



# Sloppy Joes

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6-8 servings



30 minutes

## INGREDIENTS

- 1 small yellow onion
- 2 green bell peppers
- 8 oz button mushrooms
- 2 cloves garlic
- 1 cup canned diced pineapple
- 1 can lentils
- 6 oz tomato paste
- 1 tbsp olive oil
- 1/4 cup brown sugar or maple syrup
- 1 tbsp apple cider vinegar
- 1/4 cup soy sauce
- 1/4 tsp black pepper
- 1/4 tsp red pepper flakes
- 8 oz cheese for topping

## DIRECTIONS

1. Wash all produce and chop finely
2. Drain lentils and pineapple
3. Saute fresh produce in olive oil for 2-3 minutes over medium heat
4. Add lentils, pineapple, brown sugar, apple cider vinegar, and soy sauce
5. Stir together and simmer 5 minutes, stirring occasionally
6. Serve with bread and top with cheese

\*\*May sub in ground turkey for lentils if desired. Brown ground turkey and set it aside until step 4.



## PERSONAL PIZZA



1 serving



15 minutes

### INGREDIENTS

- 1 English Muffin (consider whole wheat)
- 2 tsp of pesto sauce
- 4 Slices of pre-grilled chicken strips (defrosted)
- 1/4 cup of mozzarella cheese
- Handful of spinach

### DIRECTIONS

1. Defrost chicken strips (2 strips per muffin half)
2. Add 1 tsp of pesto sauce to each muffin half
3. Layer each muffin half with spinach, cheese, and chicken
4. Cook at 400°F in the air-fryer for 6 minutes or until the cheese is melted

## Chocolate Strawberries



5 servings



5 minutes

### INGREDIENTS

- 1 package of strawberries (~15 berries)
- 1/2 cup of chocolate melting wafers

### DIRECTIONS

1. Rinse Strawberries, add to a plate or wax paper. Set aside till step 4.
2. Add chocolate wafers to a microwave-safe bowl
3. Add to the microwave and heat at half power or defrost setting for 30 seconds. If not melted, heat for 15-second intervals until smooth and melted.
4. Use a spoon to quickly drizzle the strawberries with the melted chocolate, let it set and Enjoy!



## POPPYSEED PASTA SALAD



4-6 serving



15 minutes

### INGREDIENTS

- 1 bottle poppy seed dressing\*
- 1 Apple
- 2 celery stalks
- 1/2 bunch of grapes
- 1 box bowtie pasta
- 1 can of chicken (or a handful of sliced almonds)
- 6 oz cheese

### DIRECTIONS

1. Cook pasta according to package directions
2. Chop apples and celery into bite-sized pieces. Slice the grapes in half. Drain the chicken
3. If needed, cube or shred cheese as desired
4. In a bowl, mix all ingredients and stir to combine

\*Homemade poppy seed dressing

Ingredients:

- 1/4 cup olive oil
- 2 tbs Greek yogurt
- 1/2 tbs lemon juice
- 1/2 tablespoon apple cider vinegar
- 2 tsp honey
- 2 tsp poppy seeds
- 1/8 tsp salt

Add all ingredients to a jar, close the lid tightly, and shake until well combined.