

Build a Bowl & Stir Fry's

Stir fry and meal in a bowl recipes are very similar. The best part about both of them are they are wonderful meal prep ideas! Meal prep is a great idea because it leaves you with healthy choices when you are in a rush or don't plan for a meal! Most all meal in a bowl or stir fry recipes are super versatile and all typically most all ingredients are exchangeable – typical they each will start with a carbohydrate base, protein, vegetables and a sauce if you desire! As usual if you find a recipe you want to fry shop in your pantry first!

Spaghetti Squash Chow Mein

Cajun Sweet Potato Bowl

Cauliflower Cashew Bowl

Honey Sesame Chicken Bowl

Quinoa Chicken Fried Rice

Roasted Nourish Bowl

Spaghetti Squash Burrito Bowl

Teriyaki Turkey Rice Bowl

Build Your Own Stir Fry

Homemade Stir Fry Sauce

Quinoa Chickpea Salad with Lemon Dill Dressing

Greek Zoodle Salad

Summer Squash Salad

Zucchini Bread

Spaghetti Squash Chow Mein

Ingredients

- 1 Spaghetti Squash – about 3 lbs (may also use Thin Spaghetti or Yakisoba Noodles)
- 1 Tbsp Olive Oil
- 2 Tbsp Low Sodium Soy Sauce
- 2 tsp Rice Vinegar or White Vinegar
- 1 Tbsp Oyster Sauce or Hoisin Sauce (or add more Soy Sauce if needed – try additional ½ tsp at a time)
- 1 Tbsp Olive Oil
- 1 small Onion
- 4 Garlic cloves, minced
- 1 Red Bell Pepper, thinly sliced
- 1 cup Sliced Snow Peas or Sugar Snap Peas
- 1 large Carrot, julienned
- 1 lb Chicken Breasts, cut up (or any of your favorite meat)
- Salt and Pepper, to taste

Instructions

1. Preheat oven to 375 degrees. Spray a sheet pan with non-stick spray.
2. Carefully cut spaghetti squash in half lengthwise. Scoop out the seeds and connecting strands, then place cut side down on prepared sheet pan.
3. Bake for 45 minutes, or until the squash flesh becomes tender and separates easily into strands with a fork. Finish by gently loosening and removing the ‘spaghetti strands’ from the shells. Set aside.
4. **Make the sauce:** In medium bowl combine soy sauce, vinegar and oyster sauce. Set aside.
5. Heat olive oil in a large skillet on medium high heat. Add onions and garlic, cook until soft.
6. Add chicken and season with a bit of salt and pepper. Stir and cook until chicken is fully cooked – about 4-5 minutes.
7. Add red bell pepper, snow peas and carrots. Cook until vegetables are tender, about 2 minutes.
8. Add the spaghetti squash and the sauce. Stir everything in the pan until the squash is coated with the sauce. Cook for about another minute until the spaghetti squash is heated through. *Don't over cook the squash it'll be super mushy.*

Yield: 4 servings.

BBQ Chicken Bowl with Sweet Potatoes and Coleslaw

Ingredients

BBQ Chicken

- 2 boneless skinless Chicken Breasts (about 1 ¼ lb-making 2 ½ cups shredded meat)
- ¾ cup BBQ Sauce
- 2 Tbsp Italian Dressing – See Note
- Salt and Pepper, to taste

Sweet Potatoes

- 2 Sweet Potatoes, Peeled and Cubed
- 2 tsp Chili Powder
- Dash of Cinnamon
- 1 Tbsp Olive Oil

Coleslaw

- 1-14 oz bag of Coleslaw
- 1/3 cup apple cider vinegar
- 3 tbsp olive oil
- 1 tbsp honey, (or more, depending on sweetness)
- 1/2 tbsp Dijon mustard
- 1 tsp celery seed
- 1/4 tsp salt
- 1/4 tsp black pepper

