

18 of the Tastiest, Healthiest Dinner Recipes Ever

The average household routinely only has about 12-15 recipes they use over and over with a few occasional special recipes they use every once in a while. Considering this, what if all 12-15 recipes in your rotation were all healthy choices using quality ingredients? What impact would it have on your health and appearance? You can then have your special or occasional recipes be less healthy choices but those you truly enjoy with much less negative impact since they are now really occasional rather than routine. Here are 18 very healthy dinner recipes but very simple to prepare and most importantly, are very delicious. Very little skill or time is needed to prepare them. If you will eat this way 85-90% of the time, you will feel better, have more energy and in most cases, will drop weight without doing anything else.

Those recipes that do not have measurements are so simple it's hard to mess them up. Just use the amount you think you need.

Turkey Burger Patties with Avocado, Snap peas, Cucumbers, Tomatoes and Mozzarella

- Ground Turkey
- Olives - chopped
- Feta cheese
- Green onion - chopped
- Garlic
- Paprika
- salt and pepper

Mix all ingredients and make into patties. Cook in skillet until done. To make a sauce to go on patties combine $\frac{1}{4}$ cup soy sauce with 1-2 Tbs of mustard and a teaspoon of sesame oil mixed well.

- Avocado - sliced
- Snap peas
- Cucumbers - sliced thin
- Mozzarella cheese - sliced
- Tomatoes - sliced

Healthy Hawaiian Haystacks

- Quinoa (Bob's Red Mill is free of gluten contamination if you are gluten sensitive)
- Boiled chicken – shredded
- Cream of Mushroom Soup (see healthy recipe below – canned cream of mushroom soup is very unhealthy)
- Chopped tomatoes
- Chopped olives
- Chopped onions
- Chopped avocados
- Shredded cheese
- Pine Nuts or shelled sun flower seeds

Pile quinoa, shredded chicken and cover in cream of mushroom soup. Top with cheese, veggies and nuts

Healthy Cream of Mushroom Soup

- 1 box of Chicken Stock
- 1 can of coconut milk
- Chopped mushrooms
- 1 tsp garlic
- salt and pepper to taste
- 1/3 cup arrowroot to thicken

Whisk until smooth. Heat over medium heat until boiling.

Taco Salad

- Ground beef - browned
- Taco seasoning - non-MSG
- Greens – spinach, spring mix lettuce
- Tomato - chopped
- Onion - chopped
- Olives - chopped
- Avocado
- Greek yogurt

Brown meat and add taco seasoning. Make bed of greens and top with meat, veggies and greek yogurt in place of sour cream.

Turkey Meatloaf with Sweet Potato Hash Browns

- Ground Turkey
- Feta Cheese
- Onions – chopped
- Garlic
- Olives
- Small amount of oatmeal as a binder (optional)
- Stewed tomatoes
- Salt and pepper to taste

Mix all ingredients and make into a loaf. Place tomatoes on top. Bake for 40-45 minutes at 350 degrees.

- Sweet potatoes
- Coconut oil

Peel and grate sweet potatoes. Heat coconut oil in skillet. Brown sweet potatoes until crispy on one side then flip and brown and crisp on other side. Salt to taste.

Pork loin with Quinoa and Cabbage Slaw

- Pork loin
- Quinoa
- yellow and red peppers
- napa cabbage
- onion
- cilantro
- lime or lemon
- extra virgin olive oil
- sesame oil
- salt and pepper

Pour ½ cup olive oil in a shallow baking pan. Roll pork loin in the oil and let sit in the pan. Season with salt and pepper or any other seasonings. Bake at 400 degrees for 40-45 minutes or until internal temperature is 170 degrees. Do not overcook.

For each cup of quinoa add 2 cups of water and boil until all water is absorbed. Fluff with fork.

Cabbage Slaw

- 1 head Napa (Chinese) cabbage
- 1 yellow pepper
- 1 red pepper
- 1 red onion
- 1 bunch cilantro
- Juice and zest of 1 lime or lemon
- 3 Tbsp. extra virgin olive oil
- 1 Tbsp. toasted sesame oil
- Salt and fresh ground pepper to taste

Cut cabbage in half, length wise. Cut out core. Slice into small strips cross ways. Place in large bowl. Cut out stem and seeds from peppers and cut into strips. Cut onion into strips. Make dressing in separate bowl or small food processor by squeezing lime or lemon, salt and pepper and zest, and slowly adding oils to the juice. Chop cilantro lightly and add to vegetables. Leave the veggies separate from the dressing in a zip lock container in the fridge (they will stay nice for up to a week). Right before eating (or 1/2 hour before eating) toss the veggies with a little bit of the dressing to keep them crispy and fresh. Taste and adjust seasoning with salt and pepper.

