

Chicken Tacos to Die For

Ingredients

- 2 lbs chicken breast, bone in or bone out, I actually used some of each
- 3 chipotle chili peppers
- 1 large onion sliced
- 2 cups salsa or a 15 oz can of chopped stewed tomatoes
- 2 cloves of garlic
- 2 cinnamon sticks
- Salt to taste
- Taco shells (omit for a GAPS legal meal)

Instructions

1. In a crockpot, place chicken breasts (no need to defrost if frozen). Pour in the tomatoes. Mix in the chipotle chilies, garlic and cinnamon sticks. Top with the slices of onion. I give it a bit of a stir to make sure the chicken is coated. Cook on high for about 4 hours (low for 8). You'll want the meat to be tender enough to just fall off the bone.
2. Remove the chicken pieces, chipotle peppers and cinnamon sticks. Shred the chicken, I do this using two forks. Throw out the peppers and cinnamon (you can chop the peppers up and leave them in the mix, but it will be hotter). Put the chicken back in the crockpot with all the yummy juices and mix thoroughly.
3. This tastes great on tacos or as a taco salad. Add your favorite taco toppings like cheese, sour cream, more salsa and salad.

Crock Pot a Whole Chicken Meal

Ingredients:

- 4 tsp salt
- 2 tsp paprika
- 1 tsp white pepper
- 3 Tbsp. minced garlic
- 4 cloves of garlic
- quarter of an onion
- 3 ribs of celery
- 1 large potato
- 1 tsp cayenne pepper
- 1 tsp thyme
- 1/2 tsp black pepper
- 2.5 lb chicken
- half a lemon
- 2 medium carrots
- 1 medium onion

Combine salt, cayenne pepper, paprika, thyme, white pepper, black pepper and garlic. Rub the mix all over the chicken. Stuff the chicken cavity with garlic cloves, half a lemon and quarter of an onion.

Place the chopped carrots, celery, onion and potato into the bottom of your slow cooker. Place your seasoned chicken over the chopped vegetables. Cover and cook on low for 8 hours (or high for 4 hours).

Remove chicken and let it rest for 10 minutes before serving. Serve with vegetables.

CROCK POT CHICKEN CHILI

- 1 can black beans (rinsed)
- 1 can Rotel, undrained
- 1 package ranch dressing mix (use homemade mix)
- 1 Tbsp chili powder
- 1 8 oz package cream cheese
- 1/4 teaspoon of cayenne pepper
- 1/2 teaspoon of pepper
- 1 Tablespoon of Olive Oil
- 1 can corn, undrained
- 1 tsp cumin
- 1 tsp onion powder
- 2 chicken breasts
- 1/2 teaspoon of garlic powder
- 1 cup of diced onion
- 2 Garlic cloves minced

In a large skillet – heat oil and cook onions for 8 minutes than add garlic and cook for one minute.

Set your crock pot to low and add chicken, “cooked” onions and garlic, black beans, corn, rotel, all the seasonings, ranch mix.

Stir

Add cream cheese on top and cover and cook for 6 – 8 hours.

Before serving shred chicken using two forks.

NO DOUGH PIZZA!!!!!!! This one is a WINNER!!!!

Gluten Free, Low Carb, Diabetic Friendly!!!!!!

For when you absolutely want pizza but not all the carbs!!!!!!!

Crust

1 (8 oz) package of full fat cream cheese, room temperature

2 eggs

1/4 tsp ground black pepper

1 tsp garlic powder

1/4 cup grated parmesan cheese

Topping

1/2 cup pizza sauce

1 1/2 cups shredded mozzarella cheese

toppings - pepperoni, ham, sausage, mushrooms, peppers

Garlic powder

Preheat oven to 350.

Lightly spray a 9×13 baking dish with cooking spray. With a handheld mixer, mix cream cheese, eggs, pepper, garlic powder and parmesan cheese until combined. Spread into baking dish. Bake for 12-15 minutes, or until golden brown. Allow crust to cool for 10 minutes.