Instructions

1. Preheat oven to 425° F.
2. Make sweet potatoes: On a baking sheet, toss all ingredients and roast for 20 m. After 20 minutes, stir well, then return to oven. Bake another 10-15 minutes or until browning on edges but not too crunchy or crisp.
3. Make BBQ chicken: Next, combine all ingredients in an Instant Pot (see more cooking options below). Seal and cook at High Pressure for 10 minutes. Quick release when time is up then shred chicken breasts with two forks or use a hand mixer on low speed. Turn on Sauté mode and heat for 5 minutes until chicken is coated in sauce. If you do not have an Instant Pot, see Note for regular shredded chicken or slow cooker directions.
4. Make coleslaw: Mix all ingredients besides coleslaw mix in a small bowl. Place coleslaw mix in a medium bowl and pour dressing over. Combine well, using hands if desired.
5. Assemble bowls: Divide sweet potatoes, BBQ chicken, and coleslaw evenly among 4 bowls. Garnish with fresh chopped parsley if desired.

Recipe Notes

- **Cooking chicken in a Crockpot:** Combine all your BBQ chicken ingredients in the slow cooker. Cook covered on High for 3 hours or Low for 5 hours.
- **To make without a slow cooker or Instant Pot:** Shred 2 medium boneless, skinless chicken breasts with two forks, then place in a medium saucepan over medium heat. Cover with 3/4 cup of BBQ sauce and stir until chicken is heated through and sauce is absorbed. Add more sauce if desired.
- **To save extra coleslaw:** Drain excess liquid and save for another use in an airtight container in the fridge up to 4 days.

Cajun Sweet Potato Rice Bowl

Ingredients

2 Sweet Potatoes

2 Tbsp Cajun Seasoning

2 Tbsp Olive Oil

1-14 oz canned Black Beans – rinsed and drained (+1 Tbsp Olive Oil & 3 tsp minced Garlic*)

1 ½ cups Rice, uncooked (quinoa or riced cauliflower)

Salt and Pepper, to taste

Optional Add Ons:

1 cup Onions, chopped

2 Bell Peppers, chopped

1 Avocado, cubed

Tahini Sauce for serving, 1/3 cup tahini, 1 Tbsp garlic powder, 1 lemon juice and 1/8 cup or more water to thin.

Instructions

1. Cook the rice (or carbohydrate choice) according to the directions.
2. On a baking sheet prepared with parchment paper or sprayed well with non-stick cooking spray, mix the sweet potatoes cubes with olive oil, Cajun seasoning. Season with salt and pepper. Bake for around 20 minutes at 415 degrees.
3. *Prepare the black beans – in a small skillet, heat oil, minced garlic, add optional onions and bell pepper. Finally, add drained canned beans and set aside, and keep warm.
4. Assemble the bowl. Start with rice, followed by sweet potatoes, beans, and optional avocado cubes, and a good amount of tahini, hot or BBQ sauce.

Yield: 6 servings

Cauliflower Cashew Bowl

Ingredients

Vinaigrette

- ¼ cup Olive Oil
- ¼ cup White Wine Vinegar
- 2 Tbsp Honey
- ½ tsp Dijon Mustard
- 2 tsp finely grated, Ginger

Salad

- 2/3 cup uncooked Pearl Barley (makes about 2 cups cooked)
- 1 head Cauliflower, chopped into bite-sized pieces (8-10 cups)
- 1 Tbsp Olive Oil
- Salt and Pepper, to taste
- ½ cup Cashews
- 1-15 oz can of Chickpeas – drained and rinsed

Instructions

1. Cook pearl barley according to package directions. Set aside to cool.
2. Pre-heat oven to 425 degrees.
3. Toss the cauliflower with the olive oil in a large bowl and sprinkle with salt and pepper.
4. Spread cauliflower on a large baking sheet.
5. Roast cauliflower, turning occasionally, for 20-30 minutes, until soft and golden in places.
6. Shake together all vinaigrette ingredients.
7. Toss all salad ingredients together, divide into 4 sealable lunch containers – if meal prepping, and store refrigerated until you're ready to eat.
8. Store up to 4 days – may eat hot or cold.

Yield: 4 servings.

