Seven Layer Taco Salad

A healthy taco salad with layers of lettuce, meat, beans, cheese, and more!

Yield:

6 servings

Ingredients:

Taco Meat Ingredients:

1 pound ground beef
1 small onion, chopped
1 small clove garlic, minced (or a sprinkling of garlic salt)
1 tablespoon water
1/2 teaspoon paprika
1 teaspoon chili powder
1/2 tablespoon ground cumin*
1/8 teaspoon ground black pepper
1 teaspoon salt
Tapatio hot sauce (or hot sauce of your choice), to taste (I like about 2 teaspoons of Tapatio – this really adds a great flavor!!)
1 can (15 ounces) dark red kidney beans, rinsed and drained

Additional Salad Ingredients:

1 large head iceberg lettuce, shredded or chopped
2 cups torn fresh spinach leaves, optional
2 cups Fritos (or other small yellow corn chips)
2 cups (8 ounces) shredded cheddar cheese
3 cups fresh diced tomatoes
1 cup sliced black olives (drained)
sour cream, for serving

Instructions:

1. Brown ground beef with onion and garlic. Drain well and return to pan.

2. Add water, paprika, chili powder, cumin, pepper, salt, hot sauce, and beans. Cook and stir over medium-low heat until hot.

3. Mix lettuce and spinach together.

4. To serve salad, layer each platter or plate with a thick layer of the lettuce mixture.



Top with a small sprinkling of corn chips.



Add a layer of the meat and bean mixture,



and top with shredded cheese.



Add a decent layer of tomatoes,



sprinkle with sliced black olives, and dab with sour cream. Enjoy!

This recipe is from Tammy’s Recipes.

Grilled Chicken Souvlaki Gyros

Grilled chicken marinated in lemon and fresh herbs, served gyro-style on pita bread with tzatziki sauce, tomato, onion, and feta cheese

Yield:

4 servings

Ingredients:

Chicken souvlaki ingredients:

1 pound boneless skinless chicken breast or tenders, cubed for skewers
2 cloves garlic, minced
1/2 teaspoon lemon zest
1 tablespoon lemon juice
2 teaspoons fresh oregano, chopped
1 teaspoon fresh thyme
1 teaspoon salt
1/2 teaspoon lemon pepper seasoning, optional
Oil

Tzatziki sauce ingredients:

1/2 cup grated peeled cucumber (seeds removed and juice drained*)
1/4 cup greek yogurt or plain yogurt
1/4 cup sour cream

1 tablespoon chopped oregano
1/2 teaspoon lemon zest
1 teaspoon lemon juice
1/2 teaspoon salt

For serving:

4 pita rounds (regular pita bread or whole wheat pita bread)
2 tomatoes, sliced
4 slices of red onion
1/4 cup crumbled Feta cheese, optional
Lettuce (whole leaves or shredded), optional

Instructions:

1. Soak bamboo skewers. Toss the chicken chunks with the garlic, lemon zest, lemon juice, oregano, thyme, salt, and lemon pepper seasoning in a large bowl or Ziplock bag. Allow to marinate for 15 minutes.

2. While the chicken is marinating, make the tzatziki sauce by mixing the cucumber, yogurt, sour cream, oregano, lemon zest, lemon juice, and salt in a bowl.

3. Preheat grill on HI for 10 minutes (or prepare coals for charcoal). While grill is heating, put chicken on skewers and drizzle or spray with a little oil.

4. Reduce grill heat to medium and grill chicken with lid closed, rotating skewers every 5 minutes or so, until chicken is done (about 10-15 minutes depending on the size of the chunks and your grill).

5. Serve hot grilled chicken “gyro-style” – with the pita bread, prepared tzatziki sauce, tomato slices, onion slices, and feta and/or lettuce if using.



This recipe is from Tammy’s Recipes.

Grilled Steak Stir Fry Salad

Thin-sliced grilled steak and grilled stir-fry veggies, tossed together with Romaine lettuce, fresh diced tomatoes, and feta cheese for a flavor-rich and filling salad!

