

# Health & Wellness Center

OVEN:

## Veggie Packed Breakfast Frittata



### Ingredients:

- 2 tablespoons of extra-virgin olive oil
- 1 small green pepper, diced
- 1 small red bell pepper, diced
- ½ small red onion, thinly sliced
- 2 cups packed baby spinach
- ¼ cup sun-dried tomatoes (not packed in oil), chopped
- 1 clove of garlic
- 10 large eggs, beaten
- Salt and pepper to taste
- Hot sauce on top (optional)

### Instructions:

- Preheat the oven to 375 degrees fahrenheit.

- Heat olive oil in a skillet over medium-high heat.
- Add onions and peppers to the skillet, stirring until softened.
- Add spinach, sun dried tomatoes, and garlic to the skillet and stir.
- Reduce heat to low and add eggs, salt and pepper. Stir and bake until the eggs are set.
- Let sit for 5 minutes before serving.
- Add hot sauce to the top and enjoy!

## Veggie Cheesy Pasta Bake \*vegetarian\*



### Ingredients

- Baby arugula
- Tomatoes
- Cut up red onion
- 2 diced zucchinis
- Bell peppers (yellow, red, orange)
- Asparagus
- 1 6oz block of feta cheese
- Goat cheese
- Rotini (or whatever pasta you like)
- 2 baking trays

### Instructions

- Preheat oven to 400 degrees F
- Line baking trays with aluminum foil
- Scatter veggies on trays (separate sections for different veggies)
- Drizzle olive oil over veggies
- Place block of cheese in middle of trays (one tray w/ feta block and other with goat cheese block)
- Cook on 400 degrees F for 15 minutes
- Add salt and pepper to taste over veggies
- Cook pasta (boil water, add pasta when water is boiling, cook for 10 minutes, stirring occasionally)

- Put cheese and mix with pasta
- Transfer to crockpot
- Add veggies into crockpot
- Drizzle olive oil
- Add handful of baby arugula to crockpot
- Mix together
- Serve & Enjoy!

## CROCKPOT:

### Healthy Harvest Chicken Skillet



#### Ingredients:

- 1 Yellow onion
- 1 Butternut squash
- Olive Oil
- Chicken sausage
- Garlic
- Whole grain brown rice
- 1 bag of Spinach
- Dried cranberries
- Balsamic glaze
- Cranberry goat cheese

**Instructions:**

- Put yellow onion, butternut squash, a splash of olive oil, chicken sausage, and garlic into crockpot & cook
- Once it is almost fully cooked add spinach to crockpot, mix, and wait for spinach to cook
- Once spinach has cooked add dried cranberries and balsamic glaze & mix
- Serve over brown rice & top with goat cheese as desired

## Chicken Quinoa Risotto with Veggies in Crockpot

**Ingredients:**

- Chicken breast
- Quinoa
- Garlic
- Salt and pepper
- Low sodium chicken broth
- Carrots
- Asparagus
- Peas
- Broccoli

**Instructions:**

- Whole chicken breast
- 1 ½ cups chicken broth
- 1 cup quinoa



- Chopped carrots
- Pinch of garlic
- Salt and pepper to taste
- Place in crockpot and let sit for 3 - 3 1/2 hours- cook on high
- Shred the chicken (with two forks in crock pot)
- Cut asparagus- chop the ends off, cut to bite size pieces
- Add broccoli, peas, and asparagus to crockpot and let cook for 30 minutes
- Serve and ready to eat!! Enjoy

## Chicken Parm Meatballs in Crockpot



### Ingredients:

- Pasta sauce (marinara, whatever you like)
- 2 eggs
- Panko bread crumbs
- Parmesan cheese
- Garlic
- Salt and pepper
- Basil
- Diced onion
- Ground chicken
- Mozzarella cheese
- Meatball Mix:
  - 2 Eggs
  - ½ cup crumbs
  - Spoonful of garlic
  - Diced onion
  - Pinch of basil (to taste)
  - Salt and pepper to taste

**Instructions:**

- ½ jar of sauce to bottom of crockpot
- Make chicken meatballs
  - Use gloves if needed
  - Mix meatball mix together as shown in ingredients
  - Roll chicken meatballs into golf ball size balls
- Add chicken meatballs to bottom of crockpot into the sauce
- Mix the meatballs and sauce together
- Set crockpot on high and let cook for 3 - 4 hours
- Spaghetti squash:
  - With a sharp knife cut small slits in the squash where you plan on cutting the squash when it is finished cooking
  - Put squash in microwave for 5 minutes
  - Remove squash with gloves (it is hot!)
  - Cut squash in half
  - Scoop middle of squash out (seeds)
  - Take fork and gently scrape the spaghetti squash (should stark looking stringy, like spaghetti)



## Broccoli Cheddar Soup - Crockpot



### **Ingredients:**

- Reduced fat Cream cheese
- Evaporated skim milk
- Shredded cheddar cheese
- Garlic
- Broccoli
- Chopped Carrots
- Diced Yellow onion
- Nature's promise low sodium chicken broth

### **Instructions:**

- Mix all veggies and chicken broth in crockpot
- Use immersion blender in crock pot and mix the veggies together
- Add evaporated milk
- Stir and add shredded cheese

# AIRFRYER:

## Air Fryer Chicken Nuggets



### Ingredients:

- Chicken
- Eggs (2-3)
- Panko breadcrumbs
- Italian seasoning packet

### Instructions:

- Put the seasoning packet and panko breadcrumbs in a bowl.
- Whisk eggs in a separate bowl for the egg wash.
- Put a piece of chicken in egg wash and then into the panko breadcrumbs and mix.
- Repeat for each piece of chicken.
- Place in an air fryer on 325-350 degrees fahrenheit for roughly 8 minutes.
- Check the chicken in the air fryer every couple of minutes.



## Tortilla Pizza



### **Ingredients:**

- Tortillas
- Sauce: marinara and barbecue sauce
- Feta cheese and mozzarella
- Any veggies: peppers, onions, mushrooms, tomatoes, olives, zucchini
- Chicken, sausage, ham, bacon

### **Instructions:**

- Airfryer at 350 degrees F
- Parchment paper to reduce sticking in bottom of airfryer tray
- Place pizza in airfryer and set timer for 3 minutes

## Air Fryer Chicken Fajita



### **Ingredients:**

- chicken tenderloin
- Bell peppers (any type, yellow, green, red)
- Onion
- Fajita spice mix

### **Instructions:**

- Mix chicken and fajita mix in a plastic bag and shake
- Cut bell peppers, onion, any other veggies
- Add cut veggies into the bag and shake all ingredients together
- Cook all ingredients at 390 degrees F for 10 minutes, check halfway through
- Do not overload the airfryer basket\*

### **Additional toppings:**

- Corn
- Black beans
- Cheese
- Salsa
- Plain greek yogurt
- Guacamole
- Pico de gallo
- Lime
- Tortilla
- avocado