



TILT

**Clean Eating
Recipes**



Almost 5 Ingredient Pizza Spaghetti Pie

Courtesy of Elise K

Ingredients:

- 1 large spaghetti squash (about 600 grams)
- 1 pound italian sausage
- 1/2 yellow onion, diced
- 1 cup pizza sauce (no sugar added)
- 1 teaspoon dried basil
- Salt and pepper, to taste
- 3 eggs, whisked (optional: add anything you like with pizza: veggies, basil, etc..)



Instructions:

1. Preheat oven to 400 degrees.
2. Cut spaghetti squash in half lengthwise.
3. Place spaghetti squash cut side down on a baking sheet and bake for 20-25 minutes or until the skin of the squash gives when you press on it.
4. Then reduce oven heat to 350 degrees.
5. Once squash is done cooking, remove threads and place in an 8×8 greased baking dish.
6. Place a large pan over medium heat.
7. Add italian sausage and onion.
8. Cook until pink no longer remains in the sausage and it is broken up into pieces.
9. Add pizza sauce, dried basil and salt and pepper to the pan and mix well.
10. Add sausage mixture to the 8×8 dish and mix well with spaghetti squash threads.
11. Add whisked eggs to the baking dish and mix everything together until you can no longer see the eggs.
12. Place in oven and bake for 1 hour or until the top of the mixture forms a slight crust that doesn't give when you press on it in the middle of the dish.
13. Let rest for 5 minutes before serving.

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Chewy Chocolate Chip Oatmeal Cookies

Courtesy of Charlene N

Ingredients:

- 2 medium ripe bananas, mashed
- 1 cup of uncooked quick oats
- 1/4 cup chocolate chips



Instructions:

1. Preheat oven to 350°F.
2. Spray a non-stick cookie sheet with cooking spray or use a Silpat.
3. Combine the mashed bananas and oats in a bowl.
4. Fold in the chocolate chips and place a tablespoon of each on the cookie sheet.
5. Bake 15 minutes.

*Makes 16 cookies.

*Instead of chocolate chips you can also substitute with raisins

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Thai Chicken Lettuce Wraps

Courtesy of Coach Lindsay

Ingredients:

- Chicken
- Coconut aminos
- Rice vinegar
- Avocado Oil
- Sesame Oil
- Mushrooms
- Scallions
- Garlic
- Ginger
- Red Pepper Flakes
- Red Cabbage
- Bean Sprouts
- Carrot
- Basil or Cilantro
- Lettuce
- Sesame Seeds
- Peanut/Almond Butter



Instructions:

1. Marinate your chicken
2. Heat up a large pan and cook the mushrooms until all of the liquid has evaporated.
3. Next add in the cabbage and a big pinch of salt and pepper. Cook until it's softened.
4. Move the mixture to the side to make room for the chicken! Add in the remaining 1 teaspoon sesame oil to the pan and cook chicken until no pink remains.
5. You'll be leaving behind any of the excess marinade. Finally, add in bean sprouts, and carrots and let cook until the bean sprouts are slightly wilted.
6. Season the chicken and veggies to taste with salt and pepper and garnish with fresh basil and remaining green parts of the scallions.
7. This dish will be garnished with a peanut sauce, that can be made with peanut butter or almond butter for those looking to keep it Whole30 or Paleo-friendly. To make it, add all of the sauce ingredients to a bowl and whisk together. Depending on your thickness of nut butter, you may need to add in a bit more hot water. Add in more hot water if needed to reach desired sauce consistency. Serve the chicken and veggies inside of lettuce cups and drizzle with the peanut sauce.

[Click HERE for recipe link](#)



Protein Apple Fritters

Courtesy of Dan G

Ingredients:

- 1 cup Greek Yogurt
- 1 cup Kodiak Cakes Protein Powder
- 3 tbs cinnamon
- 1 cup diced & peeled apples
- 3 tbsp confectioners sugar
- 2 tbsp skim milk



Makes 4 donuts

Instructions:

1. Mix the yogurt, cinnamon and @kodiakcakes mix together in a bowl. You'll need to knead it u til it has a bread like mixture.
2. Put it in the air fryer, at 375 degrees for 12 minutes.
3. Mix together the confectioners sugar and milk to create the glaze. You can omit this if you are avoiding sugar.
4. Glaze the fritters while still hot.

