftover meals)

- 6 boneless skinless chicken thighs cut into strips
- 1 package Fajitas seasoning
- 1 bell pepper cut into strips (I love to use an orange bell pepper because it is more sweet)
- 1 yellow onion cut into strips
- 3 cups trimmed broccoli (buy the broccoli that comes in the bag and is precut, so much easier)
- 2 cups mushrooms sliced
- 2 Tbsps Olive Oil 2x
- 1 package frozen Spanish rice
- 1 can pinto beans and 1 can of black beans- drained and rinsed
- 1 cup shredded cheddar cheese

Optional:

- Flour/corn tortillas, salsa, chips, sour cream, hot sauce, any other toppings you desire

Heat first batch of oil in a large skillet. Once hot add all veggies. Let them cook until brown. Remove from pan. Heat up remaining oil in pan. Once smoldering hot add chicken. Let cook until the outside is all white. Add veggies and follow recipe on the back of seasoning packet. Once done cover with a lid and let rest while you get the beans and rice cooked. Microwave rice according to directions. Place rinsed beans into pot and add about a cup of water. Bring to a boil. Use a potato masher to mash beans. Turn off heat. Add shredded cheese and mix.

Yum Yum!!

## **Baked Salmon with Roasted Asparagus and Rice**

Serves 4 people

-4 6oz salmon (or fish of your choice filets) you can ask the meat counter at most grocery stores to debone, skin and filet your fish to whatever size filet you would like. Ask them to put in butter, lemon or lime and the herb of your choice in the packaging.

-20 stalks asparagus- rinse and cut off bottoms

-2 oz olive oil

-salt and pepper to taste

-microwavable rice- there are multiple flavors to choose from in the freezer section of the grocery store.

Pre heat oven to 375. Spray a cookie sheet with oil. Place asparagus on the sheet and rub the olive oil, salt and pepper all over them. Wrap your fish in aluminum foil. Make sure it is all wrapped so the steam stays inside. Make space on your cook sheet for your aluminum foil fish tent. Place cookie sheet in oven for about 10-15 mins or until fish is 155 degrees inside. Rice takes about 5 mins so plan to microwave 5 mins before you take fish out.

So easy, yet so fancy!!

## **Vegetarian Stuffed Bell Peppers**

Take any remaining rice and veggies you have leftover. Mix into a large bowl. Add a little marinara sauce and mozzarella cheese. Cut a bell pepper in half and stuff filling inside. Top with cheese. Place on a greased cookie sheet and bake at 400 for about 10-15 mins or until internal temp is 165.

Delicious!!