Yield:

4-6 servings (as a main dish)

Ingredients:

8 cups bite-size broccoli florets
1 large red onion
1 1/2 teaspoons salt
1/4 teaspoon ground black pepper
2 teaspoons (about 4 cloves) minced garlic
1/2 cup oil
1 red bell pepper, halved and sliced or chopped
3 cups thinly sliced grilled steak (freshly grilled or

leftover)
2 heads of Romaine lettuce, washed and cut into bite-sized pieces (about 12-16 cups)
2 cups diced fresh tomatoes
1/2 cup crumbled feta cheese
Croutons, optional
Ranch salad dressing, optional*

Instructions:

1. Preheat grill (or prepare charcoal grill), including a grill plate/pan/grid for grilling vegetables.* In a large mixing bowl, toss together the broccoli, onion, salt, pepper, garlic, oil, and red pepper.

2. Spread vegetables on the hot grill pan. Grill on MEDIUM with lid closed for about 8 minutes. Leaving vegetables on grill, stir thoroughly and then sprinkle the steak on top of the veggies. Close lid again and grill for an additional 8 minutes or until vegetables are crisp-tender and steak is hot.

3. Remove platter from grill and allow to cool for a few minutes. In a large mixing bowl, toss together the Romaine lettuce and fresh tomatoes. Stir in the still-hot/warm steak and veggie mixture. Gently toss in the feta cheese and croutons (if using). Serve immediately with your favorite Ranch dressing.**



This recipe is from Tammy’s Recipes.

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Fish Tacos

Steaming hot tortillas filled with grilled white fish (we like Mahi Mahi), shredded cheese, chipotle sauce, diced avocado and tomato, and freshly snipped cilantro! These fish tacos are easy and one of my favorite ways to serve grilled fish!

Yield:

12 fish tacos (3-4 servings)

Ingredients:

12 corn tortillas, about 5″ in diameter*
several tablespoons of oil, for cooking tortillas

Filling ingredients:

1-2 cups hot cooked pinto beans or refried beans

3 cups sliced or diced grilled mahi mahi or other white fish (freshly grilled or re-warmed)
Chipotle hot sauce, for serving
1-2 cups (4-8 ounces) shredded cheddar cheese or Mexican cheese blend
1 large or 2 small avocados, diced
1 large or 2 small tomatoes, diced
2 stalks of green onions, chopped
1/2 cup (loosely measured) freshly chopped cilantro

Optional ingredients:

Hot cooked rice
Sour cream or tzatziki sauce
Shredded lettuce
Finely chopped cucumbers

Instructions:

1. Heat a heavy skillet or griddle over medium-high heat. Add ~1 teaspoon oil (sprinkle or spray on) to the hot surface and cook the corn tortillas, one at a time, for a minute or two on each side, until a few light brown spots appear. Tortillas should still be pliable and somewhat soft.***

2. To assemble tacos, place a tablespoon or two of the beans on the hot tortilla. Top with 1/4 cup of the fish, a splash of Chipotle hot sauce, a couple tablespoons of shredded cheese, and a pinch of avocado, tomato, green onions, and cilantro (and any additional ingredients you’re using).



This recipe is from Tammy’s Recipes.

Turkey Sausage Sweet Potato Hash

A spicy sweet medley of ground turkey sausage, roasted sweet potatoes, roasted brussels sprouts, and apples tossed together for a mouth-watering hash

Yield:

8 servings

Ingredients:

Sausage Ingredients:
2 pounds lean (93/7) ground turkey
2 teaspoons salt
2 teaspoons ground black pepper
1 teaspoon cayenne pepper
1/2 teaspoon granulated garlic or garlic powder

1 teaspoon fennel seeds, crushed
4 teaspoons ground sage
2 teaspoons dried thyme
1/4 teaspoon ground cloves
1/4 teaspoon ground nutmeg
1/4 teaspoon ground allspice, optional
2 tablespoons maple syrup (or more to taste), optional
2 cups peeled and diced apples

2 pounds sweet potatoes, peeled and diced (or cut into fries)*
1/4 cup oil
1 teaspoon salt

1 pounds brussels sprouts, washed (cut these in half if bigger than bite-size)
2 tablespoons oil
1/2 teaspoon salt

1/4 cup maple syrup (add in step 6)

Instructions:

1. Combine sausage ingredients in a large bowl and mix well. Refrigerate for a few minutes while you prepare the veggies, or up to a couple days, if you're planning ahead.