Macros: 19g C | 0.5g F | 9g P

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Twice Baked Buffalo Chicken Sweet Potatoes

Courtesy of Dan G

Ingredients:

- Sweet Potatoes
- Chicken
- Frank's Hot Sauce
- Fat Free Cream Cheese
- Scallions



Instructions:

1. Dice up cooked chicken to small shreds & add to a pan with buffalo sauce and cream cheese
2. Microwave potatoes until soft. Cut in half and scoop out insides
3. Bake the potato shells at 400 for 8 minutes
4. Mix the potato filling into the chicken mixture
5. Stuff potatoes with the chicken/potato mixture
6. Bake at 400 for 15 mins
7. Serve with scallions and sour cream

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Instant Pot Chicken Shawarma Bowls

Courtesy of Dan G

Ingredients:

For the chicken:

- Chicken breast
- 2 tbs fresh garlic
- 2 tbs cumin
- 2 tbs turmeric
- 2 tbs paprika
- 1 tbs crushed red pepper flakes
- Juice from 1 lemon
- 1/4 cup olive oil



Sides:

- Chopped cucumbers
- Red onions
- Greek yogurt
- Dill pickles
- Chickpeas
- Hummus
- Lettuce mix

Instructions:

1. Marinade all of the chicken ingredients for at least 2 hours
2. Put the chicken and marinade in the Instant Pot for 10 minutes on high pressure
3. Let the pressure release on its own
4. Place the chicken on the stove top and sauté on the outside gets crispy
5. Assemble your plate, with any toppings of your choice
6. Mixing chopped pickles & fat free yogurt makes an awesome, healthy & easy tzatziki recipe

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Overnight Oats

Courtesy of Katie H

Ingredients:

- 1/4 cup whole rolled oats
- 1/3 cup unsweetened almond milk
- 1/4 cup Greek yogurt
- 1/2 banana, finely diced
- 1 tablespoon peanut butter
- 1 teaspoon chia seeds
- Cinnamon to taste
- Fresh blueberries



Instructions:

Add all ingredients except berries to a Mason jar and mix thoroughly. Refrigerate overnight; in the morning, top with fresh blueberries and enjoy.

*Another alternative is to add frozen blueberries into Mason jar and refrigerate overnight with all other ingredients

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15 Minute Skinny Shrimp Scampi

Courtesy of Kristen L

Ingredients:

- 12 oz. whole-wheat pasta or zucchini noodles
- 1 Tbsp butter
- 1 shallot, peeled and thinly sliced
- 4 cloves garlic, minced
- 1 lb raw shrimp, peeled with tails removed and patted dry
- 1 tsp salt
- 1/2 tsp crushed red pepper
- 1 tsp black pepper
- 1/4 cup chicken stock
- 3 tbsp white wine
- 2 tbsp fresh lemon juice
- 1 tbsp lemon zest
- Toppings: chopped fresh parsley and (optional) freshly-grated Parmesan cheese



Instructions:

1. Cook pasta in a large pot of generously-salted water until al dente, according to package instructions.
2. Meanwhile, heat butter in large saute pan over medium-high heat. Add shallot and garlic and saute for 2 minutes, or until fragrant, stirring occasionally. Add shrimp and immediately season (sprinkle) with crushed red pepper flakes, salt and pepper. Continue sauteing the shrimp with the garlic for about 3-4 minutes, or until pink on both sides and no longer opaque.
3. Add in the chicken stock, wine, lemon juice and lemon zest, and stir to combine. Let the mixture continue cooking for an additional minute to boil down, then remove from heat.
4. Drain the pasta, and serve topped with the shrimp scampi. Sprinkle with desired toppings.