Spaghetti Squash with Marinara and Garden Salad

- 1 Spaghetti squash
- 3 Cans diced tomatoes
- ½ cup Olive oil
- Italian seasonings
- Onions – chopped
- Large spoon of chopped garlic
- Salt to taste
- Greens with oil and vinegar

Cut squash in half. Drizzle olive oil over the meat of the squash and add salt and pepper to taste. Bake in oven for 35-45 minutes at 350 degrees or until squash will easily shred with a fork. Let cool then using a fork scrape meat out of shell.

In a sauce pan heat olive oil and saute onions until translucent. Add garlic and heat for a minute. Add tomatoes and seasonings and let simmer for 10-15 minutes.

Stuffed Green Peppers with Spinach Salad

- Large green peppers
- ground beef or turkey
- carrots
- onions
- garlic
- zucchini - chopped
- mushrooms
- tomato paste

Sauté carrots, onions and garlic. Brown meat. Add zucchini and mushrooms. Salt and pepper to taste. Cut the tops off peppers and stuff each with meat mixture. Top with tomato paste. Place in oven and bake for 30-40 minutes at 350 degrees or until peppers are tender.

Fresh Spinach salad. Add avocados, sunflower seeds and olive oil and vinegar.

“Spaghetti” in Creamy Tomato Sauce with Spinach Salad

- Zucchini
- coconut milk
- diced tomatoes
- garlic
- rosemary
- salt and pepper
- leeks
- onion
- bell pepper
- artichoke hearts
- Chicken Sausage – already cooked (no nitrites)

Cut zucchini in long strips like spaghetti noodles and saute lightly just enough to soften them. In a sauce pan saute leeks, onions, bell pepper and garlic in a small amount of olive oil. Add tomatoes, coconut milk, sausage and artichoke hearts with other seasonings and simmer 15 minutes. Pour over “noodles”.

Smokey Roast with Carrots, Onions, Mushrooms and Zucchini

- ½ teaspoon ground chipotle
- 1 teaspoon unsweetened cocoa powder
- ¼ teaspoon cinnamon
- ½ tablespoon garlic powder
- 1 tablespoon dried oregano

- 1 tablespoon cumin
- 1 teaspoon sea salt
- Mix all spice rub ingredients together and set aside.

Roast

- ½ tablespoon coconut oil
- 2.5 lb beef chuck roast
- 1 red onion, halved and sliced
- ¾ cup water

Heat your coconut oil in a skillet over medium to medium high heat, make sure your pan is nice and hot! Take the spice rub mixture and rub the entire amount into and all over the roast – really rub it in, do not just brush it on!. Using tongs, place the roast into the hot skillet and sear for 3-4 minutes on each side. If your pan is not hot enough you will lose your spices, but if it's too hot, you will burn your roast. You want it to make a nice crust on both sides of the meat. Place your sliced onions in the bottom of a slow cooker. Once the roast has been seared, put the roast in the slow cooker on top of the onions. Add the water, cover and cook on high for 5-6 hours or on low for 7-8 hours.

Saute vegetables in a small amount of coconut oil with sea salt and pepper to taste.

Steak Dry Rub, Avocado Salsa, and Chopped Broccoli Salad

Steak Dry Rub

- 1/4 cup smoked paprika
- 3 tablespoons cumin
- 1/4 cup chili powder
- 2 tablespoons Mexican oregano
- 1 teaspoon fresh ground pepper
- Sea salt to taste
- Olive oil brushed onto outside of steak

Mix all dry rub ingredients together in a large bowl. Place each steak directly into the dry rub mixture and make sure each side is well coated, rubbing the dry rub into the meat. Let the steaks sit for at least 30 minutes. Coat each side with a bit of olive oil before the steaks hit the grill. We use top sirloin but this dry rub is great on rib eyes and flank steak too!!

Avocado Salsa

- 4 avocados, diced
- 3 roma tomatoes, diced
- 1/2 red onions, minced
- 2 tablespoons lemon juice
- Sea salt and black pepper to taste

- Mix all ingredients together and serve on top of your steaks!

Chopped Broccoli Salad

- 3 cups broccoli, finely chopped
- 1 ½ cups of carrots, diced
- 1 apple, diced
- 9 strips of bacon, cooked and diced
- 3 green onions, diced
- 3 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 1 tablespoon spicy brown mustard
- 1 tablespoon fresh dill
- Black pepper to taste

Mix all ingredients together and serve!

