



Healthy Marinara Sauce (serves 8)

Ingredients

- 2 1lb.cans of San Marzano tomatoes
- 1 large sweet onion finely chopped
- 2 cloves garlic minced
- 1 tbsp onion powder
- 1 tbsp dried oregano
- 1 tbsp dried basil
- 1 tsp. Kosher salt
- 1 tsp. crushed black pepper
- 3 tbsp EVOO
- 1 bay leaf
- ½ cup organic beef stock
- ¼ cup red wine

Directions

1. In a stock pot on medium heat add the olive oil and sauté onion for about 5 minutes or until soft. Add the minced garlic and sauté for about 1 minute. Add the onion powder, oregano, basil, salt, and pepper and sauté for an additional minute.
2. Add beef stock and red wine to deglaze the pan. Pour in the tomatoes and gently break them apart. Add bay leaf, cover and simmer for about 20-30 minutes.
3. Cook your pasta according to the package directions. You may also add your 4 ounce portion of lean meat such as chicken, lean ground beef, turkey, or turkey italian sausage.

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Summer Poppyseed Chicken Salad (serves 1)

Ingredients

- 2 cups fresh spinach
- 4-6 oz grilled chicken (diced)
- 1-2 tbsp strawberries (sliced)
- 1-2 tbsp almonds (sliced)
- To desired taste: red onion (finely sliced)
- 1/2 cup Skinnygirl Poppyseed Salad Dressing

Directions

Place your greens in the salad bowl compartment. Put your strawberries, chicken, almonds and onions in the top compartments. Put your dressing in the dressing container. Your lunch is ready to mix when you are ready to eat!!

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Turkey Wrapped Asparagus (serves 1-2)

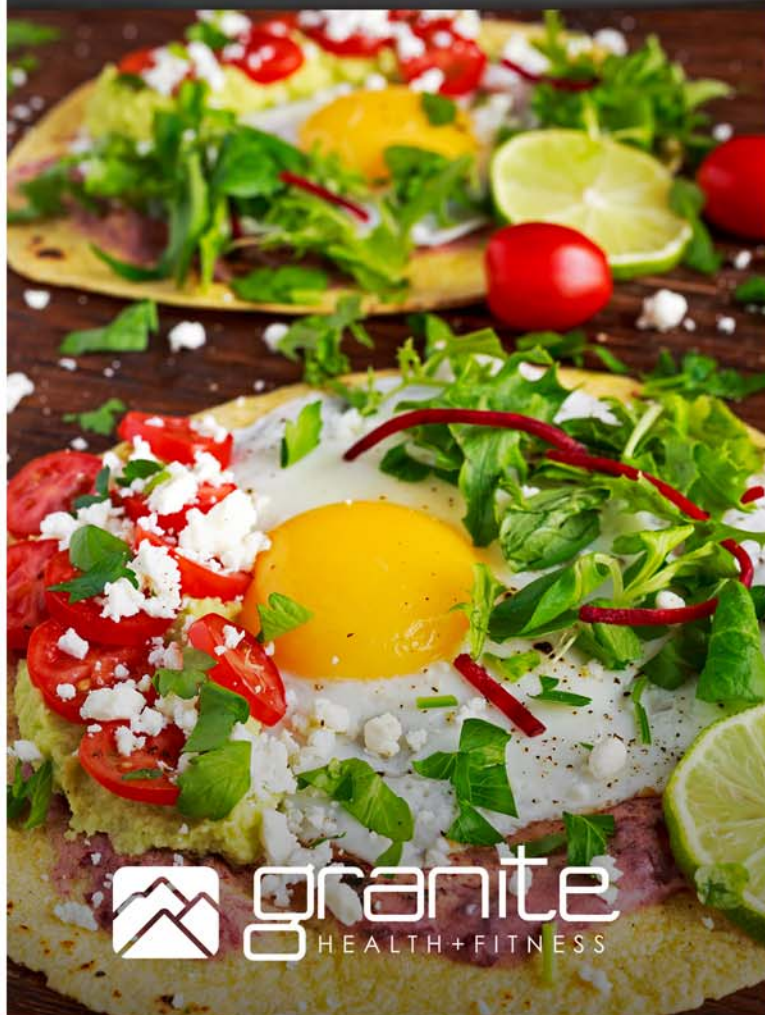
Ingredients

- 12+ spears of Asparagus
- 24 oz sliced lean deli lunch meat (turkey, ham, etc. – thin enough to wrap around the asparagus!)
- Seasonings (optional): Mrs. Dash, Salt/Pepper, Bragg's Liquid Aminos.

Directions

1. Set oven to 375 F.
2. Chop bottoms off asparagus.
3. Wrap 1-2 asparagus spears with 1-2 slices of deli meat.
4. Coat a skillet with non-stick cooking spray and set to medium-high heat.
5. Place the wrapped asparagus in the skillet. Lightly sear the wrapped asparagus. While it's cooking, add seasoning if desired.
6. Once all sides of the lunch meat are seared, remove from the skillet.
7. Place the wrapped asparagus in the oven on a baking sheet. Bake in the oven for 5-10 minutes.

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Breakfast Tostada (serves 1)

Ingredients

- 1 Ezekiel sprouted corn tortilla or your choice of corn tortilla
- 3 oz shredded chicken
- 1 egg, cooked over easy
- 2 tbsp black beans
- 6 grape tomatoes cut into pieces
- 1 tbsp chopped sweet onion
- 1 tbsp chopped cilantro
- 1/8 of an avocado chopped
- 1 tsp. Cracked pepper
- 1 tbsp hot sauce of your choice
- 1 oz shredded cheese (manchego preferred)
- 1 tbsp low fat Greek yogurt
- 1 small lime wedge

Directions

1. Warm tortilla in a nonstick pan on medium heat for one minute on each side
2. On a plate, layer food as follows (Tortilla, Chicken, Black beans, Cheese, Egg over easy, Tomatoes, Onion, Avocado, Cilantro, Greek yogurt, Pepper, Juice of lime wedge, and Hot sauce)

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Mexi-Style Black Beans and Rice (serves 1)

Ingredients

- 3/4c black beans (drained & rinsed)
- 1c brown rice (cooked)
- 2 tbsp taco sauce/salsa
- 2 tbsp light sour cream
- 1/4c shredded cheddar cheese
- 1 small tomato (diced up)
- Avocado (optional)

Directions

1. Heat the black beans after they have been drained and rinsed.
2. Cook the brown rice (as directed by the packaging).
3. In a bowl or on a plate begin layering your ingredients to your specification.

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Healthy Apple Pie (serves 2)

Ingredients

- 2 large apples
- 2 tbsp butter (melted)
- 2 tbsp brown sugar
- 2 tbsp flour
- 4 tbsp quick oats
- 1/2 tsp cinnamon

Directions

1. Preheat oven to 350
2. Cut apples in half and remove the core and seeds
3. In a small bowl, combine butter, sugar, flour, oats and cinnamon.
4. Spoon the mixture on top of the apple halves and sprinkle with cinnamon.
5. Place on a cookie sheet and bake for 30 minutes.
6. Serve by itself or with a dollop of low fat ice cream or light whipped cream.

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