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Baked Coconut Shrimp

Courtesy of Kristen L

Ingredients:

- 1 lb jumbo shrimp, peeled and deveined
- 2 large egg whites
- 1 cup unsweetened coconut flakes
- 3 Tbsps coconut flour
- Sea salt and fresh ground black pepper, to taste, about 1/2 teaspoon each
- Lime wedges, to serve
- Red pepper flakes, to serve
- Chopped chives, to serve



Instructions:

1. Preheat your oven to 425 degrees F and line one large or two medium flat sheet pans with parchment paper or silicone mats.
2. Rinse shrimp & pat dry.
3. Using an electric mixer, or a wire whisk beat your egg whites until stiff peaks form.
4. In another bowl add unsweetened coconut flakes.
5. In a third bowl, add the coconut flour together with sea salt and pepper, whisk together well.
6. Take each shrimp by the tail and lightly dip into the coconut flour; next dip into egg white, then dredge in unsweetened coconut flakes, pressing lightly onto both sides of the shrimp to adhere.
7. Place on prepared baking sheet. Arrange the shrimp in an even layer with some space in between.
8. Spray the tops very lightly with olive oil or avocado oil cooking spray, then bake for about 10 minutes, or just until your shrimp are opaque and coconut is starting to turn golden brown.
9. Sprinkle with red pepper chili flakes, and or chopped chives if desired.

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Chicken Bacon Ranch Casserole

Courtesy of Charlene N

Ingredients:

- 1 medium spaghetti squash (about 2 1/2 pounds), cut in half
- 1/2 pound bacon, cubed
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- 1/2 yellow onion, minced
- 2 garlic cloves, minced
- 1 pound ground chicken
- 1 tsp garlic powder
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/4 tsp cayenne pepper
- 1 cup Primal Kitchen ranch
- 3 eggs chopped chives, to garnish



Instructions:

1. Preheat the oven to 400 degrees F. Cut the spaghetti squash in half lengthwise. Place the squash cut side down on a baking sheet and bake for 30 to 35 minutes or until the skin gives when you press your finger to it. Remove the squash from the oven and reduce the oven temperature to 350 degrees F. Grease an 8×8 glass baking dish.
2. While the spaghetti squash cooks, place a large saute pan over medium heat, add bacon, and cook until crispy, about 10 minutes. Remove and set aside. You'll want to leave behind about 2 tablespoons worth of bacon fat to feel free to remove any excess once bacon has cooked. Add peppers, onion and garlic cloves and cook for about 10 minutes, until onion is translucent.
3. To the pan with the peppers and onion, add the ground chicken along with the garlic powder, salt, black pepper, and cayenne pepper. Use a wooden spoon to break apart the chicken and cook until no pink remains, about 10 minutes.
4. Use a fork to scrape out the spaghetti squash strings and place in the greased baking dish along with the chicken mixture, ranch and eggs. Mix to combine then sprinkle the crispy bacon on top.
5. Place in the oven to bake for 1 hour to 1 hour and 15 minutes or until the center is cooked through and edges have begun to brown. Garnish with chopped chives on top before serving!

[Click HERE for recipe link](#)



Sweet Potato Chicken Poppers

Courtesy of Rebecca B

Ingredients:

- 1 lb ground chicken (uncooked)
- 2 cups sweet potato, finely grated
- 2 tbsp coconut oil + 1 tsp for greasing the baking sheet
- 2 tbsp coconut flour
- 2-3 sprigs green onion, chopped fine
- 1 tbsp garlic powder
- 1 tbsp onion powder
- 1 tsp sea salt
- 1/2 tsp black pepper (omit for AIP)
- Optional: 1 tsp paprika or chili powder (not AIP but adds a kick!)



Instructions:

1. Preheat the oven to 400 F and line a baking sheet with parchment paper lightly greased with oil
2. Combine all of the ingredients in a large mixing bowl and thoroughly mix.
3. Begin rolling the mixture into small, slightly flattened poppers about one inch in diameter (you'll have about 20-25 poppers) and place them on the baking sheet
4. Place in the oven for 25-28 minutes, flipping halfway through. Crisp further in a pan or place under the broiler if desired for 1-2 minutes to crisp further. Remove from the oven when thoroughly cooked through
5. Allow to cool and serve with your favorite sauce! These are made for dipping so pair them with guacamole, ketchup, mustard, etc!