Recipe Tip: To keep cashews crunchy, keep them separate until the day or time of serving.

Honey Sesame Chicken Bowl

Ingredients

- ¾ cup Brown Rice or Quinoa (about 2 cups cooked)
- 2 Tbsp Olive Oil (divided)
- 3 cups Broccoli, chopped into small pieces
- 3 cups Snapped Peas, ends trimmed
- 2 Chicken Breasts, chopped (about 1 lb meat)
- Salt and Pepper, to taste

Sesame Sauce

- ¼ cup Chicken Stock or Water
- ¼ cup Reduced Sodium Soy Sauce
- ¼ cup Honey or Maple Syrup
- 1 Tbsp Sesame Oil
- ½ tsp Red Pepper Flakes
- 1 tsp Cornstarch

Instructions

1. Shake together all honey sesame sauce ingredients and set aside.
2. Cook rice according to package instructions. Divide between 4 storage containers – ½ cup each (if meal prepping).
3. Heat 1 tablespoon olive oil in a large pan. Add broccoli and snap peas. Cook for 5-7 minutes, until bright green and tender. Add to the rice in the storage containers.
4. Add remaining 1 tablespoon olive oil to pan. Add the chicken to the pan. Season with salt and pepper, and red pepper flakes (if desired). Cook for 7-10 minutes, until cooked through.
5. Add the sauce to the pan and simmer for 2 minutes, until thickened.
6. Add the chicken to the lunch containers and drizzle with sauce.
7. Store in the fridge for up to 4 days. Reheat to serve.

Recipe Suggestions: May use quinoa or riced cauliflower in place of rice. May use any combination of vegetables in this dish – need a total of 6 cups – your choice. May use your choice of meat – total of 1 pound.

Yield: 4 servings.

Quinoa Chicken Fried Rice

Ingredients

2 tsp Sesame Oil, divided
1 lb Chicken Breasts, uncooked – chopped into small pieces
Salt and Pepper, to taste
½ Onion, chopped
2 cloves Garlic, minced (2 tsp minced Garlic)
2 Carrots, medium, chopped
1 cup Peas
½ Bell Pepper, chopped
Salt and Pepper, to taste
2 ½ cups Quinoa, cooked
3 Eggs
¼ cup Low Sodium Soy Sauce
Green Onion, chopped, optional
Sriracha, optional

Instructions

1. **Cook the chicken:** Add 1 teaspoons of sesame oil to a large skillet over medium heat. Once heated, add in the chicken and season with salt and pepper. Sauté the chicken for 7-8 minutes until the pieces are cooked through. Transfer the chicken to a plate.
2. **Cook the veggies:** Add the remaining teaspoon of oil to the same skillet over medium heat. Sauté the onion until translucent. Add in the garlic, carrots, peas, and bell pepper. Season well with salt and pepper. Sauté for 3-4 minutes. Stir in the quinoa and chicken.
3. **Scramble the eggs:** Make a large well in the middle of the skillet. Add a bit of oil or cooking spray to the exposed portion of the pan. Crack the eggs in the well, and scramble the eggs. It's okay if the eggs mix into the quinoa and veggies when scrambling.
4. **Add the finishing touches:** Pour in the soy sauce. Stir everything until combined. Season with salt and pepper or add more soy sauce to taste. Top with chopped green onion and a drizzle of sriracha.

Ingredients

- 1 – 2 tablespoons Olive Oil
- 1 large Sweet Potato, cut into 3/4" cubes
- 2 large Carrots, sliced
- 1 1/2 cups Brussel Sprouts, halved or quartered
- 1 1/2 cups Broccoli Florets
- 1/2 large Red Onion, sliced
- 6 Serrano Chilis, sliced in half and de-seeded(optional – if desire the spice)
- 1 can (15 oz) Chickpeas, drained and rinsed or 1 1/2 cups cooked
- 1 – 2 Lemons, cut into six pieces
- Salt and Pepper, to taste

To serve

- 2 cups cooked Quinoa (or rice, barley or riced cauliflower)
- 5 oz. Spinach
- 1 – 2 Avocados
- big dollop of Hummus

