

From the Armstrong Kitchen – Main Dishes

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Baked Low Carb Parmesan Chicken

Great with sautéed onions, green peppers, and spinach or green beans or broccoli or veggie of choice.

Ingredients

2 lbs chicken breast

1 Cup Quinoa Flour

½ Cup almonds

½ Cup parmesan cheese

2 eggs

2 tsp Parsley

2 tsp Rosemary

2 tsp Thyme

2 tsp Oregano

2 tsp Ground sage

1-3 tbsp Garlic powder

1 tbsp Onion powder

Salt to taste

Pepper to taste

Marinara sauce (I make my own with tomato sauce and roasted tomatoes and seasoning)

Mozzarella cheese shredded

Coconut oil (or olive oil)

Directions

Preheat oven to 350 degrees. Blend almonds till finely chopped in food processor. Mix all dry ingredients (quinoa flour, almonds, parmesan cheese, herbs, garlic & onion powders, salt & pepper) in a large bowl till combined well. Beat 2 eggs in separate bowl. Spray baking dish with coconut or olive oil. Dip raw chicken in eggs then coat entirely and generously with flour mix. Place in baking dish.

Bake for 12-15 min then flip with fork. Top each piece with marinara then sprinkle shredded mozzarella cheese and bake an additional 8-12 min. Crust should be golden brown. (time varies on thickness of chicken – error on checking sooner rather than later – use meat thermometer to be sure 165 degrees).

(With remaining flour mix you can add additional beaten egg and a little unsweetened original almond milk to make a dough, form into patties, and then fry in a skillet in coconut or olive oil for a crunchy “bread stick.”)

Health/Nutrition Facts

31g protein in the chicken plus an additional 12g from quinoa flour and mozzarella cheese!!! Quinoa is also a good source of fiber. Add in your vegetables and this meal is a nutritional homerun.

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Chicken Chili Verde – I haven't tried this, but it will be on the menu soon!!!

Sauce Ingredients

1 poblano pepper, roughly chopped
7 cloves of fresh garlic
2 serrano peppers, whole
20 tomatillos
3 cups of water
1 bunch of fresh cilantro, rinsed
Kosher salt, to taste

Chicken Mixture Ingredients

3 lb. of chicken breast, diced into 1-in. cubes
Olive oil, as needed
Kosher salt, to taste
Black pepper, to taste
2 yellow onions, medium dice
1 poblano pepper, medium dice

Additional Ingredients

4 lb. of butternut squash, peeled, diced and roasted until al dente (firm and slightly chewy)
3 limes, wedged

Sauce Instructions

1. Combine tomatillos, poblano, serranos, garlic, water and a pinch of salt in a stock pot. Bring to a simmer.
2. Simmer for 3-4 minutes, then transfer to blender pitcher.
3. Blend mixture until smooth. Then, add cilantro and season with kosher salt to taste.
4. Transfer sauce back to pot and set aside.

Cooking Instructions

1. Heat a large sauté pan over medium-high heat and add olive oil.
2. Season chicken with salt and pepper and add to pan.
3. Cook until chicken is firm, approximately 5 minutes.
4. Scoot chicken to one side of the pan and add onions, poblano and a pinch of salt. Cook for one minute, then stir to combine chicken and vegetables.
5. Cut the heat and combine chicken mixture with the tomatillo salsa in the stock pot.
6. Return stock pot to the burner and bring to a simmer, stirring occasionally.
7. Portion butternut squash into 10 meal-prep containers.
8. Once chile verde reaches a simmer, cut the heat and portion mixture evenly over butternut squash.
9. Top each portion with a lime wedge and refrigerate for up to five days, or freeze for up to six months.
10. Enjoy!

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The Gobbler Turkey Burger

Spring and summer spell the backyard BBQ and this year you can add some flare to your party with this spicy, flavorful, and healthy turkey burger.

INGREDIENTS

1 lb ground turkey
½ of one red bell pepper
1 cup riced cauliflower
1 tbsp onion powder
1 packet Gril Mates Smokey Applewood
½ tsp ground red pepper (More or Less for desired heat)
2 tbsp parsley
2 tbsp cilantro

DIRECTIONS

Put meat into large bowl. In a food processor run the cauliflower until a fine rice-like consistency, then add to meat. Next process the bell pepper and cilantro, together, until minced. Add it to the bowl. Then add the rest of the seasonings.

Make into patties of desired sized. Grill until 165 degrees is reached in the center of the burger (about 10 minutes, 5 each side). Turkey meat tends to be less formidable and can fall apart so flipping it once is best.)

Serve as you would with regular hamburgers or just with a fork and a few slices of avocado.

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MEATBALLin’

These go great with marinara and spaghetti squash or whole wheat pasta.

Ingredients

1 lb ground turkey
1 cup shredded zucchini
2 tbsp Italian seasoning
1 tbsp basil
2 tbsp onion powder
1-2 tbsp garlic powder
Salt & pepper to taste

Directions

Preheat oven to 400 degrees and line baking sheet with parchment. In a large bowl, Shred zucchini with smallest size cheese grater (watch your knuckles – no one like skin in their meatballs). Squeeze out some of the water from zucchini to keep meatballs from falling apart with too much liquid.

Add raw turkey meat and all the seasoning, mix altogether, thoroughly with hands. Roll into golf ball size (or smaller) balls, and place on pan. They can be very close together but not touching. Bake for around 14-16 minutes. (Use meat thermometer to test – pull out at no hotter than 165 degrees.)

