



# GREEN CHICKEN ENCHILADA CASSEROLE

## INGREDIENTS

- Cooking spray
- 8 ounces boneless skinless, chicken breasts (may substitute 6-7 ounces cooked, shredded chicken; or 1 slightly heaping cup)
- Fine salt and black pepper
- 1 (15-ounce) can black beans, drained and rinsed
- 1 ½ cups siggi's plain whole milk yogurt
- ¾ teaspoon garlic powder
- ¾ teaspoon onion powder
- ¾ teaspoon ground cumin
- 1 (5-ounce) container fresh baby spinach, roughly chopped
- ½ cup chopped fresh cilantro leaves, plus more for garnish
- 2 (14- or 15-ounce) cans green enchilada sauce
- 8 ounces shredded Monterey jack cheese, divided
- 9 yellow corn tortillas (6-inch), cut in half

## INSTRUCTIONS:

1. Preheat the oven to 375. Spray a 9×13-inch baking dish with cooking spray. Place chicken breasts in the dish and sprinkle with salt and pepper. Bake uncovered for 15-20 minutes or until the chicken is cooked through and registers 165°F on an instant-read thermometer. Remove the chicken from the pan to a cutting board and allow to cool slightly before shredding with two forks.
2. While the chicken cooks, add black beans, yogurt, garlic powder, onion powder, cumin, chopped spinach, and cilantro to a medium bowl; stir to combine.
3. Mist the same baking dish with more cooking spray. Fold the cooked, shredded chicken into the yogurt mixture in the bowl.
4. To the bottom of the baking dish, add ¾ cup enchilada sauce. Layer 6 tortillas halves over the sauce (this will not cover the sauce completely).
5. Spread ⅓ of the chicken-bean mixture over the tortillas. Sprinkle with ½ cup cheese. Drizzle ¾ cup enchilada sauce over the top, then repeat the layers two more times, ending with the remaining enchilada sauce. Reserve the remaining ½ cup cheese for later.
6. Cover the dish with foil and place in the preheated oven.
7. Bake at 375°F for 30 minutes or until bubbly and the center is hot.
8. Remove the foil from the dish. Sprinkle the casserole with the remaining ½ cup cheese and return the dish to the oven to bake for an additional 5 minutes. Remove from the oven when the cheese is melted. Allow the casserole to stand for 10 minutes to allow the casserole to thicken up before serving.
9. Serve with chopped fresh cilantro, finely diced red onion, diced or sliced avocado, and/or lime wedges.





# ROASTED BRUSSEL SPROUTS QUINOA SALAD

**SERVING: 8 SERVINGS**

## INGREDIENTS

- 1 lb. Brussels sprouts, ends trimmed and halved (or quartered, if large)
- 3 garlic cloves, minced
- 1 tablespoon avocado oil or olive oil
- 1/3 cup pecans, chopped and toasted
- 1/4 cup dried cranberries or dried cherries
- 1/4 cup shaved Parmesan cheese\*
- 1/2 cup uncooked quinoa
- 1 cup water

## FOR THE VINAIGRETTE:

- 2 tablespoons olive oil
- Juice of 1/2 orange
- 1/2 teaspoon orange zest
- 2 teaspoon apple cider vinegar
- 1 teaspoon Dijon mustard
- 1 teaspoon pure maple syrup
- 1 teaspoon fresh thyme leaves (or 1/2 teaspoon dried thyme)
- Fine salt and black pepper to taste

## INSTRUCTIONS:

1. Preheat the oven to 400°F.
2. On a sheet pan, combine the Brussels sprouts and minced garlic. Toss with 1 tablespoon olive oil and sprinkle with salt and pepper. Arrange the Brussels so they are all cut-side down on the baking sheet (Tip: This helps them roast better and get more evenly browned).
3. Roast in the oven until Brussels sprouts are tender and golden brown, 15-20 minutes.
4. While the Brussels sprouts are roasting, in a small saucepan, bring 1 cup of water plus a pinch of salt to a boil. Once the water is boiling, add the quinoa and stir. Reduce the heat to a simmer, cover, and continue to cook for 15 minutes or until quinoa is tender and liquid is absorbed. Remove pan from heat and let set for 10-15 minutes covered.
5. While the Brussels sprouts and quinoa are cooking, in a small bowl, combine the 2 tablespoons olive oil, orange juice, zest, vinegar, mustard, maple syrup, and thyme; whisk to combine. Season with salt and pepper to taste.
6. In a serving dish, combine the roasted Brussels sprouts, cooked quinoa, toasted pecans, and dried cranberries. Pour the vinaigrette over all and gently toss to combine. Sprinkle with Parmesan cheese. Serve warm or cold.
7. Store leftovers in an airtight container in the fridge for up to 3 days.





# SHRIMP PO BOYS WITH AVOCADO MANGO SLAW

PREP TIME: 20 MINUTES  
COOK TIME: 10 MINUTES  
TOTAL TIME: 30 MINUTES

SERVINGS:

**4** PO BOYS

## INGREDIENTS

- 1 1/2 pounds shrimp, peeled
- 1 tablespoon creole seasoning
- 1 teaspoon smoked paprika
- 1 teaspoon cayenne pepper
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon dried thyme
- 2 tablespoons olive oil
- 4 whole wheat hoagie rolls

## AVOCADO MANGO SLAW

- 1 cup plain greek yogurt
- 2 tablespoons hot sauce
- juice of 1 lemon
- 1/2 teaspoon smoked paprika
- kosher salt and pepper
- 1/2 cup shredded cabbage
- 1 mango, thinly sliced into matchsticks
- 1 avocado, diced or sliced
- 1/2 cup fresh cilantro or basil chopped



## INSTRUCTIONS:

1. In a medium bowl, combine the shrimp, creole, paprika, cayenne, garlic powder, onion powder, thyme and olive oil. Let sit while you make the slaw or place in the fridge up to overnight.
2. Make the slaw. In a small bowl, combine the yogurt, hot sauce, lemon juice, paprika, and a pinch each of salt and pepper. Taste and adjust spices to your liking. In a large bowl, toss together the cabbage, mango, avocado, and cilantro. Add 2-3 tablespoons of the yogurt sauce, gently tossing to combine. Reserve the remaining yogurt for serving.
4. Heat a large skillet over medium high heat. Add the shrimp in a single layer and cook, stirring once or twice until the shrimp have turned pink and are cooked through.
5. To assemble. Divide the shrimp among the hoagie rolls and drizzle with yogurt sauce. Top with slaw. Enjoy!