



Creamy Feta Chicken

Prep: 15min Cook: 15 Min Total: 20 min Servings: 2

Ingredients

- 2 (6-oz) boneless, skinless chicken breasts
- 1 lemon, juiced, and zested
- 3 Tbsp plain Greek yogurt
- 3 Tbsp crumbled feta cheese
- 1 Tbsp mayonnaise
- 1 1/2 TSP of Greek seasoning (store bought, or make your own see below)

Directions: Sprinkle chicken lightly with salt and pepper. Cook chicken in a large nonstick skillet coated with cooking spray over medium high heat 5 to 6 minutes per side or until done. In a small bowl, combine ½ tsp lemon zest, 1tbsp of lemon juice, Greek yogurt, feta cheese, 1 ½ tsp of Greek seasoning and mayonnaise. Serve sauce on top of chicken.

Greek Seasoning

Ingredients

- 3 tablespoons oregano
- 2 tablespoons basil
- 1 tablespoon dill
- 2 tablespoons onion powder
- 2 tablespoons garlic powder
- 1 Tablespoon parsley
- ½ tsp of cinnamon
- ½ tablespoon salt
- 1 tablespoon black pepper

Directions: Stir together to combine

Greek Spinach Orzo

- 3 oz orzo (1/2 cup)
- 2 cups baby spinach
- 1 Tbsp olive oil
- 1 tsp Greek seasoning
- 1 tsp of lemon zest
- 1 tsp of lemon juice
- ¼ tsp salt and pepper

Directions: Cook pasta according to package directions. Drain and return orzo to pot. Add spinach, oil, seasoning, lemon zest, and juice; stir until spinach wilts. Add salt. Serve with Chicken.

Todd's Black Bean, Chipotle, Pumpkin Chili

Prep: 12 min Cook: 20 Min Total: 32 min Servings: 4

Ingredients:

- 3 Cans of Black Beans, Rinsed
- 1 Can Fire Roasted Diced Tomatoes
- 4 Garlic Cloves, minced
- Chipotle Powder
- Mexican Blend Seasoning
- Cinnamon
- 1 TBSP of Olive Oil
- 1 Red Onion, diced
- 1 Can of 100% pumpkin
- 1 Large Avocado, cubed
- 1 Bunch of Cilantro, chopped
- S & P to taste
- 1 Lime, Zested and Juiced

Directions:

1. Take 1 Can of Beans, 2 Garlic Cloves, 1 TSP of Mexican Seasoning, 1/8 TSP of chipotle powder, and the Fire Roasted Tomatoes and blend together in a food processor or blender until smooth.
 2. In a stock pot, heat olive oil over medium high. Add ½ of the red onion and sauté until the onion is sweating. 2-3 minutes. Add the two remaining garlic cloves, cook until fragrant about 30 seconds. Add 1/8 tsp of chipotle powder, 2 tsp. of Mexican seasoning, and 1/4 tsp of cinnamon. Stir until fragrant 30 seconds
 3. Add the remaining black beans, and the blended black bean mixture to the pot. Stir until combined. Simmer for 5 minutes.
 4. Add the can of pumpkin. Stir. Simmer for 15 more minutes.
 5. Add the zest, half of the cilantro and half of the juice of the lime to the pot. Stir. Season with salt and pepper to taste.
 6. In a small bowl combine the remaining half of lime juice, cilantro, onion, and avocado. Season with S&P
 7. Serve chili in bowls and top with avocado mixture.
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