From the Armstrong Kitchen – Main Dishes

Spicy Cashew Curry Chicken & Veggies

Ingredients

2 lbs chicken breast or tenders
1 white or yellow onion
1 green pepper
1 head of broccoli
1 head cauliflower*
1 can coconut milk
1 cup cashews (whole or halves/pieces)
2 tsp curry powder
2 tsp ground sage
1 tbsp garlic powder
1 tbsp crushed red pepper (more or less to desired heat)
Olive oil

Directions

1. Heat skillet to medium or medium low. Julienne peppers and onions, cut broccoli & cauliflower* into fleurettes. Pour olive oil on heated skillet then add veggies. Season lightly with curry powder, sage, garlic, (and salt and pepper if desired). Cube chicken and season with a little curry, salt and pepper, while veggies cook, stirring them occasionally. In a separate pan cook chicken in a little olive oil (and cashews if using raw ones) till edges turn brown, remove from heat.
2. Be sure to shake coconut milk well before opening the can as separation occurs inside. (I did mine in two separate batches so split coconut milk accordingly.) Add chicken, cashews, and veggies, pour in coconut milk, and add seasoning. Let simmer till coconut milk has thickened a little stirring frequently to infuse all flavors throughout.

Serve over white rice or for low carb option, riced cauliflower

*Do not add cauliflower to other veggies if using it for rice substitute.

From the Armstrong Kitchen – Main Dishes

Cherry Maple Pecan Coconut Crusted Salmon

If you even remotely tolerate salmon, you need to try this out. This was a homerun creation for us last week!!! You will love the sweet and nutty combination with the mild flavor of the salmon. (I think I will try it on chicken next time.)

Ingredients

2 lbs salmon filets
1 cup pecans
2 cups frozen dark sweet cherries
1 cup unsweetened dried coconut
2-4 tbsp pure maple syrup
2 tbs parsley
1 lemon (hand squeezed for juice)

(The recipe will make quite a bit as we had probably half to three fourths of a cup left. If you are not cooking near that much salmon, then I would suggest cutting the recipe in half. I just wasn't sure how far it would go. But you can always use the extra for dessert or even breakfast. It also tops a sweet potato excellently.)

Instructions

1. Preheat oven to 400 degrees. Spray baking sheet with coconut or olive oil. Put all ingredients (besides salmon and half lemon) into food processor. Blend until mixed thoroughly and nuts and cherries are chopped small. Should be a thick consistency able to hold together.
2. Squeeze other half of lemon onto filets. Spread a solid layer of cherry mix on both sides of the filets. (Save the remainder of the cherry mix for a great topping to yogurt or ice cream but be sure to not mix salmon juices in the container when applying to the fish.)
3. Put in oven and bake for 12-15. Check temperature (145 degrees is safe temp to eat fish)!
4. Serve with steamed veggie of your choice and a mixed green or spinach salad!

From the Armstrong Kitchen – Main Dishes

“Curried Salmon Patties”

I have not tried this yet but looks super easy and really tasty! Let me know if you try them (or any of our recipes) and what you think.

Ingredients

185 gram can of salmon in spring water (I used red salmon), flaked
½ cup baby spinach, chopped finely
½ medium zucchini, grated
1 T curry powder
1 tsp red pepper flakes
1 tsp ginger
Salt to taste
1 large egg
1 T butter

Instructions

In a large mixing bowl, combine the grated zucchini, spinach and flaked salmon. Add the curry powder, red pepper flakes, ginger and salt. Mix until fully incorporated. Add the egg and stir until combined.

Heat a large frying pan on high heat and add the butter. Once melted and sizzling, form the mixture into four patties and place on the frying pan. Fry the patties for approximately 4 minutes or until golden brown, flip over and repeat.

Remove from heat and serve immediately.

Notes

This recipe is for a single serving, but I have quadrupled the batch on multiple occasions during food prep and eaten cold in sandwiches or broken up over a potato salad. They freeze really well and can be kept in the fridge for up to 5 days. (from original post)

To include a flour like binder, try adding 1 T gluten free oat flour or breadcrumbs to the dry mixture.

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Caribbean Fish Curry

This Caribbean Fish Curry recipe is a one pot meal ready in 30 minutes that is a creamy blend of coconut milk, tomatoes, curry spices and tender red snapper. Both Gluten Free and Dairy Free.

Author: Vicky Berman (www.avocadopesto.com)

Ingredients

- 1 tablespoon extra virgin olive oil
- 1 small onion diced
- 3 cloves garlic chopped
- 2 red bell peppers chopped (about 2 cups)
- 1 tomato chopped (1 cup)
- 1-2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon crushed red pepper flakes
- 1 teaspoon curry powder
- 1 teaspoon cumin
- 1 15 oz can diced tomatoes
- 1 can coconut milk
- For the fish:
- 1 and 1/2 pounds red snapper fillet or other firm white fish
- squeeze of lime juice
- sprinkling of salt black pepper and cumin
- For garnish: lime juice and cilantro

Instructions

1. Heat olive oil in pot over medium heat. Add onion and cook for a couple minutes.
2. Add garlic, cook until fragrant
3. Add diced bell peppers, cook for 1 minute.
4. Add tomatoes, salt, black peppers, crushed red pepper flakes, cumin and curry powder. Cook for 2 minutes, mixing everything together.
5. Add can of diced tomatoes, increase heat to high and bring to a boil.
6. Add coconut milk in 3 parts, adding 1/3 at a time, bring the mixture to a boil and then adding the 2nd and 3rd part. Once boiling, reduce heat and simmer for 10-15 minutes.
7. Season fish with salt, black pepper, cumin and a squeeze of lime juice.
8. Optional: Heat 1 tablespoon oil in a pan over medium-high heat and add fish once pan is hot. Pan fry for 3-4 minutes per side. Cut fish into bite sized pieces and add to the curry.
9. Instead, cut the fish into bite sized pieces and add directly to the curry.
10. Cook the curry for a few more minutes until fish is cooked through.
11. Serve garnished with lime juice and cilantro.