Instructions

1. Preheat oven to 400 degrees F.
2. **Prepare vegetables:** remove any unsightly spots on the sweet potato skins before cubing, peel the carrots if needed and half or quarter the brussels sprouts depending on the size.
3. **Roast:** Place vegetables, chickpeas and lemon in a large roasting pan or rimmed baking sheet. Toss with oil and sprinkle with salt & pepper to taste. Roast for 40 – 45 minutes, stirring halfway through. Vegetables should be slightly browned on the edges and fork tender. Remove from oven and let cool a few minutes.
4. **Serve:** In individual bowls, serve vegetables with 1/3 cup quinoa, handful of spinach, sliced avocado and a nice dollop of hummus. Top with a sprinkle of red pepper flakes, hemp hearts a squeeze of roasted lemons – if desire.

Store: Keep leftovers in the refrigerator for up to 3 – 4 days, in a covered container.

Recipe Suggestions: May use any combination of roasted vegetables.

Yield: 6 servings

Spaghetti Squash Burrito Bowl

Ingredients

For Squash:

- 1 small Spaghetti Squash, about 2 lbs
- 1/2 teaspoon Olive Oil
- Salt and Black Pepper

For the Filling:

- 1 to 2 teaspoons Olive Oil
- 1 small Zucchini, diced
- Half a Bell Pepper, diced
- 1/4 Red Onion, diced
- 1/2 teaspoon dried Oregano
- 1/4 teaspoon ground Cumin
- Salt and Black Pepper
- 3/4 cup cooked Black Beans, drained and rinsed if using canned
- 1/2 cup Corn Kernels, drained well if using canned
- 1/2 cup Salsa
- 2 ounces Cheese, shredded and divided

Instructions

1 To Cook Squash

- Preheat your oven to 425°F. Lightly oil a baking sheet or line with a silicone baking mat.
- Use a sharp knife to carefully stab the squash a few times on each side, then microwave 4 to 5 minutes. Watching out for steam, slice the squash in half and scoop out the seeds.
- Rub each half with oil and season well with salt and black pepper. Place squash on the pan and cook until fork-tender, about 30 to 45 minutes, depending on the size of your squash.
- Remove squash from the oven and cool for at least 5 minutes. Then, scrape a fork along the flesh to create spaghetti-like strands (leave a little behind to keep the 'bowl' intact for stuffing later).

2 Prepare the Filling

- While the squash cooks, heat olive oil in a skillet over medium heat. Add the onion, zucchini, bell pepper, cumin, oregano, salt and pepper. Cook, stirring frequently until the vegetables have softened, about 8 to 10 minutes.
- Remove skillet from heat, add black beans, corn, and salsa. Stir well, taste, and adjust seasoning as desired.

3 Assembly

- a. Add the loose spaghetti strands and half of the cheese to the skillet mixture, stir well. Load up the squash bowls with the filing and top with the remaining cheese.

4 Bake the Bowls

- a. Bake uncovered at 350°F until warmed through and melty, about 10 minutes.
- b. Then Broil for 1 to 2 minutes until the cheese is bubbly and browned.
- c. Serve warm with your favorite burrito toppings.

Teriyaki Turkey Rice Bowl

Ingredients

Teriyaki Sauce

- 1/2 cup Low Sodium Soy Sauce
- 1/4 cup Water
- 2 tablespoons Red Wine Vinegar
- 2 tablespoons Brown Sugar or less as desired
- 2 tablespoons Granulated Sugar or less as desired
- 2 teaspoons minced Garlic
- 1 teaspoon ground Ginger
- 1 tablespoon Cornstarch
- 2 tablespoons warm Water

Ground Turkey

- 1 tablespoon Vegetable Oil
- 1/2 cup diced Onion
- 2 tablespoons minced Garlic
- 1 pound Ground Turkey
- 1 cup finely chopped Broccoli
- 2 large Carrots peeled and grated
- 2 Green Onions diced, for garnish