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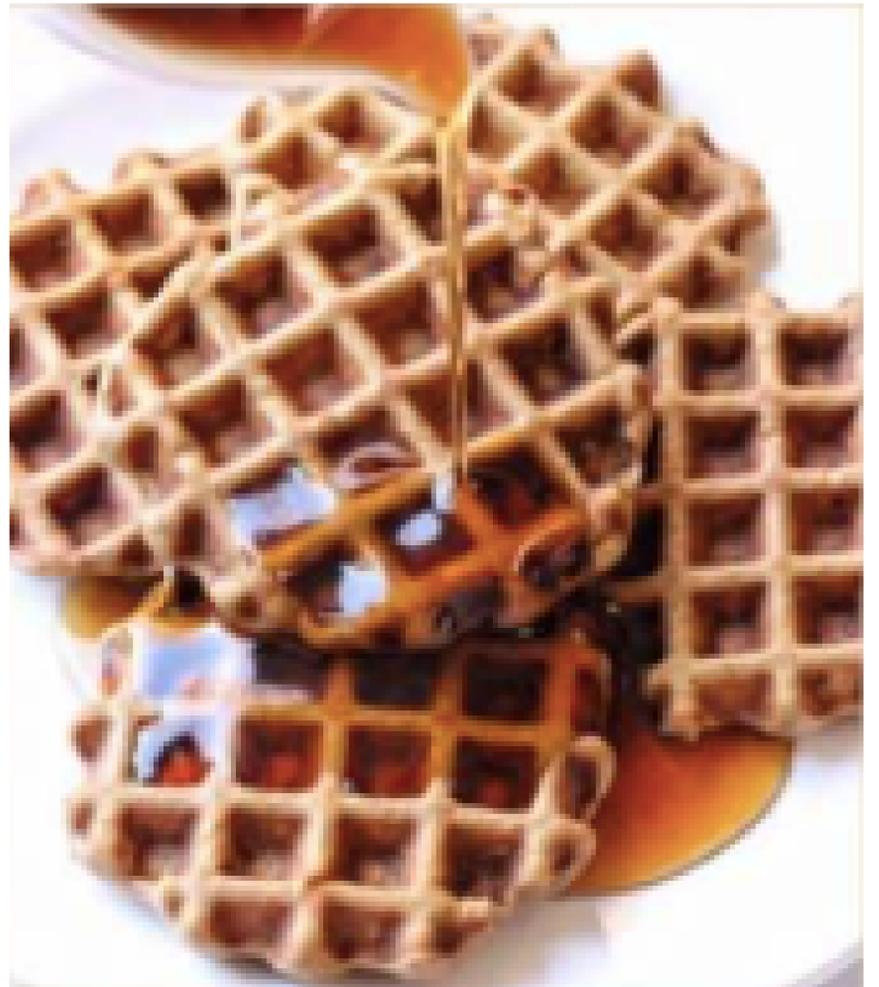


Sweet Potato Waffles

Courtesy of Laua M

Ingredients:

- 3 tbsp mashed sweet potato
- 2 eggs
- 2 scoops of vanilla protein powder
- 1 tbsp water
- Optional: 1 tsp stevia



Instrucions:

1. If you need to prepare your sweet potato, just take about 1/2 of a large one and poke some holes in it. Wrap it in a damp paper towel, and microwave for 5 minutes. Then, peel and mash. Measure out 3 tbsp to use.
2. Combine all of your ingredients together in a bowl and stir until well combined.
3. Cook on your waffle maker according to directions. (don't use spray with coconut or avocado oil so they don't stick.)

Makes 5-6 mini waffles



Creamy Spinach Sweet Potato Noodles with Cashew Sauce

Courtesy of Hannah M

Ingredients:

- 1 cup cashews
- 3/4 cup water (more for soaking)
- 1/2 teaspoon salt
- 1 clove garlic
- 1 tablespoon oil
- 4 large sweet potatoes, spiralized
- 2 cups baby spinach handful of fresh basil leaves, chives, or other herbs salt and pepper to taste olive oil for drizzling



Instructions:

1. Cover the cashews with water in a bowl and soak for 2 hours or so.
2. Drain and rinse thoroughly. Place in a food processor or blender (I got better texture with the blender) and add the 3/4 cup water, salt, and garlic. Puree until very smooth.
3. Heat the oil in a large skillet over high heat. Add the sweet potatoes; toss in the pan for 6-7 minutes with tongs until tender-crisp. Remove from heat and toss in the spinach – it should wilt pretty quickly.
4. Add half of the herbs and half of the sauce to the pan and toss to combine. Add water if the mixture is too sticky. Season generously with salt and pepper, drizzle with olive oil, and top with the remaining fresh herbs.