NOTES: I left the red pepper flakes out of it so my boys would eat it, but they didn't love it, so next time I'll crank up the heat. Ashly and I ate it up and wanted more!!!

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Chicken and Veggies

Eating healthy sounds and feels expensive. But this meal can feed a family of four for \$10 and is a healthy and delicious meal as well as fast, easy, and convenient. We frequently have this budget friendly dinner, and everyone is happy.

INGREDIENTS

- 1 Rotisserie Chicken - \$5
- 2 Bags of Frozen (steam-able) veggies - \$2
- 1 head of romaine \$2
- 1 green or red pepper \$1

DIRECTIONS

Go to Walmart and pick out all these ingredients. Take them home to eat at the table as a family. Put veggies in microwave for specified time. While veggies steam, tear chicken from bone, cut romaine lettuce and pepper. Serve and enjoy!

NOTES:

Great value brand veggies are cheapest most of the time. Rotisserie Chicken is sometimes on sale if they have been cooked earlier in the day. Use whatever salad dressing you have at the house and you can top with seeds or nuts. Be vigilant to not overdo it on dressing and toppings so as to maintain the appropriate numbers for the meal.

From the Armstrong Kitchen – Main Dishes

Southwestern Chicken Dinner

Serve this flavorful Southwestern Chicken Dinner with a heaping side of dark leafy greens. This is the epitome of a meal focused on protein and fiber. It is meals like this that will melt off body fat and improve your health and fitness. Enjoy!

Courtesy of RealHealthyRecipes.com

INGREDIENTS

Serves 6

2 lbs chicken breast

Dash of sea salt and black pepper

1 Tablespoon coconut oil

1 small yellow onion, chopped

1 tomato, seeded and diced

2 Tablespoon chili in adobo sauce

1 Tablespoon chili powder

1 Tablespoon balsamic vinegar

1 teaspoon ground cumin

½ teaspoon sea salt

¼ teaspoon ground cinnamon

INSTRUCTIONS

1. Rinse the chicken breasts and pat dry. Butterfly cut the chicken, opening each breast up like a book. Sprinkle both sides with salt and pepper. Place the chicken in a baking pan and set aside in the fridge as you prepare the sauce.
2. Place the coconut oil in a skillet over medium heat. Add the chopped onion and sauté until soft, about 5 minutes. Add the remaining ingredients and continue to cook for about 10 minutes. Then, place the contents from the skillet into a blender and puree until smooth.
3. Coat the chicken with half of the sauce and marinate for 30 minutes. Preheat the oven to 350 degrees F.
4. Cover the chicken with foil and bake chicken for 30 minutes in the preheated oven. Serve warm with a spoonful of the reserved sauce. Enjoy!

NUTRITION

One serving equals: 304 calories, 17g fat, 336mg sodium, 5g carbohydrate, 1g fiber, and 18g protein.

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Don't Call it Meatloaf

I tried something totally out of left field and it rocks! If you're bored with regular meat loaf or slightly repulsed at the idea of meat in a loaf to begin with, try this option for an unexpected delight, and don't call it meatloaf. Call it turkey bake or turkey du jour or just name it Hank. Whatever you call it, just make sure you try it.

INGREDIENTS

1.5 lb ground turkey

2 eggs

2 slices whole wheat bread

¼ cup blueberry spread (with fruit only – no sugar added) or fresh blueberries (trust me here)

1 tbsp onion powder

1 tbsp minced onion

1 tbsp ground sage

1 tbsp dark chili powder

1 tbsp ground flaxseed

(Optional) 2-4 tbsp chopped red onion would have been an excellent addition

(Optional) – bbq sauce – just to top it with

DIRECTIONS

1) Preheat oven to 350 degrees.

2) Shred the bread in a food processor until crumbed. Then, (if using fresh blueberries) put blueberries in the food processor and pulse until chopped. You don't want it pureed. Next, mix all ingredients in a large bowl until completely combined. (Be sure eggs are beaten into the mix thoroughly.)

3) Spray a loaf pan with olive oil or line with parchment paper. Transfer meat into dish and press together leveling it out. Lightly glaze with BBQ sauce if desired.

4) Bake uncovered for 30-40 minutes. Check temperate and continue baking until center reaches 165 degrees. You may want to add a little more sauce after the first 30 minutes but that is completely up to you.

NOTES

Serves 6-8

*I used a "loaf" pan, but any casserole dish would suffice. Just know that if it is not very thick in the pan, cooking time will decrease notably.

*BBQ sauce tends to be high in sugar and most contain high fructose corn syrup or some variation of chemically created sugar which your body doesn't appreciate. Be selective here or use sparingly.

NUTRITION

A serving size of around 85 g (cooked) will have a substantial health benefit.