2. In another bowl, toss together the diced sweet potatoes, 1/4 cup oil, and 1 teaspoon salt. Spread mixture onto a baking sheet that has been greased or lined with parchment paper or a silicone baking mat.

3. In yet another bowl, toss together the brussels sprouts with 2 tablespoons oil and 1/2 teaspoon salt. Spread mixture onto another baking sheet or a 9×13-inch pan that has been greased or lined with parchment paper or a silicone baking mat.

4. Preheat oven to 400 degrees F. Bake both pans of vegetables for 30-40 minutes, stirring once or twice during baking.

Vegetables are done when they are soft inside. Test with a fork for doneness; one pan may be done sooner than the other.

5. While vegetables are baking, cook the sausage mixture in crumbles in a large heavy pan over medium heat until done.

6. When the vegetables and meat are completely cooked, toss everything together in a big bowl, stir in the maple syrup, and serve hot.



This recipe is from Tammy’s Recipes.

Spinach Tortillas

Ingredients:

9 ounces fresh spinach, chopped (about 4-5 cups of packed, chopped spinach)
1 tablespoon water
2+ cups flour
1/2 teaspoon salt or garlic salt

dash of pepper or seasoned pepper
1/4 cup oil
Instructions:

1.
In a large pan or skillet over medium to medium-low heat, cook spinach
in water. Cover, stirring occasionally, until spinach is wilted and
soft. This will probably take about 5 minutes after the pan is hot and
the spinach has started to cook.

2. In a mixing bowl, combine flour, salt, pepper, and oil. Stir until crumbly.

3. Add the (hot or warm) spinach mixture, including the water left in
the pan from cooking. Knead or stir, adding additional flour as needed
(may take a cup or more of extra flour) to make a smooth dough. Knead
dough for about 5 minutes, which will mix the spinach in better, and
give the dough an even consistency.

4. Divide dough into 8 parts (for 10 to 12-inch tortillas) or more (for smaller tortillas).

5. Pre-heat a griddle or large skillet over medium heat. If using a cast iron or non-stick griddle or pan, you won’t need oil (although you can use a little if you wish).



Spinach Tortillas

6. On a lightly floured surface, roll each dough portion into a thin circle (or other shape if desired).



Spinach Tortillas

7. Brown tortillas in pre-heated pan for about 5 minutes on each side, just until cooked. A few light brown spots should appear.



Spinach Tortillas

I usually start cooking the tortillas while I’m still rolling out the rest of the dough. Stack cooked tortillas on a plate or in a bowl with a clean towel around them, until all are cooked. Serve warm, filled with your favorite fillings!



Spinach Tortillas

This recipe is from Tammy’s Recipes.

Cooked Pinto Beans

Simple instructions for making delicious pintos from dried beans!

Yield:

varies
Ingredients:

Dried pinto beans
Water
Salt
Instructions:

1.
Wash pinto beans in water. Sort out any rocks or other items, if
needed. Be sure you’re using beans that aren’t too old, or they will
never cook soft enough no matter how long you cook them!

2. Choose a soaking method:

Overnight Soak:

Place washed beans in a large stock pot. The pot should be no more
than 1/4 filled with dry beans. Fill the pot 3/4 of the way with cold
water. Allow beans to soak overnight or at least 6-8 hours. Drain
soaking water. Rinse beans.

Quick Soak:

Use 10 cups of water per pound of dried pintos. Put water and beans
into a large stock pot. Bring to a boil. Boil 2 minutes and then allow
beans to rest in the water for an hour, covered. Rinse beans.