Instructions

1. Mix soy sauce, 1/4 cup water, red wine vinegar, sugars, garlic and ginger in a small saucepan over medium heat. Stir with a whisk until sugar is dissolved.
2. In a small bowl, whisk together 2 tablespoons warm water and cornstarch until cornstarch is completely dissolved.
3. Heat sauce over medium high heat. Slowly whisk in cornstarch mixture and simmer until thickened. Remove from heat and set aside.
4. Heat vegetable oil in a large skillet over medium-high heat. Add diced onions and cook until soft.
5. Crumble ground turkey and garlic into the pan and cook until turkey is about half cooked. Add grated carrots and chopped broccoli and continue to cook until turkey is no longer pink.
6. Pour teriyaki sauce over cooked turkey and vegetable mixture and stir. Simmer for about five minutes to combine the flavors.
7. Spoon meat over rice or noodles (quinoa, zoodles or riced cauliflower). Garnish with green onions and serve immediately.

Recipe Suggestion: Teriyaki Sauce is generally pretty sweet. However, feel free to cut back on the amount of sugar in the sauce. 1 tablespoon of each would suffice if you prefer a more savory than sweet flavor. Feel free to customize this recipe with your favorite vegetables.

Yield: 5 servings

Build Your Own Stir Fry

Ingredients

Aromatics (~ 1 tablespoon) – Garlic, Ginger, Shallots, Chilies (fresh or dried), Scallions

Protein (~1 pound) – Chicken, Flank Steak, Shrimp, Tofu, Tempeh, Eggs

Vegetables (~ 4 cups) – Broccoli, Carrots, Mushrooms, Bok Choy, Napa Cabbage, Sliced Red Onion, Green Beans, Sliced Bell Pepper, Snow Peas, Celery, Baby Corn, Egg Plant, Beans Sprouts, Asparagus

Carbohydrate Base (~2 cups) – Brown Rice, Quinoa, Vermicelli Noodles, Zoodles, Farro, Millet

This carbohydrate base to serve your stir-fry meal over if you would like.

Sauce – any sauce of your own choice will work – this is a basic homemade sauce:

¼ cup soy sauce + ¼ cup water or broth + 1 tablespoon sesame oil + 1 tablespoon rice wine vinegar + 1 tablespoon brown sugar + 1 tablespoon minced ginger or garlic (you can use 1 teaspoon of garlic or ginger powder if you don't have fresh).

To thicken the sauce, stir 1 tablespoon of cornstarch with equal parts water, then add to the sauce.

Instructions

Prep:

1. Mince or grate the aromatics or cut them into thin strips.
2. Cut meat and vegetables into small, uniform pieces so everything can cook quickly. You may want to cut some vegetables into matchstick pieces since this size will cook quickly.
3. Marinate your protein if you wish – may use your sauce for this – if so may need more to coat and veggies.
4. Since ingredients may need to be added at different times, put each ingredient in a separate small bowl so you can grab what you need when it's time to add it to the wok.
5. Make the sauce.
6. Although not necessary, consider parboiling longer crispier vegetables, such as carrots or broccoli, to reduce the amount of time they need to be stir-fried. Shorter cooking time means these vegetables will absorb less oil.
7. If you are going to serve your stir-fry over rice or some other base, make that before you start the stir-fry.

Cooking:

1. First, heat up the wok on medium-high heat.
2. Then carefully add a small amount of oil (1-2 tablespoons) down the side of the wok. Ideally, use an oil with a high smoke point such as canola or avocado oil.
3. Add 1 tablespoon of aromatics and heat until it's fragrant.
4. Next, add your protein to the oil. Let it sit and cook for 1-2 minutes. Then stir-fry it by pushing the ingredients along the bottom of the wok with your spatula for an additional 1-2 minutes (it does not need to be completely cooked). Remove it from the wok and set aside.
5. Heat 1-2 tablespoons of oil and add the remaining aromatics.
6. Add vegetables, starting with the crispier ones that take the longest to cook, such as carrots and broccoli. Let them cook a minute without stirring, then stir-fry ~4-5 minutes.
7. Add any remaining softer vegetables and stir-fry an additional ~2-4 minutes or until everything is cooked.
8. Add the protein back to the wok.
9. Add the sauce and stir everything until the sauce thickens. Serve over carbohydrate base.