[Click HERE for recipe link](#)



Chili-Lime Chicken Kabobs

Courtesy of Tom M

Ingredients:

- 3 tablespoons olive oil
- 1.5 tablespoons red wine vinegar
- 1 lime, juiced
- 1 teaspoon chili powder
- 1/2 teaspoon paprika
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1 pinch cayenne pepper to taste
- 1 pinch salt and freshly ground black pepper to taste
- 1 pound skinless, boneless chicken breast halves - cut into 1 1/2 inch pieces
- 8 skewers



Instructions:

1. In a small bowl, whisk together the olive oil, vinegar, and lime juice. Season with chili powder, paprika, onion powder, garlic powder, cayenne pepper, salt, and black pepper. Place the chicken in a shallow baking dish with the sauce, and stir to coat. Cover, and marinate in the refrigerator at least 1 hour.
2. Preheat the grill for medium-high heat. Thread chicken onto skewers, and discard marinade.
3. Lightly oil the grill grate. Grill skewers for 10 to 15 minutes, or until the chicken juices run clear.

[Click HERE for recipe link](#)



Slow Cooker Butternut Squash Chili

Courtesy of Sarah W

Ingredients:

- 1 whole Butternut Squash, Cut Into 1 To 1-1/2 Inch Cubes
- 1 whole Red Pepper, Chopped
- 1 whole Green Pepper, Chopped
- 1 whole Onion, Chopped
- 1 package (about 1 To 1.5 Lb.) Chicken or Turkey Breasts
- 1 can (15 oz) Black Beans, Drained
- 1 can (15 oz) Pinto Beans, Drained
- 1 can (15 oz.) Corn, Drained
- 1 can (28 oz) Diced Tomatoes with Green Chiles
- 3 cloves Garlic, Crushed
- 2 Tablespoons Chili Powder
- 1 Tablespoon Cayenne Pepper
- 2 teaspoons Cumin
- 2 teaspoons Dried Oregano
- 1.5 cup Low Sodium Chicken Broth
- Salt And Pepper



Instructions:

1. Place all ingredients in a slow cooker, stir/mix together and cook on low for 7-8 hours. Once cooked, shred chicken and mash up the butternut squash with a potato masher or the back of a spoon. I use my potato masher to shred the chicken in the slow cooker and it makes it really easy. Taste and season with any additional spices that are needed.
2. If desired, garnish with raw onions, shredded cheese, avocado, sour cream or jalepenos (we just used raw onions) and enjoy!

[Click HERE for recipe link](#)



Paleo Asian Orange Chicken

Courtesy of Mark A

Chicken and Sauce Ingredients:

- 1 cup water
- 5-7 chicken thighs or 4 breasts- skin on
- 1/2 cup fresh-squeezed juice from oranges
- 1/4 cup raw honey
- 2 Tbsp tamari* (or coconut aminos)
- 1/3 c. rice vinegar
- 1 Tbsp orange zest
- 1/2 tsp grated ginger
- 1/2 tsp garlic powder
- 1/4 tsp red pepper flakes
- 1 Tbsp arrow root powder whisked with a little water (just enough to make a slurry)

Marinade Ingredients:

- 2 Tbsp tamari* (organic, wheat free) or substitute with soy-free coconut aminos
- 1 tsp fresh grated ginger
- 1 tsp sesame oil



Instructions:

1. Make your marinade with the 2 Tbsp tamari or coconut aminos, 1 tsp grated ginger and 1 tsp sesame oil
2. Season your chicken with salt and pepper
3. Put the marinade in a large ziplock bag, add the chicken, and coat well
4. Marinade chicken 30 minutes in the refrigerator (or longer if you prefer)
5. Next pan fry chicken pieces skin side down with 2-3 Tbsp of olive oil over medium- to medium-high heat until browned. About 7-10 min
6. Once browned, place chicken on a roasting rack or cookie sheet in the oven for about 30 min at 350. Check to make sure the chicken is cooked through thoroughly before removing from oven.
7. Let the chicken rest while you make your orange sauce.
8. In a frying pan over medium- to medium-high heat, combine water, orange juice, honey, rice vinegar, tamari, orange zest, ginger, red pepper flakes, and garlic.
9. Whisk in the pan, stirring frequently. Bring sauce to a boil. Whisk in arrow root mixture. Sauce should start to thicken. If it doesn't, add a little more arrow root. Reduce heat to simmer. The sauce should thicken even more as it cools.
10. Pour the orange sauce over the chicken.
11. Garnish with orange slices, sesame seeds, green onions or whatever you like