Calories – 227

Protein – 24

Carbs – 1.5

Fat – 3.75

(add more carbs for sauce – check label)

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Sausage Shrimp Veggie Bake

Take this medley on the road for family gatherings and holiday get-togethers or keep in in house for weekend prepping session or an easy midweek meal.

INGREDIENTS

2 lbs turkey smoked sausage (or other Polish type sausage)
1 lb cooked and peeled shrimp (frozen shrimp)
1-2 lbs squash & zucchini
2 red bell peppers
2 green bell peppers
1 yellow onion
2-4 jalapeños (optional and to heat preference)
Garlic powder
Onion powder
Thyme
Rosemary
Basil
Sage
Salt
Pepper
Paprika
Olive oil

DIRECTIONS

Preheat oven to 350 degrees. (Pull tails off shrimp if necessary.) Cut everything into ½-1 inch chunks. Split between two baking sheets and spread out evenly throughout. Drizzle with olive oil. Sprinkle with seasonings to coat entire pan. Then mix thoroughly. Put in oven and bake for 40-50 minutes, stirring and remixing once or twice during cook time.

NOTES

Chopping all the veggies definitely takes the longest so set aside some time for that or make it a partner WOD and knock it out in half the time. (A solid hour of cutting if doing it alone.) You wouldn't have to chop the shrimp if you didn't want to.

Meats are already cooked so it is just waiting for the vegetables to get done. Smaller chunks will cook faster.

Pair with rice or (riced cauliflower for low carb option) or wrap in a tortilla.

From the Armstrong Kitchen – Main Dishes

Enchiladasagna

My boys actually ate this up using black bean chips to scoop it up.

INGREDIENTS

2 lbs chicken breast
4 Whole Wheat – low carb tortillas
1 head of cauliflower
4-6 full size carrots
1 green bell pepper
1 red pepper
1 yellow onion
2 cans black beans
1 28 oz can enchilada sauce
1 lb Shredded Mozzarella
2 tbsp Cumin
2 tbsp Chili powder
2 tbsp Basil
2 tbsp Garlic powder
1 tbsp olive oil (for riced cauliflower mix then additional oil to cook chicken)
salt & pepper to taste
cilantro (optional)
salsa
guacamole
plain Greek yogurt (or sour cream)

DIRECTIONS

Heat oven to 350 degrees.

Dice chicken into chunks then cook it in a skillet with olive oil. Season with 1 tbsp, cumin, 1 tbsp chili powder, 1 1tbsp basil, 1 tbsp thyme, 1 tbsp garlic powder, and salt and pepper. Set aside.

In a food processor, mince up the cauliflower, carrots, peppers, onion, adding 1 tbsp olive oil, 1 tbsp, cumin, 1 tbsp chili powder, 1 1tbsp basil, 1 tbsp thyme, 1 tbsp garlic powder, and salt and pepper.

In a 9x13 pan, tear or cut tortillas to lay across the bottom. Next, spread chicken evenly over tortillas. Then, spread riced medley over the chicken. After that, drain the beans, and add them as the next layer. Then, pour $\frac{3}{4}$ of the enchilada sauce over everything, letting it soak into the layers. Add the cheese and then pour remaining sauce over the cheese. Bake for 20 minutes or until the cheese is bubbling and the edges are turning brown!

Remove from oven and top with cilantro. Scoop with a spoon and serve with salsa, yogurt (sour cream), guacamole, and chips!

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From the Armstrong Kitchen – Main Dishes

Turkey

Simon & Garfunkel fly the coup. I don't always make a turkey, but when I do, this is the way to go!

INGREDIENTS

1 12-16 lb Turkey
½ cup Real Butter
½ cup unsweetened applesauce
3 tbsp Fresh Parsley
3 tbsp Fresh Sage
3 tbsp Fresh Rosemary
3 tbsp Fresh Thyme
2 tbsp Garlic
1 tsp Salt
1 tsp Pepper
1 Apple
1 Onion

DIRECTIONS

Gut the turkey and follow instructions to prep it for baking/roasting.

Preheat oven to 350 degrees.

Finely chop all the herbs. Soften butter but do not melt. Cut onion and apple into quarters. Mix all the ingredients in bowl, except the onion and apple.

Cut a hole in the skin of the turkey and rub mixture onto the bird between the skin and the meat. This will help trap flavors all the way into the meat and not just season the skin, which gets picked off anyway and is only a small portion. Rub on legs and get on as much of the meat as possible without completely destroying the skin. You want the skin to remain intact as it will prevent drying it out.

Run the inside cavity with any remaining mixture, then put the onion and apple inside as well. Close up the bag and bake for 3.5 hours or until internal temp registers between 165 and 180 degrees. Anything less is not safe to eat and anything more risks drying out the meat.

Remove from oven and let sit for 15-30 minutes before carving.

NOTES

Makes the best leftovers, from enchiladas to turkey salad sandwiches and BBQ turkey wraps to even turkey omelets.

