

CROCKPOT TERIYAKI MEATBALLS

Prep Time 15 minutes

Cook Time 20 minutes

Total Time 35 minutes

Servings 4 servings

Author Rachael DeVaux



Ingredients

Meatballs

- 2 lbs organic ground chicken (feel free to use whatever protein you prefer, great with venison!)
- 1/4 cup red onion, finely diced
- 1/3 cup green onion, chopped
- 1 cup almond flour (see pages 12-13)
- 2 eggs, lightly beaten
- 1/2 cup liquid aminos or low-sodium tamari sauce (see page 12)
- 1/4 tsp garlic powder

Sauce

- 1/2 cup liquid aminos or low-sodium tamari sauce
- 1/2 cup low-sodium chicken broth (see page 10)
- 1/2 cup lemon juice
- 1 tbsp arrowroot starch (can sub cornstarch) (see page 12)
- 2 tbsp water

Toppings

- 3 green onions, chopped
- 1 tbsp Sesame seeds

Instructions

1. In a large bowl, mix all of the meatball ingredients together.
2. With wet hands, roll mixture into 1.5-inch balls and place in crock pot (4 hours high, 8 hours low). You'll have to be gentle when rolling and continue to wet hands to prevent sticking.
3. Heat liquid aminos, broth+lemon juice in a large skillet. Mix arrowroot starch with water in a small bowl until fully dissolved before adding to sauce.
4. Once boiling, bring down to simmer. Add meatballs once they're done, toss in sauce & top with green onion + sesame seeds.
5. Serve with brown rice and add a big salad / sautéed broccolini on the side.

Greek Yogurt Spinach Artichoke Dip

PREP TIME: 5 mins

COOK TIME: 25 mins

TOTAL TIME: 30 mins

YIELD: 16

Author: Fit Mitten Kitchen



Ingredients

- 1 10oz package frozen spinach, thawed
- 1 1/2 cups plain Greek yogurt (whole milk, 2%, nonfat all work) (see page 14)
- 1 14oz can artichoke hearts, drained and chopped
- 2 cloves garlic, minced (or 2 tsp minced)
- 6 oz feta, crumbled (about 1 cup)
- 1/3 cup grated parmesan, plus more for topping

Instructions

1. Preheat oven to 350°F. Grease a 1 quart casserole dish or 8×8 glass pan, set aside.
2. Make sure frozen spinach is completely thawed before squeezing out liquid. Cut a small hole in the bag and squeezed the spinach in the bag and let the water drain out. Open up bag completely place spinach between cheese cloth, tea towel or mesh strainer bag. Make sure all of the liquid is out.
3. In large bowl add yogurt, chopped artichoke hearts, squeezed out spinach, garlic, crumbled feta and parmesan. Fold in all of the ingredients with large spatula to combine, mixing together well.
4. Transfer mixture to prepared baking dish. Topping with more sprinkles of parmesan.
5. Bake for 30-35 minutes, until cheese topping is golden. You can also switch the oven to broil the last 5 minutes to get the cheese golden.
6. Serve with your favorite chips, crackers, and/or veggies, enjoy!

Zucchini Pizza Bites

Total: 20 min

Active: 10 min

Yield: 12 bites

Author: Sunny Anderson: Food Network



Ingredients

- Cooking spray
- 1 medium zucchini
- 1/4 cup low-sodium tomato sauce
- 1/2 cup shredded mozzarella

Instructions

1. Preheat the oven 400 degrees F. Line a baking sheet with aluminum foil and spray with cooking spray.
2. Slice the zucchini 1/4-inch thick; you should get about 24 slices. Place the slices on the prepared baking sheet and sprinkle with salt. Top each slice with 1/2 teaspoon marinara sauce and 1 teaspoon mozzarella.
3. Bake until the cheese is melted and bubbly, about 8 minutes.

Mini Applesauce Muffins
PREP TIME 10 mins
COOK TIME 16 mins
TOTAL TIME 26 mins
SERVINGS: 12 (Makes 24 mini muffins)
Author: Amy Palanjian



Ingredients

- 1 cup unsweetened applesauce
- 2 tablespoons melted butter, slightly cooled (or neutral oil like canola)
- 1 egg (lightly beaten)
- 1/2 cup milk (dairy or unsweetened plain nondairy)
- 1 teaspoon vanilla extract
- 1 cup whole wheat flour
- 1/2 cup rolled oats
- 1/4 cup sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/4 teaspoon salt

Instructions

1. Preheat the oven to 375 degrees F and grease a mini muffin tin well.
2. Stir together the applesauce, butter, milk, egg, and vanilla in a medium bowl.
3. Add the flour, oats, sugar, baking powder, baking soda, cinnamon, and salt and gently fold together.
4. Fill prepared muffin tin to the edge of each cup. Bake for 16-20 minutes or until lightly browned around the edges and cake tester inserted into the center comes out cleanly.
5. Remove from oven, let cool for about 2 minutes in the pan, run a paring knife around the edges if needed, and remove to cool on a wire rack. (Or sort of just tilt in the pan to allow air under the muffins.)
6. Serve warm or at room temperature.

