# 5 Quick & Healthy Dinners

REAL FOOD
MEAL INSPIRATION

Atagol
FITNESS

# Taco Scramble

| Prep Time | Cook Time | Servings |
| --- | --- | --- |
| 5-10 mins | 20-25 minutes | 4 |

## Ingredients

1 pound ground beef (or turkey, pork, venison, bison, etc)
2 medium yellow onions
2 bell peppers (any color)
2 medium squash or zucchini
1 large hand-full of fresh spinach (2-3 ounces)

Spices to taste: ~1 teaspoon each of: cumin, chili powder,
garlic powder, Himalayan salt, and fresh cilantro
Optional toppings: Cheese, Sour Cream, Salsa, Avocado Slices

## Instructions

1. Brown the beef until well cooked in a large skillet or wok over medium high heat.
2. Remove and add thinly sliced onions, peppers, squash/zucchini to the pan and saute, stirring constantly, until starting to soften.
3. Return meat to pan and add fresh spinach.
4. Spice to taste and continue to cook until spinach is wilted. 5. Remove and serve with any desired toppings.

SOURCE: http://wellnessmama.com/5432/taco-scramble/

# Fish en Papillote

| Prep Time | Cook Time | Servings |
| --- | --- | --- |
| 10 mins | 10-15 minutes | 4 |

## Ingredients

4 skinless fish fillets, about 6oz each
4 tablespoons coconut aminos (or soy sauce)
8 teaspoons freshly squeezed orange juice
4 teaspoons rice vinegar
4 teaspoons fish sauce
2 teaspoons sesame oil
4 teaspoons minced ginger
8 fresh shiitake mushrooms, thinly sliced
kosher salt
freshly ground black pepper
orange or lime, sliced into 12 slices
4 green onions, trimmed and cut into 2 inch sections

## Instructions

1. Preheat your oven to 450°F. In a small bowl, combine the coconut aminos, orange juice, rice vinegar, fish sauce, sesame oil, ginger and mushrooms. Set aside.
2. Season both sides of the fish fillet with salt and pepper.
3. Take a large sheet of parchment paper for each filet and fold it in half. Open the paper and tile the three slices of orange on one side.
4. Place the seasoned fish filet on top of the orange slices.
5. Spoon the mushrooms, sauce and green onion on top of the fish.
6. Fold the parchment and tightly crimp the edges together to seal well.
7. Place the packet on a rimmed baking sheet...and place it in the oven for 10-15 minutes or until the fish is cooked through.
8. Use a pair of kitchen shears to cut open the packet (but be careful—it's hot!).
9. Remove the wilted scallions, and top with freshly minced cilantro and slivered green onions.

SOURCE: http://nomnompaleo.com/post/79058355292/fish-en-papillote-in-parchment-with-citrus

# Sloppy Joes

| Prep Time | Cook Time | Servings |
| --- | --- | --- |
| 5-10 mins | 20-25 minutes | 4 |

## Ingredients

1 tablespoon olive oil
1/2 cup diced onion
1 rib celery, diced
1 carrot, peeled and diced
1 pound ground beef (grass-fed recommended)
1 clove garlic, minced
1/2 teaspoon salt
A couple dashes of pepper
1 15 ounce can plain tomato sauce
1 tablespoon honey
1 1/2 teaspoons chili powder
1 teaspoon apple cider vinegar
1 teaspoon yellow mustard
1/8 teaspoon cinnamon, we prefer fresh. (Optional)
Toasted whole-wheat buns for serving

## Instructions

1. Heat oil in a sauté pan over medium heat. Add onion, celery and carrot and cook until they begin to soften but not brown, 2-3 min.
2. Add the ground beef and garlic, and cook while breaking up the meat with a spatula. Season with the salt and pepper. Continue to cook until the meat has browned all the way through. Drain the excess fat and discard.
3. Add the tomato sauce, honey, chili powder, vinegar, mustard, and cinnamon (if using) to the pan and simmer over low heat until the sauce thickens, about 10 to 15 minutes.

Serve warm with whole- wheat buns and some yummy vegetables on the side.

SOURCE: http://www.100daysofrealfood.com/2014/03/06/recipe-real-food-sloppy-joes/

# Sweet Potato and Lentil Chili

| Prep Time | Cook Time | Servings |
| --- | --- | --- |
| 15 mins | 45 minutes | 6 |

## Ingredients

2 tablespoons olive oil
1 onion, diced
2 bell peppers, diced
3 sweet potatoes, diced
3 cloves garlic, minced
2 cups vegetable broth
1 (15-ounce) can diced tomatoes with green chilis
2 cups steamed lentils
2 tablespoons chili powder, more or less to taste
1 tablespoon cumin
1 tablespoon paprika
1/4 teaspoon cayenne pepper, more or less to taste
Kosher salt and freshly ground black pepper, to taste

## Instructions

1. Heat olive oil in a Dutch oven or large pot over medium high heat. Add onion and bell peppers, and cook, stirring occasionally, until tender, about 3-5 minutes. Add sweet potatoes and garlic and cook, stirring occasionally, until potatoes begin to soften, about 5-7 minutes. Stir in vegetable broth, diced tomatoes, lentils, chili powder, cumin, paprika, cayenne pepper, salt and pepper, to taste.
2. Bring to a boil; reduce heat and simmer until thickened, about 30 minutes.
3. Serve immediately.

http://damndelicious.net/2013/03/11/sweet- potato-and-lentil-chili-vegan/

# Easy Chicken Dinner

| Prep Time | Cook Time | Servings |
| --- | --- | --- |
| 5-10 mins | 20-25 minutes | 4 |

## Ingredients

3-4 chicken thighs or breasts
2 heads of broccoli, chopped into florets
4-5 tablespoons regular olive oil
2-3 tablespoons balsamic vinegar
1 teaspoon garlic powder
Sea salt and black pepper, to taste

## Instructions

1. Preheat oven to 375 degrees.
2. Place broccoli florets and chicken pieces into a 9×13 baking dish.
3. Pour olive oil and balsamic vinegar over chicken and broccoli.
Then season with garlic powder, salt and pepper. Mix around to help coat the broccoli and chicken.
4. Bake for 20-25 minutes or until chicken is cooked through. If post-workout or higher volume day, serve with sweet potato, yam, white rice, or if on lower volume day or not-post workout, serve with steamed carrots, cauliflower, parsnips or beets in salt and olive oil.

SOURCE: http://www.bengreenfieldfitness.com/2013/07/easy-meals-for-busy-athletes/