[Click HERE for recipe link](#)



Nake Greek Feta-Zucchini Turkey Buregers

Courtesy of Elaine M

Ingredients:

- 5 oz grated zucchini, when squeezed
- 4 oz 1 lb 93% lean ground turkey
- 1/4 cup seasoned whole wheat breadcrumbs
- 1 clove garlic, crushed
- 2 tbsp grated red onion
- 1 tbsp fresh oregano
- 3/4 tsp kosher salt and fresh pepper
- 1/4 cup crumbled feta cheese
- Oil spray

For the salad:

- 1 cucumber, diced
- 3/4 cup quartered grape tomatoes
- 2 tbsp chopped red onion
- 1/3 cup kalamata olives
- 1/4 cup roasted peppers
- 2 tsp red wine vinegar
- 1 tsp fresh oregano
- 1 tsp olive oil
- kosher salt
- 1 tbsp crumbled feta



Instructions:

1. Squeeze ALL the moisture from the zucchini with paper towels.
2. In a large bowl, combine ground turkey, zucchini, breadcrumbs, garlic, onion, oregano, salt and pepper. Mix well, add 1/4 cup of feta, mix and make 5 equal patties, not too thick so they cook in the center.
3. Refrigerate until ready to cook.
4. In a medium bowl combine the cucumber, tomato, red onion, vinegar, salt and remaining Feta. Mix well.
5. To cook indoors: Heat a large nonstick skillet on high heat. When hot, lightly spray oil. Add burgers to the pan and reduce the heat to low. Cook on one side until browned, then flip. Flip over a few times to prevent burning and to make sure the burgers are cooked all the way through. If grilling: Clean grill well before cooking and oil the grates generously to prevent sticking. Cook the burgers on medium heat about 5 minutes on each side, or until no longer pink in the center. To serve, place the burger on a dish and top with 2/3 cup of salad.

[Click HERE for recipe link](#)



Easy Paleo Frittata

Courtesy of Erin C

Ingredients:

- 1 tablespoon ghee avocado oil, or fat of choice
- 1 cup emergency protein whatever cooked meat you have on hand
- 1 cup frozen broccoli or any leftover or frozen veggies
- 4 large pastured eggs
- 2 tablespoons full-fat coconut milk or plain coconut yogurt
- 1 teaspoon
- Diamond Crystal kosher salt
- Freshly-ground black pepper



Instructions:

1. Preheat the toaster oven to 350°F and heat the ghee or fat of choice in an 8-inch cast iron skillet over medium heat.
2. Add 1 cup of whatever leftover protein you have on hand to the skillet and stir-fry until heated through.
3. Meanwhile, place the frozen broccoli in a medium microwave-safe bowl, cover it with a wet paper towel and nuke it until it's thawed. (Don't want to use a microwave? Just toss it in some boiling water for a minute and drain.) Use a pair of kitchen shears or a knife to cut the broccoli into bite-sized pieces.
4. Add the broccoli to the ingredients in the pan and mix to cook thoroughly.
5. Crack the eggs into a medium bowl, and add the coconut milk, salt, and a few grinds of pepper.
6. Pour the egg mixture into the skillet and cook for 3 to 5 minutes or until the bottom of the frittata is set.
7. Place the skillet in the oven. Cook for 10 to 15 minutes, and then crank the heat up to broil for another 2 minutes or until the frittata puffs up and is cooked all the way through.

[Click HERE for recipe link](#)



Black Bean and Vegetable Salad

Courtesy of Jason S

Ingredients:

- 1 can black beans (Plain or Cuban style)
- 1 cucumber, diced
- A few stalks celery, diced
- Diced tomato
- Half red onion, diced
- Frozen or fresh corn (about 1/3 bag, couple ears)
- Couple cloves fresh garlic
- Few splashes red wine vinegar
- Drizzle of olive oil
- Salt and pepper
- Optional for Southwestern flavor: Taco seasoning (1/4 - 1/2 packet, to taste)



Instructions:

Mix ingredients in a bowl and serve!!