Grilled Chicken with Pesto and Mashed Sweet Potatoes

Grilled Chicken

- Chicken Thighs
- Olive Oil
- Sea salt and pepper

Coat chicken with oil and salt and pepper. Broil or grill. Top with pesto.

Sweet potatoes

- Sweet potatoes
- Garlic
- Butter
- salt and pepper

Boil potatoes until tender. Peel and mash. Add butter, salt and pepper and garlic.

Sun Dried Tomato Chicken with Baked Brussels Sprouts with Bacon

Sun Dried Tomato Chicken Bake

- 2 lbs. boneless skinless chicken breasts cut in half or thighs
- 8.5oz jar of julienne cut sun dried tomatoes
- 8 garlic cloves, sliced thin
- 2 tablespoons dried basil
- Sea salt and black pepper to taste

Preheat oven to 375. Place the chicken breasts in a large glass baking dish. Sprinkle with the dry spices and mix well. Sprinkle the sliced garlic on top and spread the sun dried tomatoes and the olive oil that it's in the jar over the entire dish. Seal tightly with tin foil and bake for 20 minutes. Remove the tin foil and bake for another 15 minutes or until the chicken is no longer pink in the middle.

Brussels Sprouts with Bacon

- 12 oz of nitrite free bacon, diced
- 1/2 lb Brussels Sprouts
- 1/2 teaspoon dried dill
- Black pepper to taste

Dice the raw bacon and cook in large skillet until crispy. While the bacon cooks, wash the sprouts, cut off the ends, and quarter. Once the bacon is crispy, add the sprouts to the bacon and cook for 7-10 minutes or until the sprouts are tender. Season with the dill and pepper and serve.

Coconut Garlic Chicken with Mashed Cauliflower

Chicken

- Chicken thighs
- olive oil
- garlic
- shredded coconut
- sea salt and pepper

Brush chicken with oil and rub with garlic and sprinkle unsweetened shredded coconut and salt and pepper. Broil for about 7 minutes then turn over for another 7 minutes or until juices run clear.

Cauliflower

- Cauliflower
- Garlic
- sea salt and pepper

Steam cauliflower until tender. Mash and add garlic and salt and pepper.

Heart Healthy Chili

- Ground beef or turkey
- Sweet Potatoes
- Canned diced tomatoes
- Corn
- chili powder
- Sea salt
- Pepper
- Liquid smoke

Peel and dice potatoes. Brown meat then add potatoes and cook until they are tender. Add tomatoes, corn, and seasonings and let simmer 15 minutes.

Fish Tacos

- Fish – white fish, talapia or mahi-mahi are good choices.
- Tomatoes
- Cilantro
- onions
- corn tortilla
- Greek yogurt

Season and cook fish as desired. Dice veggies. Heat tortillas on a skillet for 30 seconds each side. Spread yogurt on tortilla and fill with fish and veggies.

Cream of Broccoli Soup

- 2 tbsp olive oil
- 2 leeks
- 4 cloves garlic
- 2 lbs broccoli
- 1 sweet potato
- 5 cups water
- 1 1/4 tsp kosher salt
- 1/2 cup low fat sour cream
- 1 oz fresh Parmesan
- Black pepper

Heat oil and sauté leeks and garlic 10 min. Peel broccoli stems outer layer and slice. Add broccoli, potato, and water to pot and boil then simmer until broccoli is tender. Blend to purée blend in salt and sour cream, garnish cheese and pepper

Butternut Squash Soup

- 1 Butternut squash
- 1 box chicken stock
- 3-4 green onions
- ½ cup olive oil
- 2 Tbs crushed garlic
- 1 can coconut milk
- Sea salt
- Pepper

Peel squash and boil in chicken stock until tender. Sauté onions in oil and garlic. Add together with coconut milk and seasonings and blend until smooth.

Tortilla Soup

- 8 cups low sodium chick broth
- 1 ½ lbs chicken breast
- 6 cloves garlic
- 2 chili peppers
- 1 tsp kosher salt
- 2 cups corn
- 2 cups cherry tomato
- 1 avocado
- 1/4 red onion
- 2 limes
- 1 cup cilantro
- A few Tortilla chips

Bring to boil then simmer ingredients except tomatoes and avocados for 15-20 minutes. Add tomato and avocado before serving. Garnish with cilantro and chips.