Cilantro Lime Chicken Bowl

Makes 4 bowls

For chicken and vegetables
1 pound boneless skinless chicken thighs or 4 small pieces
2 cups sliced bell peppers optional
1 large or 2 small zucchini, cut into half rounds
1 red onion cut into wedges
Olive oil
Salt and pepper

For the cilantro-lime sauce
4 tablespoons fresh lime juice or juice of 2 lime, more as needed
2-3 cloves garlic minced
1/2 cup cilantro, including stems
1/2 cup Greek yogurt
1/2 teaspoon agave, honey or maple syrup
Salt and pepper
Olive oil or water (optional)

For Bowls
4 cups cooked grain like quinoa/ farro/ brown rice/ lentils
1 Avocado thinly sliced
1 can black beans, drained rinsed and heated

1. Preheat your oven to 425 degrees and line a baking sheet with foil or parchment paper. Toss each of the vegetables individually with a little olive oil and salt and pepper then place on the prepared baking sheet. Season chicken with salt and pepper and brush with a bit of olive oil, then put on the baking sheet next to vegetables.
2. Cook vegetables and chicken in preheated oven for 20 minutes or until chicken is cooked to 165 degrees, and veggies are roasted through. If chicken finishes before your vegetables finish cooking just remove it from the baking sheet, if your veggies cook before your chicken, just remove the veggies from the sheet pan and keep cooking chicken.
3. To make the sauce combine all the ingredients in a blender or food processor and mix until creamy, to make a thinner sauce, you can add olive oil or even water, taste, and season to your liking.
4. Make bowls by placing grains on the bottom, top with chicken veggies, sauce and avocado, and beans, serve immediately.

Baked Frittata

Serves 4, makes 9” cake pan, or 12
6 eggs
2 tablespoons milk or choice or yogurt
1/2 cup (2 ounces) grated or crumbled cheese, divided in half
1 1/2 cups leftover cooked vegetables, meat, grains, etc., cut into small pieces no larger than 1/2”
Salt and pepper as needed

1. Preheat your oven to 350 degrees. Lightly grease a 9” round cake pan, or grease the cavities of 12 silicon or regular muffin molds.
2. Combine the eggs with milk or yogurt and half the cheese, mix well and then stir in the reserved leftovers, season with salt and pepper if desired. Pour mixture into prepared 9” round pan or pour about 1/3 cup of mixture into each muffin cavity. Sprinkle top with reserved cheese.

3. Bake whole 9” frittata in the oven for 18- 20 minutes or until the middle jiggles just slightly and is puffed and golden brown. Muffin size frittata will need to bake for about 13- 15 minutes, and the centers should just jiggle a little when moved.

4. **To store:** refrigerate frittata for up to 5 days, to freeze, cut into individual portions and freeze. To reheat place frozen frittata pieces on a cookie sheet and bake in a 275 degrees F preheated oven for 20 minutes. You can also defrost in your refrigerator overnight and reheat in the microwave for 2- 3 minutes or until heated through.

   *You can also make the frittata in a pan and finish it in your oven. Preheat your oven to 450 degrees then use a 9” cast iron skillet and cook the filling in the pan first, then pour in the egg, milk, cheese mixture and cook over the stove until the edges begin to firm up, sprinkle reserved cheese and quickly transfer the pan to the oven and bake for 8- 10 minutes or until the center jiggles just a little, remove from oven and allow to rest for at least 15 minutes before serving.*

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**Blistered Cherry Tomato Pasta**

Serves 4- 6

1 pound pasta  
1/3 cup olive oil  
10 large garlic cloves, finely chopped  
½ teaspoon chili flakes (optional)  
3 pints cherry tomatoes  
2 teaspoon balsamic vinegar, or 1 teaspoon sugar  
1 cup coarsely chopped fresh basil  
3 cups coarsely chopped baby spinach  
Salt and pepper to taste  
Freshly grated Parmesan

1. Cook pasta according to package, place drained pasta in a bowl, and reserve at least ¼ cup of the pasta water.
2. Heat a large pan, at least 12” wide over medium-high heat. Once the pan is hot, add oil, garlic, and chili flakes, if using, into the pan, cook until garlic is fragrant, try not to let it brown, so turn down the heat if necessary.
3. Add cherry tomatoes and vinegar into the pan cook until tomatoes burst and sauce begins to form about 5- 6 minutes. Add basil, spinach, reserved pasta water and cook until spinach wilts, toss with cooked pasta and cheese, season with salt and pepper as desired.