Cashew Crunch Shredded Brussels Sprouts Salad

Courtesy of Carie F

Ingredients:

For the salad:

- 1 pound brussels sprouts, end trimmed and any yellow outer leaves removed
- 4 cups shredded red cabbage (also known as purple cabbage)
- 1.5 cups shredded carrots
- 1 red bell pepper, diced
- 1 bunch cilantro, chopped
- 1/2 cup diced green onion
- 3/4 cup salted roasted cashews
- 1/2 cup toasted sliced almonds

To garnish:

- Extra cashews and almonds
- Green onion
- Cilantro

Instructions:

1. Shave the brussels sprouts by using a food processor with the slicing attachment and pulse until the brussels sprouts are thinly sliced. If you don't have a food processor, feel free to use a sharp knife to thinly slice.
2. Add shaved brussels sprouts to a bowl, along with shredded red cabbage, shredded carrots, red bell pepper, cilantro and green onion. Top with cashews and toasted almonds.
3. Make the dressing by whisking together the following in a medium bowl or shaking in a mason jar: sesame oil, olive oil, soy sauce, rice vinegar, maple syrup, garlic and fresh ginger. If you want a creamier dressing, add in a tablespoon of tahini or cashew butter.
4. Drizzle over the salad and use tongs to toss the salad together so that the dressing coats all of the brussels sprouts and cabbage. Garnish salad and enjoy! Serves 4-6.

For the dressing:

- 2 tbsp toasted sesame oil
- 2 tbsp olive oil
- 2 tbsp reduced sodium soy sauce (or coconut aminos)
- 2-3 tbsp rice vinegar
- 1.5 tbsp pure maple syrup
- 2 cloves garlic, finely minced
- 1 tbsp freshly minced ginger
- Optional if you want a creamy dressing: add 1 tbsp tahini or cashew butter



[Click HERE for recipe link](#)



Peanut Butter Protein Bits

Courtesy of Andrea J

Ingredients:

- 1/3 cup of peanut butter
- 2 scoops of protein powder
- 2 tbsp chia seeds
- 1/3 cup maple syrup
- 1/2 cup shredded coconut
- 3/4 cup rolled oats



Instructions:

1. In a bowl, combine and mix all ingredients together except oats. It is easiest to combine all wet ingredients first, followed by chia seeds and protein powder.
2. In a blender, grind oats into a fine flour like mixture.
3. Gradually add oat mixture to bowl with remaining ingredients.
4. Roll into munchkin size balls. You can always make smaller if desired.

*Store in refrigerator in container

*Optional: roll bites in shredded coconut and/or add 1/4 cup or less of mini chocolate chips

