



WELLNESS AT BREAKFAST, LUNCH AND DINNER

Grilled Chicken with Summer Squashes

Fire up the grill and grab some summer squashes to make a healthy, delicious dinner for your family.

Ingredients

1 whole chicken, backbone removed, cut in half lengthwise
½ cup (4 oz) coconut or olive oil, plus more for brushing
2 lemons, cut in half crosswise
2 lbs (about 1 kg) summer squashes such as zucchini and yellow squash, cut on the bias into ¼ inch (6mm) thick slices, this would be about 4 medium size squashes
1 cup coarsely chopped fresh flat-leaf parsley leaves

TO PREPARE: Preheat grill to medium heat. Rub chicken with 1 teaspoon oil, 2 teaspoons salt and ½ teaspoon pepper. Brush hot grill grate with oil. Place chicken, skin side down, and lemons, cut side down, on grill grate and cover. Cook for 10 minutes.

Transfer lemons to a plate. Continue cooking chicken for 5 minutes. Flip and cook 5 minutes more.

Meanwhile, toss squashes with 2 teaspoons oil, 1 teaspoon salt and ¼ teaspoon pepper. Add to grill, cover, and cook, turning squashes occasionally, until squashes are tender and browned in places and a thermometer inserted into thickest part of chicken breast (do not touch bone) reaches 165°, about 10 minutes.

Squeeze juice of grilled lemons into a bowl, whisk in the remaining 7 tablespoons of oil and stir in parsley.

Cut chicken into pieces and serve with vegetables and parsley dressing.

Source: marthastewart.com

Simple High-Fiber Beefy Tacos

Higher in fiber than the standard fare, largely from the refried beans, this is how real, healthy Mexican food was meant to taste.

Ingredients

1 lb (1/2 kg) lean ground beef
1 yellow onion, finely chopped
4 cloves garlic, minced
2 serrano chilies, seeded and finely chopped
16 oz vegetarian refried beans
1 cup (8 oz) shredded sharp cheddar cheese
16 oz salsa
12 small sprouted corn tortillas
2 tomatoes, chopped
2 cups (16 oz) shredded lettuce
1/3 cup (3 oz) sour cream
1/3 cup (3 oz) chopped fresh cilantro, for garnish

TO PREPARE: In a large skillet over medium-high heat, combine beef and onion, and cook until no pink remains, about 6 minutes. Add garlic and cook, stirring frequently, for 1 minute. Drain any excess oils and transfer contents to a slow cooker (crockpot).

Stir in chilies, refried beans, cheese and salsa. Cover and cook on high for 3 to 4 hours, or on low for 5 to 6 hours, until mixture is cooked through and bubbling.

Stir and service over warmed tortillas with tomato, lettuce and a dollop of sour cream. Garnish with cilantro.

Note: Plain Greek yogurt with a squirt of lime juice can be a lower calorie option for sour cream.

Source: motherearthliving.com

Steak and Zucchini with Greek Beans

Takes about 20 minutes to prepare and serves 4.

Ingredients

15.5 oz can butter beans, rinsed	1 ½ lb (1 kg) skirt steak – cut into 4 pieces
2 ounces Feta – crumbled	1 tsp smoked paprika
1 tbsp white wine vinegar	Sea salt
1 tbsp chopped fresh flat-leaf parsley leaves	4 zucchini – cut lengthwise into quarters
2 tbsp olive or coconut oil	Additional oil for the grill

TO PREPARE: Heat grill to medium-high. Once it is hot, clean the grill grate with a wire brush. Just before grilling, oil the grill grate with extra oil.

Toss the beans, Feta, vinegar, parsley, 1 tablespoon of olive oil and ¼ teaspoon salt in a medium bowl, set aside.

Season the steak with the paprika and ½ teaspoon salt. Toss the zucchini with the remaining tablespoon of olive oil and ¼ teaspoon salt.

Grill until an instant-read thermometer inserted in the thickest steak registers 130° F (medium-rare) and the zucchini is tender, 3 to 4 minutes per side for each. Let the steak rest 5 minutes before slicing.

Serve the steak and zucchini with the beans.

Source: realsimple.com