



7 Easy & Healthy Meals

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Index

Chicken Fajitas	3
Tilapia, Green Beans, & Wild Rice.....	4
One Pan Chicken and Veggies.....	5
No Noodle Spaghetti.....	6
Pork Chops, Bakes Asparagus and Potatoes.....	7
Baked Honey Mustard Chicken and Veggies	8
Grilled Chicken and Veggie Kabobs.....	9
BONUS **Healthy Snacks**	10

Chicken Fajitas

Prep 10 min **Cook** 30 min **Servings** 5

INGREDIENTS

- 2 chicken breasts
- 2 medium bell peppers
- 1 medium onion
- 2 T. Southwestern Seasoning
(Recipe Below)
- 10 Tortilla land tortillas
- 2 T. olive oil

DIRECTIONS:

1. Slice peppers, onions, and chicken into thin strips, I use 2 pans one for the veggies one for the chicken.
2. Add olive oil to each pan, add chicken and veggies, add seasoning, and cook on high for 15-20 minutes.
3. The corn tortillas I buy are raw (I find them at Wal-mart or Smith's) I just a flat skillet turn on high, and cook tortillas on each side for 1-2 minutes, they will fill up with air and that means they are done.



Southwestern Seasoning

- 1 Tbsp. chili powder
- 2 tsp. ground cumin
- 1 tsp. coriander
- 1/2 tsp. garlic powder
- 1/2 dried oregano
- 1/2 tsp. smoked paprika
- 1 tsp. sea salt or Himalayan salt

You can add any sides to of your choice to the Chicken Fajitas we use

- Lettuce
- Tomatos
- Hot Sauce (Cholula)
- Fresh Salsa
- Fresh Avocados
- Sour Cream
- Cheese

Tilapia, Wild Rice, & Green Beans

Prep 5 min **Cook** 30 min **Servings** 4

INGREDIENTS:

- 3 tilapia filets (I buy mine at Costco)
- lemon pepper
- fresh lemons
- 1-2 cans of green beans (mine are bottle from my garden)
- Uncls Ben's wild rice, or plain wild rice

DIRECTIONS:

1. Let fish thaw in cold water, lay fish out on cookie sheet, squeeze fresh lemon juice, and add lemon pepper. (My husband likes to add butter)
2. Broil tilapia on HIGH for 15-20 minutes I watch it closely it will be done when the flakey
3. Heat green beans up on stove on low heat
4. Boil wild rice per directions on package or for 25 minutes covered add a little butter

This is very simple, clean and my whole family enjoys it.



One Pan Honey Garlic Chicken and Veggies

Prep: 10 min **Cook:** 35 min **Servings:** 4-5

Tender, juicy chicken breasts baked to perfection with potatoes and broccoli. All cooked on a single pan! EASY!



INGREDIENTS:

- 3 tablespoons olive oil, divided
- 2 tablespoons unsalted butter, melted
- 2 tablespoons honey
- 2 tablespoons brown sugar
- 1 tablespoon Dijon mustard
- 3 cloves garlic, minced
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- Sea salt and freshly ground black pepper, to taste
- 6 medium potatoes
- 3 boneless, skinless chicken breasts
- 4 cups broccoli florets
- 2 tablespoons chopped fresh parsley leaves

DIRECTIONS:

1. Preheat oven to 400 degrees F. Lightly oil a baking sheet or coat with nonstick spray
2. In a small bowl, whisk together 2 tablespoons olive oil, butter, honey, brown sugar, dijon mustard, garlic oregano and basil; season with salt and pepper, to taste. Set aside.
3. Place potatoes in a single layer onto the prepared baking sheet. Drizzle with remaining tablespoon olive oil and season with salt and pepper, to taste.
4. Add chicken in a single layer and brush each chicken breast with honey mixture.
5. Place into oven and roast until the chicken is completely cooked through, about 25-30 minutes.* Stir in broccoli during the last 10 minutes of cooking time. Then broil for 2-3 minutes, or until caramelized and slightly charred.
6. Serve immediately!

Spaghetti with Spaghetti Squash

Prep: 15 min **Cook:** 30 min **Servings:** 4-5

Spaghetti squash is a great alternative for noodles, if you are gluten free or wanting to eat a lower carb dinner.

INGREDIENTS:

- 1 lb Ground beef or turkey
- 1 medium spaghetti squash
- 1 jar of spaghetti sauce (I use Bertolli organic olive oil, basil and garlic sauce or my homemade sauce from my garden)

DIRECTIONS:

1. Brown ground beef or turkey in large skillet over medium heat until cooked all the way through it usually takes about 15-20 minutes. I like to add 1/4 cup of water to my meat to separate the fat from the meat while cooking. Once its cooked I will drain any water or excess fat in a strainer. I add the sauce and let cook on low until ready to serve.
2. While meat is cooking I cut the spaghetti squash length wise, scrape out the seeds with a spoon, and add water to one side of the squash. I then place the other half on top of it and cook in microwave safe bowl for 10 minutes. I try not to overcook it because it becomes mushy. You can tell by squeezing the outer shell of the squash. I then scrape the inside of the squash into a bowl and it should come out looking like spaghetti noodles.