Spread pizza sauce on crust. Top with cheese and toppings. Sprinkle pizza with garlic powder. Bake 8-10 minutes, until cheese is melted.

One-Pan Crispy Chicken Legs & Brussels Sprouts {Gluten-Free & Paleo}

Ingredients

- 2 whole chicken legs (skin on & bone in)
- 1 stalk of Brussels sprouts, stemmed and chopped
- 1 generous tbs of coconut oil
- salt, pepper & granulated garlic
- 1 tbs olive oil, for sprouts
- Juice of 1 lemon
- 1/4 cup chicken stock
- Parmesan cheese to garnish (optional)

Instructions

1. Preheat your oven to 425 degrees.
2. Wash, prep, de-stem and halve all of your Brussels sprouts.
3. Toss them in a bowl with your olive oil and a pinch or two of salt, pepper and granulated garlic. Season to your taste.
4. Wash your chicken legs and pat them dry.
5. Liberally season both sides of your legs with salt, pepper and granulated garlic. Set aside.
6. Heat up your coconut oil in your cast iron skillet until hot. To test, flick a drop of water into the oil. It should hiss and sizzle.
7. Once your oil is heated up, add your chicken legs to the pan face down.
8. Allow them to sit there and get crispy. This will take several minutes. Don't move them, even if you are tempted. Mine crisped up in 6-8 minutes.
9. Once the first side is crispy, flip your chicken legs over and crisp up the other side.
10. When both sides of the chicken are crisped up, add in your Brussels sprouts to the pan along with your chicken broth and lemon juice. Stir.
11. Place your pan in the oven and bake for 30 minutes or until the chicken is cooked through and the juices run clear.
12. Garnish with some freshly grated Pecornio or Parmesan cheese and serve. If you are eating Paleo this step can be skipped, and it will still be super tasty.

Pasta, Tomatoes, Veggie Broth, Olive Oil, and Seasonings (details below)

Throw it all in the pot, INCLUDING the uncooked Pasta, and cook! - Bring it to a boil, then reduce to a simmer. The starch leaches out of the pasta and makes a rich, warm sauce for the noodles. The other ingredients cook right along with the pasta

Ingredients

12 ounces pasta (I used Linguine)(Use Gluten Free)
1 can (15 ounces) diced tomatoes with liquid (I used zesty red pepper flavor)
1 large sweet onion, cut in julienne strips
4 cloves garlic, thinly sliced
1/2 teaspoon red pepper flakes
2 teaspoons dried oregano leaves
2 large sprigs basil, chopped
4 1/2 cups vegetable broth (regular broth and NOT low sodium)
2 tablespoons extra virgin olive oil
Parmesan cheese for garnish

Directions

Place pasta, tomatoes, onion, garlic, basil, in a large stock pot. Pour in vegetable broth. Sprinkle on top the pepper flakes and oregano. Drizzle top with oil.

Cover pot and bring to a boil. Reduce to a low simmer and keep covered and cook for about 10 minutes, stirring every 2 minutes or so. Cook until almost all liquid has evaporated – I left about an inch of liquid in the bottom of the pot – but you can reduce as desired.

Season to taste with salt and pepper, stirring pasta several times to distribute the liquid in the bottom of the pot. Serve garnished with Parmesan cheese.

Pizza Zucchini Boats



Get your finicky eaters to eagerly eat their veggies with our delicious Pizza Zucchini Boats. This recipe delivers an "everybody loves it" pizza taste sure to sail off their plates!

Serves: 4

Cooking Time: 30 min

What You'll Need:

- 4 zucchini or yellow squash (two of each preferred)
- 3/4 pound hot Italian sausage, casing removed
- 1 (14-1/2-ounce) can diced tomatoes, drained – You can use pizza sauce instead
- 1/2 cup shredded mozzarella cheese, divided
- 1/4 teaspoon salt
- (can use any toppings you like, onions, peppers, olives, mushrooms etc.)