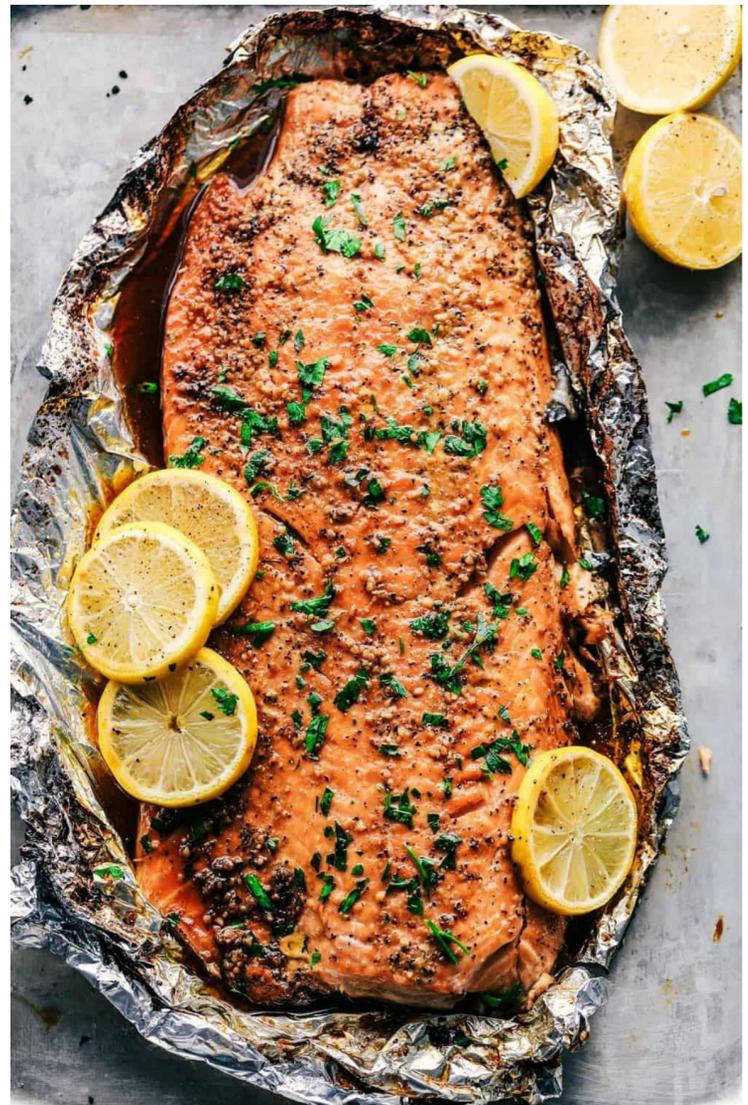


Garlic Brown Sugar Glaze Salmon

Courtesy of Erin C

Ingredients:

- 2 pounds salmon
- 2 Tablespoons olive oil
- 1/4 cup brown sugar
- 1/4 cup soy sauce
- 3 garlic cloves minced juice of one lemon
- 1 teaspoon salt
- 1/2 teaspoon pepper
- Garnish with sliced lemons and chopped parsley if desired



Instructions:

1. Preheat oven to 350 degrees. Line a baking sheet with aluminum foil. Lay the salmon on top and sprinkle with salt and pepper. Fold up the sides of the aluminum foil around the salmon.
2. In a small bowl whisk together the olive oil, brown sugar, soy sauce, garlic, lemon juice, salt, and pepper. Pour the glaze over the salmon. Top the salmon with aluminum foil and seal.
3. Bake for 20-25 minutes or until salmon is cooked throughout. Take the foil off of the top and baste the salmon with the sauce in the foil. Broil for 3-5 minutes or until brown and caramelized. Garnish with lemon slices and chopped parsley if desired.

[Click HERE for recipe link](#)



Greek Style Eggplant Recipe

Courtesy of Reem T

Ingredients:

- 1.5 lb eggplant, cut into cubes
- Kosher salt
- Extra Virgin Olive Oil
- 1 large yellow onion, chopped
- 1 green bell pepper, diced
- 1 carrot, chopped
- 6 large garlic cloves, minced
- 2 dry bay leaves
- 1 to 1.5 tsp sweet or smoked paprika
- 1 tsp organic ground coriander
- 1 tsp dry oregano
- 3/4 tsp ground cinnamon
- 1/2 tsp organic ground turmeric
- 1/2 tsp black pepper
- 1 28-oz can chopped tomato
- 2 15-oz cans chickpeas, reserve the canning liquid
- Fresh herbs such as parsley and mint for garnish



Instructions:

1. Heat oven to 400 degrees F.
2. Place eggplant cubes in a colander over a large bowl or directly over your sink, and sprinkle with salt. Set aside for 20 minutes. Rinse with water and pat dry.
3. In a large braiser, heat 1/4 cup extra virgin olive oil over medium-high until shimmering but not smoking. Add onions, peppers, and chopped carrot. Cook for 2-3 minutes, stirring regularly, then add garlic, bay leaf, spices, and a dash of salt. Cook another minute, stirring until fragrant.
4. Now add eggplant, chopped tomato, chickpeas, and reserved chickpea liquid. Stir to combine.
5. Bring to a rolling boil for 10 minutes or so. Stir often. Remove from stove top, cover and transfer to oven.
6. Cook in oven for 45 minutes until eggplant is fully cooked through to very tender.
7. When eggplant is ready, remove from oven and drizzle of olive oil and garnish with fresh herbs. Serve hot or at room temperature with a side of Greek yogurt or even Tzatziki sauce.

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