Homemade Stir Fry Sauces

Basic

Ingredients

- 1/2 cup Low Sodium Chicken or Vegetable Broth
- 1/3 cup Low Sodium Soy Sauce
- 2 Tbsp Sesame Oil
- 2 Tbsp minced Fresh Ginger
- 3 cloves Garlic minced (3 tsp minced Garlic)
- 1 Tbsp Cornstarch
- Crushed Red Pepper Flakes, Sriracha or Sweet Chili Sauce, optional if desire spice

Instructions

1. Combine all ingredients in a jar or bowl. Whisk or shake (with a tight-fitting lid on the jar) until fully combined.
2. Use immediately or store in an airtight container in a refrigerator for up to one week.

3 Ingredient Stir Fry Sauce

Ingredients

- 1/3 cup + 2 Tbsp Reduced Sodium Soy Sauce (or Tamari)
- ¼ cup Sesame Oil
- 1 Tbsp Cornstarch

Instructions

1. Add all ingredients to a mason jar. Screw on the lid and shake to combine
2. Be sure to use this stir fry sauce with fresh minced garlic and fresh minced ginger in your stir fry (cooked with your vegetables/protein), as stated in the post. This is what will give it the "wow" factor.
3. Once your stir fry is mostly cooked, add sauce and heat an additional 3 - 5 minutes, or until sauce thickens. Serve immediately

Recipe Note - this is intended to cover 6-8 servings of stir fry, served over UNSALTED rice or noodles. Otherwise it will be too salty. It is a highly concentrated sauce. A little goes a long way!

Teriyaki Stir Fry Sauce

Ingredients

- 1/2 cup Water
- 1/3 cup Brown Sugar or any other sweetener of choice
- 1/4 cup Low Sodium Soy Sauce
- 2Tbsp Vinegar (either white or apple cider vinegar)
- 1 Tbsp Sesame Oil
- 1-2 cloves Garlic minced
- 1-2 tsp fresh Ginger root grated
- 1 Tbsp Corn Starch
- 1 tsp Sriracha (optional for a spicy sauce)

Instructions

1. Place all of the ingredients in a small saucepan.
2. Stir well with a whisk, then turn on the heat to medium.
3. Stirring frequently, heat the sauce until it begins to boil and thicken.
4. Allow to slowly boil for about 30 seconds and then remove from heat.

Recipe Variations:

Teriyaki marinade:

If you want a teriyaki sauce to use as a marinade for tofu, veggies, or anything else you chose, simply omit the corn starch from the recipe. This will make a sweet and savory sauce that is thin enough to use as a marinade, and it wont stick when heated. You can make a second batch of teriyaki sauce with the starch for a thicker glaze to pour over your cooked items.

Spicy Teriyaki:

For extra flavorful spicy teriyaki, add 1 tsp of Thai garlic chili paste or sriracha.

Gluten-Free Teriyaki:

To make it gluten-free teriyaki simply swap out the soy sauce for Tamari or Bragg's Liquid Aminos. All other ingredients are naturally gluten-free.

Refined-Sugar Free:

Simply swap out the brown sugar for equal amounts of maple syrup for a refined-sugar-free teriyaki sauce.

Quinoa Chickpea Salad with Lemon Dill Dressing

Ingredients

- 1 cup Quinoa (uncooked)
- 1 ½ cups Cucumber (chopped into ¼-inch thick quarters)
- 2 Bell Peppers, small, diced (any color)
- 1 cup Carrot, small, diced (about 2 medium carrots)
- ¼ cup Green Onion, chopped (white and light green part only)
- 1-19 oz can Chickpeas (drained and rinsed)

For the Dressing

- 1/3 cup Olive Oil
- 1/3 cup freshly squeezed Lemon Juice
- 2 tbsp Fresh Dill, chopped
- 1 tsp Salt
- 1/2 tsp Dijon Mustard
- Black Pepper (to taste)

Instructions

1. In a medium saucepan, cook quinoa according to package directions. Set aside to cool.
2. While the quinoa is cooking, prepare the cucumber, bell peppers, carrot, green onion and chickpeas. Place in a large bowl.
3. Whisk together all dressing ingredients in a small bowl or mason jar.
4. Add the cooked quinoa to the vegetables and chickpeas in the large bowl, pour the dressing on top and stir until well combined. Serve at room temperature or chilled.