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From the Armstrong Kitchen – Main Dishes

Spaghetti Pizza Pie

INGREDIENTS

- 1 large spaghetti squash (about 600 grams)
- 1 pound Italian sausage (I'll be using Turkey sausage)
- 1/2 yellow onion, diced
- 1 cup pizza sauce (no sugar added)
- 1 teaspoon dried basil
- salt and pepper, to taste
- 3 eggs, whisked
- (optional: add anything you like with pizza: veggies, basil, even cheese if you aren't on WHOLE30 or dairy restrictions)

DIRECTIONS

1. Preheat oven to 400 degrees.
2. Cut spaghetti squash in half lengthwise. Place spaghetti squash cut side down on a baking sheet and bake for 20-25 minutes or until the skin of the squash gives when you press on it. Then reduce oven heat to 350 degrees.
3. Once squash is done cooking, remove threads and place in a greased 8x8 baking dish.
4. Place a large pan over medium heat. Add sausage and onion. Cook until pink no longer remains in the sausage and it is broken up into pieces.
5. Add pizza sauce, dried basil and salt and pepper to the pan and mix well.
6. Add sausage mixture to the 8x8 dish and mix well with spaghetti squash threads.
7. Lastly, add whisked eggs to the baking dish and mix everything together until you can no longer see the eggs.
8. Place in oven and bake for 1 hour or until the top of the mixture forms a slight crust that doesn't give when you press on it in the middle of the dish.
9. Let rest for 5 minutes before serving.

NOTES:

Prep Time 25 mins

Cook Time 1 hour

Total Time 1:25

Serves 3-4

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From the Armstrong Kitchen – Main Dishes

Chili-Roasted Salmon & Veggies

The best dinners to fuel your fitness results are a combination of fresh, fiber-rich vegetables and quality protein, like this dish.

Ingredients

4 (5-oz) salmon fillets
2 zucchini, sliced into half moons
1 yellow bell pepper, thinly sliced
1 red bell pepper, thinly sliced
1 poblano pepper, thinly sliced
1 small red onion, thinly sliced
¼ cup fresh lime juice
1 teaspoon minced garlic
1 Tablespoon chili powder
1 Tablespoon ground cumin
1 Tablespoon olive oil, divided
sea salt
black pepper

For the Creamy Mustard Sauce

2 Tablespoons coconut cream (WHOLE30 note – make sure there is no sugar added)
1 Tablespoon Dijon mustard
1 teaspoon fresh lemon juice
1 Tablespoon fresh chives, minced
1/8 teaspoon sea salt
1/8 teaspoon black pepper
1 teaspoon water

Instructions

1. Preheat the oven to 425 degrees F. Lightly grease 2 large rimmed baking pans with olive oil. Arrange the salmon fillets on one of the pans and generously season with salt and pepper.
2. In a small bowl combine the lime juice, garlic, chili powder, cumin and 1 teaspoon of the olive oil. Pour half of the spice mixture over the tops of the salmon fillets.
3. In a medium bowl toss the zucchini, bell peppers, poblano pepper and red onion with the remaining 2 teaspoons of olive oil and with the remaining spice mixture. Spread the veggies over the remaining pan and generously season with salt and pepper.
4. Place both pans in the preheated oven for 20-30 minutes, until the salmon is flaky and the veggies are tender. Mix the mustard sauce ingredients in a small bowl and serve over the salmon. Enjoy!

Notes

Serves 4

From the Armstrong Kitchen – Main Dishes

Seasoned Ahi Steak

1 Tablespoon olive oil
¼ cup lemon juice
4 cloves garlic, minced
1 teaspoon red chili flakes
2 Tablespoons cilantro, minced
dash of salt and pepper
4 (6oz) ahi tuna steaks

Instructions

1. In a large re-sealable plastic bag combine the first six ingredients; mix well.
2. Add tuna to the marinade, cover and refrigerate for 1-1/2 hours, turning once. Drain and discard marinade. Preheat oven to 425 degrees F.
3. Place the tuna in a glass pan. Bake for 10 minutes. Turn the steaks and bake for another 10 minutes or until fish flakes easily with a fork.

Nutrition

One serving equals: 312 calories, 10g fat, .6g carbohydrate, .2g fiber, and 50g protein.

Notes

Serve with roasted or sautéed vegetable of your choice. Add a starch if you need a few more carbs on your plate.

From the Armstrong Kitchen – Main Dishes

Coconut Pumpkin Curry Chicken

This went off like a firecracker in July and we ate this UP!!! (Even my pickiest eater was delighted by this flavorful dish.) Don't let the pumpkin throw you off. You don't taste any of it mixed in and it loads the meal with nutrients like Vitamins A and C and potassium. Plus, it's a crockpot dinner so minimal maintenance and tons of deliciousness!!!

INGREDIENTS

3 lbs chicken breast – boneless/skinless
1-2 tbsp coconut oil
1 can pumpkin
2 8 oz cans tomato sauce
½ cup coconut milk
2 tbsp parsley
1 tbsp oregano
1 tbsp garlic powder
1 tbsp onion powder
1 tsp turmeric
2 tsp curry powder
Salt and pepper to taste

DIRECTIONS

Rub chicken with coconut oil and place in bottom of crockpot. Dump ingredients into crockpot and mix sauces and seasonings and make sure chicken is covered. Cook on low for 3-4 hours. Serve over rice. Add veggies of choice.

NOTES

Makes great leftovers or prepped meals for the week.

From the Armstrong Kitchen – Main Dishes

Moroccan Chicken

Just in time for grilling season.

