Baked Teriyaki Salmon

Slightly sweet teriyaki salmon that’s simple to prepare and full of flavor!
Yield:

4 servings
Ingredients:

1 to 1 1/4 pounds fresh or frozen salmon fillets
1/2 cup teriyaki sauce
2 teaspoons olive oil
1 clove minced garlic (or 1/2 teaspoon garlic powder)
2 tablespoons finely chopped onion (or 1/2 teaspoon onion powder)
1/8 teaspoon black pepper
Dash of crushed red pepper flakes, optional
2 tablespoons sesame seeds
1 teaspoon brown sugar

For serving:

Cooked rice or rice noodles and vegetables or stir-fried vegetables of your choice
Instructions:

1.
In a gallon-size ziplock bag, combine the teriyaki sauce, oil, garlic,
onion, pepper, red pepper (if using), and sesame seeds. Squeeze the bag a
little to mix everything together.

2. Add the salmon fillets (fresh or still frozen) in a single layer.
Remove excess air from bag, seal, and make sure fillets are covered on
both sides in the marinade.

3. Put salmon in the fridge to marinate for a few hours (if fresh) or for a day or two to thaw/marinate (if still frozen).

4. When you're ready to cook the salmon, remove the fillets from the
bag and place them in a shallow dish* in a single layer (skin side down
if the salmon has skin). Pour 1/4 to 1/3 cup of the marinade over the
fillets, and sprinkle the teaspoon of brown sugar over the tops.

5. Bake in a preheated oven at 350 degrees for 20 minutes, or until
salmon flakes with a fork (145 degrees internal temperature). Don't bake
too long, or salmon will be dry!

Serve hot (immediately) with rice or rice noodles, and/or stir fried vegetables.



Baked Teriyaki Salmon

This recipe is from Tammy's Recipes.

Spicy Turkey Lentil Joes

Sloppy
Joes with a healthy twist: ground turkey, cooked lentils, and a spicy
kick that will have you coming back for seconds! Serve on buns or in
lettuce cups.
Yield:

12 servings
Ingredients:

24 ounces (1.5 pounds) 93% lean ground turkey*
1 large onion, diced
1 can (15 ounces) or 2 cups tomato sauce
1/3 cup Jamie’s Spice Mix**
1-2 tablespoons brown sugar
3 cups cooked and drained lentils***
salt, to taste

For serving: Buns or romaine lettuce, shredded cheddar cheese, and sliced dill pickles
Instructions:

1. In a large skillet (I use cast iron), brown the ground turkey with the diced onion.

2. When meat is cooked through, add the tomato sauce, spice mix,
brown sugar and lentils. Simmer over low heat for about 20 minutes,
until mixture is thick, stirring occasionally. Add salt to taste, if
needed.

3. Serve on buns or in romaine lettuce, topped with the shredded cheddar and dill pickle slices.



Spicy Turkey Lentil Joes

This recipe is from Tammy’s Recipes.

Jamie’s Spice Mix

A
fabulous all-purpose spice mixture using ingredients from the pantry.
Try it on ground beef or turkey, salad dressing, french fries, or even
pizza!
Yield:

2/3 cup
Ingredients:

2 tablespoons onion powder or granulated onion

2 tablespoons garlic powder or granulated garlic
1 1/2 tablespoons smoked paprika*
1 tablespoon dried basil
1 tablespoon dried oregano
1 tablespoon salt
2 teaspoons freshly ground black pepper
1 teaspoon celery seeds
1/2 teaspoon cayenne pepper
Instructions:

In a small bowl, mix together all ingredients. Store in an air-tight container or shaker bottle in your spice cupboard.



Jamie’s Spice Mix

This recipe is from Tammy’s Recipes.

Meatball Rice Medley

A spicy medley of sticky rice, seasoned meatballs, and vegetables

Yield:

12 servings
Ingredients:

2 cups (uncooked) medium or sticky rice
Water, as called for in rice directions
1 tablespoon coconut oil or other oil
1 teaspoon salt
3 tablespoons Jamie’s Spice Mix*
2 cups baby carrots or diced carrots
2 cups green peas, frozen or fresh
2 cups sweet corn, frozen or fresh off the cob
1 tablespoon sugar
Salt, to taste
32 seasoned meatballs, fully cooked and drained (fried on stove top, baked in the oven, or reheated from frozen)**Instructions:

1.
Cook rice with water, oil, salt, and spice mix, according to the
package instructions (use the amount of water called for in your rice
directions).

2. Cook carrots, peas, and corn a saucepan with water, until tender. Drain.

3.
In a large mixing bowl, toss together the cooked rice with the (hot,
cooked) meatballs. Add the drained vegetables and tablespoon of sugar.
Stir together, adding salt to taste if needed. Serve hot.

Additional Notes:

*I highly recommend mixing up a batch of this homemade spice

mix called Jamie’s Spice Mix. It’s delicious on so many foods! However, if you just want the seasoning for this meatball rice medley, you can use these measurements:

1/2 tablespoon onion powder or granulated onion
1/2 tablespoon garlic powder or granulated garlic
1 teaspoon smoked paprika
3/4 teaspoon dried basil
3/4 teaspoon dried oregano
3/4 teaspoon salt
1/2 teaspoon freshly ground black pepper
1/4 teaspoon celery seeds
1/8 teaspoon cayenne pepper

**I usually “cheat” and buy frozen Italian-style seasoned meatballs from Costco. You can use your favorite meatball recipe; anything Italian or spicy will go great with the other seasonings in this recipe.



