**Parmesan Roasted Cabbage Wedges**

**Ingredients Directions**

1 med cabbage 1. Preheat oven to 425 degrees

4 tbsp olive oil 2. Cut cabbage in half and then quarters, slice out core

2 tsp salt to discard, and then cut the cabbage quarters into 1 to

1 tsp black pepper 1 ½ inch wedges.

½ cup Parmesan cheese, grated 3. Place wedges onto parchment paper lined baking

Sheet and brush with oil.

4. Sprinkle with salt and pepper and put about a

tablespoon or so of grated parmesan on each wedge

and then roast for 25 mins.

**Chicken & Pea Traybake**

1 giant bag fzn peas

2 stalks leeks cut into 1 inch slices (can also add parsnips & artichoke hearts)

4 tbsp chicken broth

2 minced cloves garlic

2 tbsp olive oil

2 tbsp sea salt

1 small bunch of dill (or rosemary)

8 chicken thighs, skin on bone in

Preheat oven 400 degrees. Get large roasting pan or tray with high sides, throw in bag of frozen peas, put leeks (veg of choice) on top with garlic. Drizzle olive oil, sea salt, and most of dill (or rosemary). Put chicken thighs, skin side up, on top. Drizzle with a little olive oil, then salt and pepper. Roast for 45mins. Stir peas but keep veggies on top of peas to caramelize. Roast 30 more mins, till golden crispy skin chicken. YUMMY!

**Smoky Orange Chicken Thighs**

½ cup fresh OJ

1 tsp lime zest + ½ cup fresh lime juice

¼ tsp salt and pepper

1 jalapeno pepper, seeded and chopped

12 boneless skinless chicken thighs

Whisk all ingredients except chicken. Put marinade in large Ziploc, add chicken and shake. Let marinate in fridge for 24 hours. Preheat oven to 375, arrange chicken on parchment lined baking sheet. Bake 18-20 mins and serve with salad or roasted veggies.

**Slow Cooker 5-Ingredient Creamy Salsa Verde Chicken**

2 pounds boneless, skinless chicken breast

1 (16 oz) jar salsa verde

1 jalapeno, deseeded and diced

1 tsp chili powder

1 tsp salt

½ tsp pepper

1 cup plain greek yogurt

Add all ingredients to the slow cooker, except the yogurt. Cook on low for 6 hours or high for 4 hours. Remove the chicken and shred it. Then return the chicken, plus the greek yogurt, to the slow cooker. Mix together and cook for another 10 minutes. Serve!

**One Pan Mexican Quinoa**

1 tbsp olive oil

2 cloves garlic, minced

1 jalapeno, minced

1 cup quinoa

1 cup vegetable broth

1 (15 oz) can black beans, drained and rinsed

1 (14.5 oz) can fire roasted diced tomatoes

1 cup corn kernels, frozen, canned or roasted

1 tsp chili powder

Salt and pepper to taste

1 avocado, diced

Juice of 1 lime

2 tbsps chopped fresh cilantro leaves

Heat olive oil in a large skillet over medium high heat. Add garlic and jalapeno, and cook, stirring frequently, until fragrant, about 1 minute.

Stir in quinoa, vegetable broth, beans, tomatoes, corn, chili powder and cumin; season with salt and pepper, to taste. Bring to a boil; cover, reduce heat and simmer until quinoa is cooked through, about 20 minutes. Stir in avocado, lime juice and cilantro.

Serve immediately.

**3 Ingredient Chocolate Chip Macaroons**

2 medium (very ripe) bananas

2 cups finely shredded coconut

2/3 cup mini chocolate chips

Preheat oven to 350 degrees. In a medium mixing bowl, combine the bananas and coconut until well blended. Stir in the chocolate chips. Shape into 16 cookies or drops and place on a parchment lined cookie sheet. Don’t allow cookies to touch. Bake until coconut is golden and cookies are set, approximately 20 to 25 minutes. Allow to cool to room temperature while still on the baking sheet. Store in an airtight container.

**3 Ingredient Peanut Butter Banana Bars Recipe**

4 medium ripe bananas

2 cups oats, dry

6 tbsps peanut butter

½ cup chopped walnuts

½ cup chocolate chips

Preheat oven to 350 degrees and grease a 9x13 glass dish. Mash the bananas and mix together with oats and peanut butter. Spread the dough evenly in the prepared dish, then sprinkle with walnuts and chocolate chips. Bake for 18-20 minutes or until an inserted toothpick comes out clean. Cut into bars and enjoy!