INGREDIENTS

2-3 lbs of boneless skinless chicken breast
¼ cup olive oil
1 tbsp dried parsley
2 tsp paprika
1 tsp cumin
1 tsp garlic
1 tsp onion powder
½ tsp salt
½ tsp coriander
½ tsp cinnamon (don't worry, this makes the dish!!!)
½ tsp turmeric
½ tsp ginger
1 orange

DIRECTIONS

Trim fat off chicken. I also cut the breasts to be thinner for a quicker cook time and more flavorful bites. Throw chicken into gallon ziplock bag. Pour all ingredients into a bowl and whisk thoroughly. Then pour the mixture into the bag. Seal it. Then mix it very well being sure to evenly and completely coat each piece of chicken. Then put in the fridge for 1-8 hours. (The longer time it marinates, the more flavor will be infused throughout each bite.)

Fire up the grill and throw the chicken on. Cook until internal temperature of the thickest part of each piece reaches 165 degrees. Take off and enjoy.

Goes great with a rice and veggie side or on a salad!!!

NOTES

Another win with the Armstrong boys so the pickiest of eaters should not be turned away by this flavorful/colorful grilled bird.

From the Armstrong Kitchen – Main Dishes

\$3 Power Plate

INGREDIENTS

1 can Tuna
1 bag microwavable frozen peas
1 can Water Chestnuts
Drizzle of dressing
Optional
Sunflower seeds
Dried edamame

INSTRUCTIONS

Microwave the peas per instructions on the bag. While they steam, open and drain can of tuna and can of water chestnuts. Dump those onto a plate and microwave for a minute. Drain peas and add a serving or two (or 3) to the tuna and water chestnuts. Top with a low-calorie flavorful sauce, dressing, or plain yogurt and season the heck out of it with whatever you are feeling. For my sauce, I used Walden Farms – Asian dressing and for my seasoning, I chose Lawry's adobo plus onion powder. I topped it with a handful of sunflower seeds and dried edamame. The plate went off like a rocket for me and left me fully satisfied.

NOTES

This is a high protein, high fiber, low fat, low carb hunger buster!
The \$3 plate refers to the 3 main ingredients of tuna, peas, and water chestnuts.
Jicama root can be a substitute for water chestnuts.

From the Armstrong Kitchen – Main Dishes

Sweet Potato Burrito smothered in Avocado Salsa Verde

Thank you Kathryn Taylor and cookieandkate.com for this fantastic vegetarian Mexican delight.

Sweet potato burritos with black beans, smothered in a simple but flavorful avocado salsa verde sauce. See notes for how to make these in advance. Recipe yields 4 to 6 burritos, depending on how full you stuff them.

INGREDIENTS

Enchi-Rito

- 2 medium sweet potatoes
- 1 ½ to 2 tablespoons extra-virgin olive oil
- ½ teaspoon cumin
- ½ teaspoon smoked hot paprika (or chipotle powder)
- ¼ teaspoon cayenne
- Sea salt and black pepper, to taste
- 4 to 6 whole wheat tortillas
- 2 roasted red peppers (I used jarred)
- 2 cups cooked black beans or 1 can black beans, rinsed and drained
- 1+ cup shredded Jack cheese

Avocado Salsa Verde

- 2 ripe avocados from Mexico
- 1 cup mild salsa verde, jarred
- 2 garlic cloves, roughly chopped
- 1 to 2 teaspoons fresh jalapeño, deseeded and roughly chopped, optional
- 1 lime, juiced
- ¼ cup packed cilantro leaves
- Up to 2 tablespoons water, to thin as necessary
- Sea salt, to taste

Toppings

- 1 ½ cups chopped romaine lettuce
- 1 small red onion, finely chopped
- Finely chopped jalapeño, optional
- Sour cream or plain Greek yogurt, optional

INSTRUCTIONS

1. Preheat the oven to 450 degrees Fahrenheit. Scrub and peel the sweet potatoes. Chop them into large, bite-sized chunks, about 1 to 1 ½-inches wide/long and ½-inch deep. Toss the sweet potatoes with the olive oil, cumin, smoked hot paprika, cayenne pepper and salt and pepper. Make sure they are lightly coated in oil on all sides. Pour the sweet potatoes onto a large baking

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sheet lined with parchment paper. Arrange the sweet potatoes evenly in a single layer. Do not overcrowd. Bake for about 45 minutes, flipping the sweet potato chunks halfway, until they are golden and caramelized around the edges.

2. Make the avocado sauce: in a food processor or a good blender, combine the avocado flesh, salsa verde, garlic, jalapeño (skip this if your salsa is spicy) and lime juice. Blend. Add the cilantro and blend again. Add water to thin out the sauce if desired; the sauce should glop easily off a spoon. Taste and blend in some sea salt or add another squeeze of lime if necessary. This sauce should taste like a real kick in the mouth; you'll know you're done when you can't stop going in for another spoonful of the stuff.
3. Make sure the oven is still on at 450 degrees Fahrenheit.* Place your tortillas on a baking sheet lined with parchment paper. In the middle of each tortilla, put down a couple strips of roasted red pepper, then pour ½ cup black beans down the center and top it all with ½ cup roasted sweet potato chunks. Sprinkle ¼ cup or more of jack cheese on top. Pull one edge of the tortilla over to the center of the burrito, then pull the opposite edge over to overlap a bit. Gently roll the burrito over. Repeat with remaining burritos. Bake your burritos for about 5 minutes on the middle rack, until the cheese is melted and the tortillas are lightly crisp.
4. Carefully transfer each burrito to a plate. Smother it in avocado sauce, sprinkle with ample romaine lettuce, some chopped red onion, jalapeño if you'd like and a dollop of sour cream. Go at it with a fork.