What To Do:

1. Preheat oven to 350 degrees F.
2. Cut each squash in half lengthwise and scoop out flesh, leaving a 1/4-inch shell. Dice flesh that was removed.
3. In a large skillet, cook sausage and diced squash over medium heat 5 minutes or until browned and cooked through, breaking up sausage with a spoon during cooking. Drain mixture and place in a medium bowl. Add drained tomatoes, 1/4 cup mozzarella cheese and salt; mix well.
4. Fill squash halves with sausage mixture and place on a rimmed baking sheet.
5. Bake 20 minutes; remove from oven and sprinkle with remaining mozzarella cheese. Bake 5 minutes, or until cheese is melted and squash is heated through. Serve immediately.

Tilapia with Garlic and Thyme

Ingredients:

4 medium tilapia fillets	4 cloves garlic, chopped
3 TBSP olive oil or coconut oil	¼ tsp thyme
Sea salt and ground pepper to taste	1 lemon, sliced

Instructions:

1. Season tilapia fillets with sea salt, pepper, and thyme.
2. Heat oil and garlic in sauté pan over medium heat.
3. Add fillets and continue cooking for 3 to 4 minutes.
4. Flip and cook the other side for another 3 to 4 minutes or until cooked through and fish flakes easily with a fork.
5. Serve with freshly squeezed lemon juice. Serves 4

Unstuffed Cabbage Rolls

Ingredients:

1 1/2 to 2 pounds lean ground beef	1 tablespoon oil
1 large onion, chopped	1 clove garlic, minced
1 small cabbage, chopped	2 cans (14.5 ounces each) diced tomatoes
1 can (8 ounces) tomato sauce	1/2 cup water
1 teaspoon ground black pepper	1 teaspoon sea salt

Preparation:

In a large skillet, heat olive oil over medium heat. Add the ground beef and onion and cook, stirring, until ground beef is no longer pink and onion is tender. Add the garlic and continue cooking for 1 minute.

Add the chopped cabbage, tomatoes, tomato sauce, pepper, and salt. Bring to a boil. Cover and simmer for 20 to 30 minutes, or until cabbage is tender.

Yield: Serves 6 to 8

Vegetable Lasagna With No Noodles

Ingredients

- 1 jar of [strained tomatoes](#) (24 ounces)
- 1 onion
- 2 garlic cloves
- ½ tsp red pepper flakes
- ½ tsp salt
- 1 tbsp of olive oil
- 1 egg
- 1 container of [ricotta cheese](#) (15 ounces)
- 1 tbsp dried Italian herbs or ¼ cup fresh basil chopped
- ½ cup shredded raw parmesan
- ½ cup goat mozzarella or other raw cheese
- 1 large zucchini sliced long into ½ pieces
- 1 large yellow squash sliced long into ½ pieces
- 4 cups of baby kale, spinach or other dark leafy greens

Instructions

1. Preheat oven to 375 degrees
2. For the tomato sauce, start by sautéing onions in olive oil for 5 mins on low/medium heat in a pan on the stove
3. Once onions are cooked tender, add garlic and sauté 2 more minutes
4. Add tomatoes, red pepper, and salt and bring to a boil, then reduce to simmer
5. Allow tomatoes to cook for at least 10 mins
6. (Alternatively you can use your favorite [jarred tomato sauce](#))
7. In a bowl combine egg, ricotta cheese and herbs and stir well
8. Place about ⅓ of the cooked tomato sauce on the bottom of a large baking dish
9. Layer zucchini on top of tomato sauce
10. Spread ½ ricotta mixture on top of zucchini
11. Layer with ⅓ more tomato sauce
12. Layer squash to top of tomato sauce
13. Spread ½ ricotta mixture on top of squash
14. Layer greens on top of squash
15. Top with remaining sauce, shredded cheese and bake covered for 30-40 mins until bubbly and cheese is slightly browned
16. Allow lasagna to rest for 10 mins before serving - it's HOT!

Notes

Please remember to choose all organic ingredients if possible - especially the zucchini and squash because it could be genetically engineered