Meatball Rice Medley

This recipe is from Tammy’s Recipes.

Blueberry Orange Julius

A creamy blueberry-orange smoothie with milk and a hint of vanilla
Yield:

2 servings
Ingredients:

3 ounces frozen orange juice concentrate
1/2 cup milk*
1/2 cup water
2 tablespoons sugar
1 teaspoon vanilla extract
1/2 banana, optional
1 cup frozen blueberries
6 regular-sized ice cubes (or until desired consistency)
Instructions:

1. Blend together orange juice concentrate, milk, water, sugar, vanilla, and banana (if using) for 1 minute.

2. Add blueberries and blend for a couple minutes, until smooth.

3. Add ice cubes to blender, one at a time, blending after each one until smooth. You don’t want chunks of ice in your smoothie!



Blueberry Orange Julius

This recipe is from Tammy’s Recipes.

Strawberry Banana Kefir Smoothie

A deliciously fruity kefir smoothie, perfect for a quick breakfast or snack!
Yield:

1 large smoothie
Ingredients:

1 large banana, broken into 4 chunks
1 cup frozen strawberries
1 cup kefir
stevia or other sweetener, optional

For more protein, you can also add in a scoop of protein powder

(vanilla or unflavored soy or whey protein, which is sold for shakes)
Instructions:

1. Place banana, strawberries, kefir, and stevia (if using) into a blender.

2. Blend for a minute or two, until smooth. Pour into a large glass or two smaller glasses and enjoy!



Strawberry Banana Kefir Smoothie

This recipe is from Tammy’s Recipes.

Strawberry Green Smoothie

A delicious and healthy strawberry smoothie with spinach!

Yield: 2 servings

Ingredients:

1 cup milk

1 large handful of fresh spinach leaves (about 3oz.)
1 tablespoon sugar or xylitol (optional)*
1 small banana (optional)**
6-8 frozen strawberries
Whipped cream, for serving (optional)
Instructions:

1. Whirl milk, spinach, and sweetener in blender on high until foamy and green.

2. Add banana if using; whirl until smooth.

3. Turn blender on high and add frozen strawberries, one at a time, until smoothie reaches desired thickness.

4. Pour smoothies into glasses. For a luxurious treat, add a dollop of whipped cream and stir before serving!



Strawberry Green Smoothie

This recipe is from Tammy’s Recipes.

Strawberry Slushie

A quick ice-cold homemade strawberry drink!
Yield:

1 serving
Ingredients:

1/2 cup hot water (140 degrees or hotter)
1-2 tablespoons sugar, xylitol, or sweetener of your choice
a pinch of citric acid*
Frozen strawberries**
Instructions:

1. Place hot water in blender, along with sugar and citric acid.

2. Turn on blender and add frozen strawberries one at a time until a slushie consistency is reached. Pour into a glass and enjoy!



Strawberry Slushie

This recipe is from Tammy’s Recipes.

Homemade Mocha Frappuccino

A cool and creamy mocha frappuccino that takes just minutes to make! Includes instructions for a dry mix (just add milk)!
Yield:

1 large serving (2 1/2 cups)
Ingredients:

2 cups milk*
2 tablespoons Dutch process baking cocoa (unsweetened)**
1 tablespoon instant coffee granules
2 tablespoons sugar or other sweetener (we use granulated xylitol)
Optional ingredients: See additional notes below
Instructions:

1. Pour milk in a blender.

2. Add remaining ingredients and blend first on low and then on high
for 1-2 minutes, until ingredients look uniform and combined. (A longer
blending time will make a more frothy drink.)

3. Pour into a glass and serve!

Using 2 cups of milk will make about 2.5-3 cups of frappuccino after
blending. Since it uses baking cocoa, the cocoa does tend to fall to the
bottom of the drink after a bit. We use a straw to stir/drink.

You can also make this ahead and store in the fridge in a bottle/jar with a lid. Shake briefly before drinking.



Homemade Mocha Frappuccino

This recipe is from Tammy’s Recipes.

Homemade Hot Chocolate Mix

A pre-made dry mix for hot cocoa; just add hot water and enjoy!
Yield:

15 servings
Ingredients:

2 cups nonfat dry milk
1 cup granulated sugar
1/2 cup unsweetened baking cocoa
1/2 cup dry non-dairy creamer*
dash of salt
Instructions:

1. Combine all ingredients and stir well to mix. Store in an airtight container.

To serve, add 1/4 cup of mix to 8 ounces of hot water, adjusting to taste. Stir and enjoy!
Additional Notes:

*The non-dairy creamer is optional, though I prefer some kind of creamer added; so if you leave it out, consider adding a splash of heavy cream to your hot cocoa before drinking!



Homemade Hot Chocolate Mix

This recipe is from Tammy’s Recipe.