NOTES

- Roast the sweet potatoes ahead of time and warm them up a bit before assembling the burritos for a quick weeknight meal. You could also bake a batch of them and wrap them up for later, reserving the avocado sauce and toppings for the last minute.
- The taste of the avocado sauce is dependent on the type of salsa you use. I recommend a basic, mild salsa verde made with tomatillos.
- The avocado sauce will keep well in a bowl in the fridge for a few days. Cover the surface of it with plastic wrap to minimize contact with air and help ensure that your sauce doesn't go brown.
- If you have leftover sauce, it doubles as a stellar salad dressing on romaine lettuce.
- *You don't necessarily have to bake these burritos (warm tortilla, black beans and sweet potatoes should melt the cheese) but I preferred the faintly crunchy exterior of the baked burrito.
- This burrito could easily be made vegan by omitting the cheese and sour cream.

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Cherry Walnut Crusted Tuna Steak

This was a crazy haired on the fly concoction of splendid results. I know the combination sounds odd but the flavors really came together!!!

INGREDIENTS

4 Tuna Steaks (about 5 oz each)
1.5 cups walnuts
1 cup fresh cherries (pits removed)
2 cloves garlic
1 tbsp cumin
1 tbsp chili powder
1 tbsp ginger
1 tbsp parsley
.5 tbsp oregano
Salt and pepper
Olive oil

INSTRUCTIONS

Preheat oven to 350 degrees. Add nuts, cherries, garlic and all seasonings to food processor. Run until finely chopped and fully mixed but be careful not to over blend. Mixture should clump and crumble but not turn to paste. Taste to make sure that no one flavor is too overbearing and adjust as needed.

Drizzle olive oil on top and bottom of the steaks. Then pack mixture on both sides of the tuna.

Bake for 12 minutes and check temperature. Keep baking but check temp every 3-5 minutes until internal temp is 145 degrees. If you over cook these steaks, they will be terribly tough and dry.

NOTES

You can use the leftover topping mix for a salad or to just munch on while waiting for dinner. Just make sure if you eat it raw that the fish didn't touch it in any way while you were preparing it. You can also just add it to your baking dish and then it has a perfectly toasted crunch that is safe if the fish happened to have come in contact with it during prep.

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The Boss: Spaghetti Squash & Meat Sauce

INGREDIENTS

1 spaghetti squash
1 lb turkey meat
12-16 oz plain tomato sauce (more or less for desired consistency of sauce)
1 can fire roasted tomatoes (drained)
1 onion
1 green pepper
Garlic powder
Onion powder
Oregano
Salt
Pepper
Olive oil

INSTRUCTIONS

Preheat oven to 350 degrees. With a large sharp knife, cut squash in half, long ways. Drizzle with olive oil. Season with salt, pepper, onion powder, garlic powder, parsley, and oregano. Put into oven and bake for 35-45 minutes (until the insides shred easily with a fork and the sides are squishy).

Brown and season turkey meat. Sautee peppers and onions. Combine peppers and onions into the meat and add the tomato sauce and fire roasted tomatoes and more seasoning. Simmer until bubbling and heated thoroughly.

Scrape, shred, and scoop out the spaghetti squash. Pile on the sauce. Serve with a mound of green veggies. And win!

NOTES & NUTRITION

1 cup of spaghetti squash is only 10 carbs versus almost 40 carbs for a cup of whole wheat spaghetti noodles. Eat smarter.

Obviously, the denser your meat sauce is, the more protein per serving. If you're counting macros, it's better to keep the meat, peppers and onions, and sauce separate and measure each individually.

You can top with a half cup of cottage cheese for a creamer addition and boost of protein.

From the Armstrong Kitchen – Main Dishes

Creole Chicken & Green Bean Dinner

Enjoy this hearty, protein-rich comfort food dinner with a salad of dark leafy greens for the perfect fitness meal.

What You Need

Serves 6

- 1 Tablespoon olive oil
- 1 green bell pepper, chopped
- 1 yellow onion, chopped
- 1 ½ lbs skinless, boneless chicken thighs, cut into 1-inch pieces
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- 3 slices nitrate-free bacon, chopped
- 1 Tablespoon minced garlic
- ½ cup white wine
- 1 can (15oz) diced tomatoes
- 1/3 cup water
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1 teaspoon dried thyme
- 2 teaspoons hot sauce
- ½ lb fresh green beans, trimmed and cut into 1-inch pieces

Instructions

1. Place a large skillet over medium-high heat. Add the olive oil, bell pepper and onion. Cook, stirring often, for 5 minutes or until tender. Transfer to a bowl.
2. Add the chicken to the skillet and generously season with salt and pepper. Cook, stirring occasionally, until browned. Add the bacon and garlic and cook for 5 minutes.
3. Add the wine and cook for 2 minutes. Stir in the tomatoes, water, bell pepper mixture, oregano, cumin, thyme and hot sauce. Bring to a boil.
4. Add the green beans, reduce the heat to low and simmer, covered, for 15 minutes. Enjoy!

Nutrition

One serving equals: 247 calories, 8g fat, 10g carbohydrate, 4g sugar, 327mg sodium, 4g fiber, and 29g protein

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“BEST EVER WHOLE30 CURRY MEATBALLS”

I haven't made these but have had this recipe pinned for a long time. It sounds delicious and I'm craving some curry so I will likely be working on this in the very near future.