Recipe Notes:

1. Be sure to rinse the quinoa if it doesn't come pre-washed to avoid undesirable flavor and texture.
2. You can use more or less dill in the dressing, depending on your taste. I found one tablespoon gave only a hint of dill, so I increased the amount to two tablespoons. Play with the amount to suit your taste!
3. I find this salad tastes even better when made ahead of time, so it's perfect for meal prep. I like to make this salad a few hours before serving, to allow the flavors to blend together. Store covered in the refrigerator until ready to eat.

Yield: 6 servings

Greek Zoodle Salad

Ingredients

- 2 Zucchini
- 1/4 c. Red Onion, diced
- 1/4 English Cucumber, sliced
- 10 Cherry Tomatoes, halved
- 10 Kalamata olives, pitted & sliced
- 1/4 c. Greek Dressing
- Salt and pepper to taste

Instructions

1. Cut zucchini with spiralizer tool. A peeler may be used if necessary.
2. Place zoodles in a bowl. Add onion, cucumber, tomatoes and olives.
3. Pour dressing over salad and toss to combine. Season as needed.

Yield: 4 servings.

Homemade Greek Salad Dressing

Ingredients

- 1/2 cup Olive Oil
- 1/2 cup Apple Cider Vinegar
- 1 medium Lemon Juice (2 Tbsp)
- 1 1/2 tsp Garlic Powder
- 1 1/2 tsp dried Oregano
- 1 1/2 tsp dried Basil
- 1 tsp Honey Mustard
- 1 tsp Parsley
- 1 tsp Onion Powder
- 1 tsp Salt
- 1 tsp Pepper

Instructions:

1. Combine all ingredients into an air tight container or jar and whisk or shake until mixed together well.
2. Store in fridge for up to two weeks. Shake until combined for each use.

Summer Squash Salad

Ingredients

- ¼ c. Pine Nuts (or Slivered Almonds or Sunflower Seeds)
- 2 lb. Zucchini and Yellow Squash
- Salt to taste
- 1 c. Feta Cheese
- 3 Tbsp. Olive Oil

Instructions

1. Use a vegetable peeler to shave the squashes into paper-thin ribbons, starting on one side and making quarter turns until you reach the seedy core. Spread the ribbons on a cutting board and sprinkle with salt.
2. In a small skillet over medium-low heat, toast the nuts until they are turning golden and fragrant, stirring frequently.
3. Place squash in a serving bowl (if you are not serving the salad immediately, refrigerate the squash.)
4. Toss the squash with the feta, olive oil and nuts. Serve immediately.

Yield: 10 servings. Each serving is 110 calories and 4 grams Carbohydrate.

Zucchini Bread

Ingredients

3¼ c. All-purpose Flour
1½ tsp. Salt
1 tsp. ground Nutmeg
2 tsp. Baking Soda
1 tsp. ground Cinnamon
3 c. Sugar
1 c. Olive oil
4 Eggs, beaten
1/3 c. Water
2 c. grated Zucchini
1 tsp. Lemon Juice
1 c. chopped Pecans (optional)

Instructions

1. Preheat oven to 350 F.
2. In a large bowl, combine flour, salt, nutmeg, baking soda, cinnamon and sugar.
3. In a separate bowl, combine oil, eggs, water, zucchini and lemon juice.
4. Mix wet ingredients into dry and add nuts.
5. Bake in two standard loaf pans, sprayed with nonstick spray, for one hour.

Yield: 2 loaves – 12 slices each