

Homemade “Skyline” Chili Dip with Air-Fried Corn Tortilla Chips



Ingredients

For the Chili

- 1.5 lbs. ground turkey
- 1 can low-sodium black beans
- 1 can low-sodium diced tomatoes
- 1 cup low-sodium chicken broth
- 1 white onion, diced
- 1 bulb garlic
- 1 TBS chili powder
- 1 TBS garlic powder
- 1 TBS onion powder
- 1 tsp. black pepper
- Optional: 1-3 tsp. Hot sauce
- Optional: 3 jalapeno peppers

For the Dip Base

- 16 oz. plain Greek yogurt (choose any fat, may also choose dairy-free)

For the Cheese Topping

- 1 cup shredded cheddar cheese
- 1 cup nutritional yeast (dairy-free option)

For the Chips

- 9 corn tortillas (see chips instructions and cook while waiting on the chili/baking process)**

Instructions

Crock Pot Method

1. Add all chili ingredients to the crock pot. Cook on high for 4 hours or on low for 8 hours.
2. Once done with slow cooking, preheat the oven to 400 degrees.
3. Grab a large baking dish and spread the yogurt to the bottom of the pan. Then spread chili over yogurt.
4. Top with cheese or nutritional yeast and bake in the oven for 10 minutes.

Instant Pot Method

1. Add ground turkey to Instant Pot with all the chicken broth. Add seasonings and pressure cook for 25 minutes.
2. Once meat is cooked, add additional chili ingredients and saute or slow cook for 2 hours.
3. Toward the end of the cooking process, preheat the oven to 400 degrees.
4. Grab a large baking dish and spread all of the yogurt to the bottom of the pan. Then spread chili over yogurt.
5. Top with cheese or nutritional yeast and bake in the oven for 10 minutes.

Stove Method

1. In a large stock pot, cook ground turkey with seasonings in 2 TBs olive oil until brown, approximately 10-12 minutes.
2. Add all other chili ingredients and bring to a boil.
3. Simmer for at least 30 minutes.
4. While simmering, preheat oven to 400 degrees.
5. Grab a large baking dish and spread all of the yogurt to the bottom of the pan. Then spread chili over yogurt.
6. Top with cheese or nutritional yeast and bake in the oven for 10 minutes.

For the Chips

1. Spread tortillas out on a cutting board and cut into eighths with a pizza cutter.
2. Bottom of air fryer with cooking spray along with chips. Spread chips out evenly on an air fryer frying pan. Cook chips at 370 for 4 minutes.
3. Continue to empty out the air fryer with cooked chips and turn over uncooked pieces. Repeat the process until all tortillas are crisp and lightly browned like chips.

Thai Peanut Coleslaw
Author: Brianna King
Prep Time: 10 min
Yield: 5 servings



Photo Credit: A Saucy Kitchen

Ingredients

- 2 bags raw coleslaw mix or cut sliced cabbage head
- 4 TBS crunchy peanut butter
- 3 tablespoons coconut aminos or low-sodium tamari (see page 12)
- 2 tablespoons rice vinegar (see page 18)
- 2 tablespoons sesame oil (see pages 13-14)
- 1 bunch green onions

Directions

1. Combine ingredients and serve.

High Protein Strawberry Cheesecake

Prep time: 10 min.

Cook Time: 1 hour

Total Time: 1 hour, 10 min.

Author: Maya Krampf from WholesomeYum.com



Ingredients

Cheesecake Crust

- 2 cups almond flour (see page 12)
- 1/3 cup melted coconut oil (see pages 13-14)
- 1 scoop vanilla protein powder (see pages 16-18)
- 1 tsp vanilla extract
- 2 tsp. lemon juice

Cheesecake Filling

- 4 cups plain Greek yogurt (see page 14)
- 1 1/4 cup sugar-free maple syrup (see page 9)
- 3 large egg
- 2 scoops vanilla protein powder
- 1 tbsp lemon juice
- 1 tsp vanilla extract
- 3 cups frozen strawberries

Instructions

1. Preheat the oven to 350 degrees F (177 degrees C). Grease a 9 in (23 cm) springform pan (or you can line the bottom with parchment paper).
2. To make the almond flour cheesecake crust, stir the almond flour, melted coconut oil, protein powder, and vanilla extract in a medium bowl, until well combined. The dough will be slightly crumbly. Press the dough into the bottom of the prepared pan. Bake for about 10-12 minutes, until barely golden. Let cool at least 10 minutes.
3. Meanwhile, beat the greek yogurt and maple syrup together at low to medium speed until fluffy. Beat in the eggs, one at a time. Finally, beat in the lemon juice and vanilla extract. (Keep the mixer at low to medium the whole time; too high speed will introduce too many air bubbles, which we don't want.)

4. Pour the filling into the pan over the crust. Smooth the top with a spatula (use a pastry spatula for a smoother top if you have one).
5. Place food in freezer for 30 minutes, then cut into squares
6. Serve with fresh chopped strawberries if desired.