3. Cooking:

See additional notes below for crockpot instructions!

Fill pot with soaked beans and fresh water to 3/4 full. Cook

over
medium heat and allow to boil until tender (1-2 hours). Drain beans.

Add a little fresh water (1 cup or so for about 8 cups of cooked beans) and stir in salt to taste (important step!). Keep warm until ready to serve, or refrigerate and re-warm when needed.



Cooked Pinto Beans

Additional Notes:

For
beans that are more like refried beans (but still lumpy!), add some
additional water and salt and cook beans, stirring occasionally, until
desired consistency. Yum!

Pintos and Cheese: Sprinkle cooked and salted pintos with shredded cheese for a yummy quick snack or lunch!

Crockpot pinto beans:
Cover soaked beans with water, at least an inch above the level of the
beans. Cook on low for 8-10 hours or until soft. (Remember,

old beans
might refuse to ever get soft, so be sure you’re using good beans!)

Cilantro Chicken with Avocado Salsa

picy grilled chicken breast served with a fresh salsa made with tomato, avocado, and green onions
Yield:

4 servings
Ingredients:

Chicken ingredients:

4 large (6-8 ounces each) boneless skinless chicken breasts
salt
black pepper
1/4 cup fresh finely chopped cilantro
oil, preferably in a spray bottle
Tapatio hot sauce

Avocado salsa ingredients:

2 cups chopped fresh tomato
4-5 green onions, chopped
1/2 cup fresh chopped cilantro (or more, to taste)
1 tablespoon fresh lemon or lime juice
1/4 teaspoon salt
dash black pepper
1 large avocado, finely chopped (about 3/4 cup) Instructions:

1.

Lay chicken breasts in a 9×13-inch dish. Sprinkle with salt, pepper,
and cilantro; spray with oil and splash with Tapatio. Turn chicken over
and repeat on other side. Set aside.

2. Combine salsa ingredients (except avocado) in a medium bowl and
stir to mix. Add avocado and stir gently to combine. Set aside.

3. Preheat grill.* Grill chicken until done (our Weber Q grill takes 10-12 minutes on medium, grilling with lid closed). Serve hot chicken with fresh salsa.



Cilantro Chicken with Avocado Salsa

This recipe is from Tammy’s Recipes.

Creamy Spaghetti Squash Casserole

A cheesy, creamy layer of spaghetti squash topped with a flavorful spaghetti sauce with meat for a delicious baked casserole!
Yield:

16 servings
Ingredients:

2 medium-large spaghetti squashes (about 6 [packed] cups of cooked squash all together)
2 tablespoons butter
1 small-medium onion, chopped
2 cloves garlic, minced
1/2 green bell pepper, chopped
8 ounces cream cheese
8 ounces sour cream
1 teaspoon salt
1/8 teaspoon black pepper
1 teaspoon dried parsley flakes
8 ounces (2 cups) shredded mozzarella cheese
2 ounces (1/4 cup) shredded cheddar cheese, optional
8-12 ounces (about 1 1/4 to 2 cups) cooked ground beef
4 cups spaghetti sauce (can use a 26 ounce jar or a quart of homemade)
1/2 tablespoon sugar
1 teaspoon Italian seasoning
Instructions:

1.
In a large stock pot, put about 2-3 inches of water. Cover and bring to
a boil. Wash outside of squash, cut squash in half and place in the

stock pot of boiling water, flesh side down. Cover and boil for 15-20
minutes, until squash is tender.

2. Drain squash. Holding halves with a potholder, use a fork to scoop out the stringy “spaghetti”. Set aside.

3. In a large stock pot or saute pan, melt butter. Add onions, garlic, and bell peppers and saute until tender. Add squash and cook and
stir until heated through.

4. In a separate saucepan on low heat, melt the cream cheese. Add the
sour cream, salt, pepper, and parsley flakes, stirring to make a smooth
white sauce.