Servings: 8

PREP TIME 10 minutes

COOK TIME 35 minutes

These Best Ever Whole30 Curry Meatballs are the perfect addition to your Whole30 weekly meal plan. They taste wonderful reheated... or cold! Bring them with you to lunch atop a big and hearty salad or enjoy them with a big bowl of cauliflower rice for dinner. Any way you want them- they're amazing!

INGREDIENTS

Meatballs

2 pounds grassfed beef 90/10 works best
1/2 cup cooked cauliflower rice
1 tablespoon flaxseed meal
6 garlic cloves
1/2 a red onion roughly chopped
1 cup carrots roughly chopped
1 1/2 limes juiced
2 tablespoons coconut aminos
1 1/2 teaspoons ground ginger
1 teaspoon cumin
1/2 teaspoon red chili pepper flakes
splash fish sauce
1/2 teaspoon sea salt
1/2 teaspoon black pepper
3 tablespoons fresh basil chopped
sea salt and black pepper to taste

Curry Sauce

14 ounces canned coconut milk
2 heaping tablespoons red curry paste
2 limes juiced
3 tablespoons cashew butter
2 teaspoons garlic minced
1/2 teaspoon ground ginger
2 tablespoons arrowroot flour whisked in 2 tablespoons water

INSTRUCTIONS

1. Preheat the oven to 375 degrees Fahrenheit and adjust the oven rack to the middle position. Line a baking sheet with parchment paper and set aside.

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2. Place all of the ingredients (except the beef) for the meatballs in the bowl of a food processor. Pulse for 30 seconds or so until mixed well. Do not over process, as it will become mushy! Add the meat and process a few more times.
3. Roll into 1 1/2 - 2" balls and place them on the prepared baking sheet.
4. Bake for 20 minutes and rotate the pan 180 degrees. Bake for another 10-15 until they have reached your desired doneness. I like mine cooked to a medium doneness, so I pulled them out after 30 minutes. While they finish cooking, prepare the curry sauce.
5. In a medium saucepan, heat the coconut milk until it begins to simmer. Add the rest of the ingredients and whisk well. Bring to a low boil and turn the heat down to low. Let simmer and thicken for 10-15 minutes. If you like your sauce a bit thicker, you can add the arrowroot mixture (see the bottom of the Curry Sauce ingredients list!)
6. Serve the meatballs on a bed of cauliflower rice or regular rice (if you aren't Whole30ing!) Cover with the curry sauce and garnish with fresh herbs and red pepper flakes.

RECIPE NOTES

This recipe can be made and served on top of a bed of rice as well. Stick with cauliflower rice if you want to keep it Whole30 compliant!

AUTHOR: [Monica Stevens Le](#)

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SAVORY BUTTERNUT SQUASH SOUP

1 butternut squash; peeled, de-seeded, and cubed
2 carrots, cut in thick slices
1 med onion, cubed
2 gala apples, peeled, cored, and cubed
3 cloves of garlic
2 tbsp extra virgin olive oil
2 bay leaves
1 tsp dried thyme
1 tsp of dried sage
1/2 tsp salt
1/4 tsp white pepper
1 cup light cream
32 oz vegetable stock, pre-made or from scratch

Preheat oven to 425 degrees F. Toss squash, carrots, onion, apples, and garlic in large bowl with olive oil and the dried herbs. Spread them on a baking sheet lined with parchment paper or tin foil. Roast in oven for about 40 minutes, or until squash is tender and lightly browned. Remove from oven and place the vegetable mixture into a large soup pot over medium heat.

Add your vegetable stock.

Made from scratch, but you can use store-bought to save some time.

You can also make your vegetable stock a day or two ahead, if preferred. Store it in the refrigerator until ready to use. Simmer for 15 minutes and then remove the pot from the heat. Working in 2-3 batches, puree the soup in a blender until smooth. You can add more vegetable stock if the soup is too thick. Stir in cream until thoroughly mixed and serve!

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Slow Cooker Hearty Beef Stew

INGREDIENTS

2 tablespoons olive oil
2-3 pounds stew meat, cut into 1-inch cubes
Kosher salt and freshly ground black pepper, to taste
1 pound baby red potatoes, quartered
4 carrots, cut diagonally into 1/2-inch-thick slices
1 onion, diced
3 cloves garlic, minced
3 cups beef broth
2 tablespoons tomato paste
1(-2) teaspoon anchovy paste (this makes a huge difference in flavor; add 2nd tsp for add'l lb of meat)
1 teaspoon dried thyme
1 teaspoon dried rosemary
1 teaspoon smoked paprika
2 bay leaves
1/4 cup all-purpose flour
2 tablespoons chopped fresh parsley leaves

DIRECTIONS

1. Heat olive oil in a large skillet over medium heat.
2. Season beef with salt and pepper, to taste. Add beef to the skillet and cook until evenly browned, about 2-3 minutes.
3. Place beef, potatoes, carrots, onion and garlic into a 6-qt slow cooker. Stir in beef broth, tomato paste, anchovy paste, thyme, rosemary, paprika, and bay leaves until well combined; season with salt and pepper, to taste.
4. Cover and cook on low heat for 7-8 hours or high heat for 3-4 hours.
5. Remove 1/2 cup of stew broth and put in a small bowl, then whisk together the flour. Stir in flour mixture into the slow cooker. Cover and cook on high heat for an additional 30 minutes, or until thickened.
6. Serve immediately

NOTES

Can certainly use chicken as an alternative protein, add any veggies you'd like or just go with a veggies and potatoes option.