You can add any type of veggies with your spaghetti I like to add peppers and onions to my meat, or top my meat off with some steamed broccoli.

****TIP**** I take my meat out in the morning to thaw out, makes cooking dinner a lot easier for me knowing I have something ready to cook.

Grilled Pork Chops, Baked Asparagus & Potatoes

Prep: 15 min **Cook Time:** 1 hour **Serves:** 4



This pork chop recipe will have your mouth watering, It was something I basically made up and it was a huge hit at my house.

INGREDIENTS:

- 4- 3 oz pork chops
- 4 medium russet potatoes
- 1 bunch of asparagus

Marinade for pork chops

- 1/2 cup of water
- 1/3 cup light soy sauce
- 1/4 cup olive oil
- 1-2 tablespoons lemon pepper seasoning
- 2 teaspoons minced garlic

DIRECTIONS:

1. Preheat the oven to 400 degrees and you will cook the potatoes wrapped in tinfoil for 1 hour.
2. While the potatoes are cooking mix up the pork marinade and place in zip lock bag, Usually letting the sit in the marinade for 20-30 minutes is plenty of time to give it flavor.
3. Cut the ends off of the asparagus and place on cookie sheet, drizzle with 1 tablespoon of olive oil and sprinkle with a little garlic salt. You will bake the asparagus for 15 minutes after the potatoes have been cooking for at least 30 minutes.
4. Heat your grill, I start my pork chops when I put the asparagus in and I cook them on high for 15-20 minutes depending on how thick they are. Everything should just about get done a the same time so you can heat it hot.

This meal takes a bit longer but its super delicious, full of proteins, good fats, and food carbs.

Bake Honey Mustard Chicken & Veggies

Prep: 5 min **Cook Time:** 40 min **Serves:** 4-5

This juicy chicken baked in a zesty honey mustard sauce! Perfect for serving with your favorite veggies over noodles or rice. You can also BBQ it. Perfect Summer meal.

INGREDIENTS:

- **4 boneless skinless chicken breasts, pounded to even thickness**
- **½ cup honey**
- **½ cup yellow mustard**
- **½ teaspoon Italian seasoning**
- **salt and pepper to taste**
- **½ teaspoon garlic powder**
- **1 teaspoon paprika**



DIRECTIONS:

1. Preheat oven to 350 degrees and lightly grease a baking dish.
2. In a medium bowl whisk together honey, mustard, Italian seasoning, salt and pepper, garlic powder, and paprika.
3. Toss chicken in the sauce to coat and place in your prepared dish. Pour remaining sauce over the chicken.
4. Bake for 30 minutes, then turn chicken over and bake another 10 minutes or until cooked through. Serve with with rice or noodles and your favorite veggies. I always use brown rice, and steamed broccoli.

Grilled Chicken and Veggies Kabobs

Prep: 15 min **Cook Time:** 15-20 min **Serves:** 5

These have been a family favorite during the Summer with fresh garden veggies, but they can be made anytime with any veggies.

INGREDIENTS:

- 3 chicken breasts
- 2-3 yellow squash
- 1 purple onion
- 2 green or red bell peppers
- 2 zucchini
- 2 Tablespoon olive oil
- 1 teaspoon garlic salt
- 1 teaspoon of garlic pepper
- Skewer sticks

DIRECTIONS:

1. Cut Chicken into 1-2 inch chunks, add olive oil and half seasonings to chicken, stir to make even.
2. Slice up veggies and add olive oil and other half of seasonings, stir to make even.
3. Place chicken and veggies in pattern on skewers.
4. Turn BBQ on high and let heat up, I will then spray the racks so they don't stick. Cook on high for 15-20 minutes checking often and flipping kabobs to cook evenly.

****TIP**** You can use any type of veggie you and your family like. We do these a lot during the summer with fresh veggies from our garden but I grill all year around. So its not just a summer meal.



HEALTHY SNACKS

Trying to find the right snacks that are healthy and nutritious is sometimes a challenge. Below is a list of my TOP healthy on the go snacks and they are kid friendly.

- Celery sticks and peanut butter
- Sliced apple and peanut butter
- Celery Sticks and Hummus
- Raw nuts (almonds, cashews, walnuts, pecans)
- Fresh fruit (blueberries, strawberries, sliced banana, raspberries, oranges, grapes)
- Tuna and crackers (I buy almond crackers since I am gluten free)
- Tomatoes and cottage cheese
- Shakeology
- Carrots and Hummus or Ranch
- Slice bell peppers and hummus
- Carrots and avocado