5. Stir the white sauce into the cooked squash mixture.

6. Grease a 9×13-inch baking dish. Spread the white squash mixture
evenly over the bottom of the pan. Spread about 1 1/2 cups of the
shredded mozzarella cheese over the squash.

7. In a large mixing bowl, combine the ground beef, spaghetti sauce,
sugar, and Italian seasoning. Spread over the layer of shredded cheese.
Top with the remaining shredded mozzarella cheese and cheddar cheese (if
using). Sprinkle with dried basil or oregano flakes for garnish if
desired.

8. Bake uncovered at 350 degrees (325 for glass dish) for 30-40 minutes, until casserole is hot and bubbly. Remove from oven and allow to cool slightly (10-15 minutes) before

serving.



Creamy Spaghetti Squash Casserole

This recipe is from Tammy’s Recipes.

Low Fat Whole Grain Waffles

Easy, healthy whole wheat oatmeal waffles
Yield:

4-6 servings
Ingredients:

2 cups whole wheat flour
1 cup quick oats
4 teaspoons baking powder
2 1/2 cups milk
2 tablespoons oil
2 eggs
Syrup, jam, butter, fresh fruit, or whipped cream, for serving
Instructions:

1. In a medium mixing bowl, whisk together the flour, oats, and baking powder.

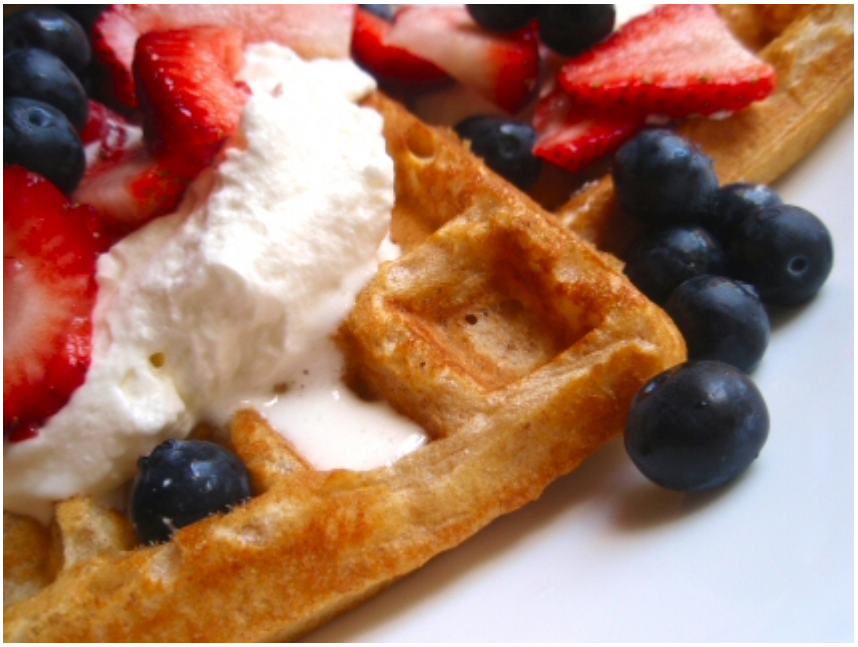
2. In a separate bowl, whisk milk, oil, and eggs. Add to flour mixture and whisk briskly to combine. Let batter set for 5-10 minutes to
thicken slightly.

3. Pre-heat waffle maker. Spray hot grids lightly with oil. Spoon waffle batter over grid and close lid.

4. Cook until done (mine took about 4 minutes for Belgian-style waffles). I like to set a timer so I don’t have to keep checking, or risk forgetting to take the waffles out on time! Open waffle maker lid carefully by jiggling to loosen the waffles as you open the lid. Remove cooked waffles with fork.

If necessary, spray grid lightly with oil before cooking more batter.

Serve hot fresh waffles with syrup, butter, jam, whipped cream, or fresh fruit. We love ours with real whipped cream and fresh strawberries!



Low Fat Whole Grain Waffles