



WELLNESS AT BREAKFAST, LUNCH AND DINNER

White Turkey Chili

Here's a tasty way to enjoy leftover turkey or chicken. For vegetarian chili, substitute vegetable broth for turkey broth, omit the poultry and add two additional cans of beans.

Ingredients

- 2 Tbsp coconut or extra-virgin olive oil
- 1 Tbsp chopped garlic
- 1 cup minced onions
- 1 green pepper, diced
- 2 tsp chili powder
- 1 Tbsp ground cumin
- 1 ½ cups diced zucchini
- 1 ½ cups diced yellow squash
- ¼ cup chopped fresh cilantro
- ½ tsp salt
- 12 grinds black pepper
- 1 tsp oregano
- 1 cup diced canned tomatillos or green salsa
- 1 can (15 oz) white beans, rinsed and drained
- 2 cups turkey or chicken broth
- 2 pounds shredded or diced cooked turkey or chicken

TO PREPARE: Heat oil in a large pot and sauté garlic, onion and pepper until onion is translucent.

Toss in chili powder and stir for 1 minute

Add remaining ingredients, except turkey or chicken, and cook until zucchini and yellow squash are tender.

Stir in turkey and let mixture simmer for 5 minutes.

Adjust seasoning to taste. Serve hot.

Source: livingwithout.com



Roasted Vegetable Wraps

This wrap is a great idea for parties or family gatherings and can be prepared before company arrives, however, it's simpler to set out the ingredients buffet-style and have guests construct their own. For variety, add a dollop of bean dip or hummus before rolling up each wrap.

Note that these should be served at room temperature.

Ingredients

- ¼ cup coconut or extra-virgin olive oil
- 3 garlic cloves, finely minced
- Sea salt and pepper to taste
- 1 medium red pepper, seeded and cut into strips
- 1 medium green pepper, seeded and cut into strips
- 1 small zucchini, seeded and cut into strips
- 1 small yellow squash, seeded and cut into strips
- 1 small onion, cut into strips
- ½ cup hummus
- 1 cup cooked brown rice
- 4 gluten-free wraps
- Balsamic vinegar

TO PREPARE: Preheat oven to 425°

Mix oil, garlic, salt and pepper together in a bowl.

Toss vegetables in oil mixture until coated well. Spread on 2 baking sheets and back in pre-heated oven for about 10 to 15 minutes until slightly charred and tender.

Spread a portion of the hummus on each wrap.

Sprinkle cooked brown rice on hummus, covering well.

Layer a variety of roasted vegetables in the center of each wrap.

Spritz some balsamic vinegar over vegetables and roll up the wrap.

Source: livingwithout.com

