

Fit with Deb

## 15 ONE-DISH DINNER RECIPES

### Slow Cooker Chicken Marinara with Basil Zucchini Noodles (serves 4-5) (4+ hours cook time)

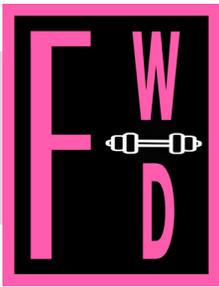


#### INGREDIENTS:

3-4 pounds chicken breasts  
1 onion, sliced  
1½ cups of low-sodium marinara  
4 medium zucchini OR bagged broccoli slaw  
¼ cup fresh basil

#### DIRECTIONS:

1. Place the sliced onion in the bottom of the slow cooker
2. Place chicken in the slow cooker on top of the onions
3. Pour the marinara sauce over the chicken
4. Put the lid on the slow cooker and cook on high for 3-4 hours or low for 6-8 hours
5. When the chicken has cooked through, remove it from the slow cooker and set aside to cool enough that you can handle it
6. In the meantime, spiralize your zucchini noodles OR open bag of broccoli slaw.
7. Place the noodles in a colander fitted over a bowl. Allow the noodles to sit for about 5 minutes. The excess water will fall into the bowl. Discard that. If using broccoli slaw, skip this step; consider sautéing the broccoli slaw to slightly soften.
8. When the chicken is cool enough to handle, shred the chicken and place it back into the slow cooker to warm in the sauce.
9. Tear up the fresh basil into pieces and toss it in with the zucchini noodles or broccoli slaw.
10. To plate, lay a bed of zucchini noodles or broccoli slaw on the plate, spoon the chicken along with some of the sauce over the noodles.



Fit with Deb

## 15 ONE-DISH DINNER RECIPES

### Grilled Salmon with Avocado Salsa (4 servings) (marinate 30+ minutes)



#### INGREDIENTS:

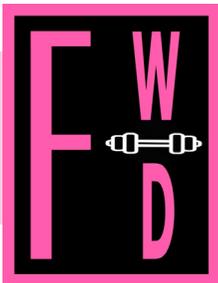
2 lbs salmon, cut into 4 pieces  
1 tbs grapeseed oil or coconut oil  
1 tsp ground cumin  
1 tsp paprika powder  
1 tsp onion powder  
1/2 tsp chili powder

#### FOR THE AVOCADO SALSA:

1 avocado, sliced  
1/2 small red onion, sliced  
Juice from 2 limes  
1-2 tbs finely chopped cilantro

#### DIRECTIONS:

1. Mix the chili powder, cumin, paprika, and onion together, rub the salmon fillets with oil and this seasoning mix
2. refrigerate for at least 30 minutes.
3. Pre-heat the grill.
4. Combine the avocado, onion, cilantro, and lime juice in a bowl and mix well, chill until ready to use.
5. Grill the salmon to desired doneness. (about 5 minutes)
6. Top with avocado salsa.



Fit with Deb

## 15 ONE-DISH DINNER RECIPES

### Baked Buffalo Wings + Marinated Slaw (5 servings) (1 hr cook time)

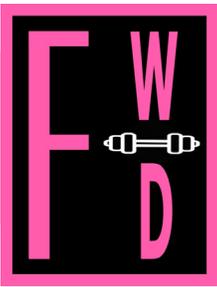


#### INGREDIENTS:

3 pounds drumettes and wings  
1 tablespoon ghee or Earth Balance or Melt soy-free spread  
6 sprigs fresh thyme (fresh makes a difference so it's worth it)  
10 garlic cloves, crushed  
 $\frac{3}{4}$  + cup hot sauce (I used Buffalo Wing sauce plus hot sauce)

#### DIRECTIONS:

1. Preheat oven to 375, and lightly grease baking sheet.
2. Place drumettes into a large bowl.
3. On a sauté pan over low heat, melt ghee/Earth Balance. Add thyme and garlic and allow to simmer for 3 minutes. Add hot sauce and stir. Pour entire mixture over chicken and toss to coat.
4. Transfer chicken to oven-proof baking dish and place in oven. Bake for 30 minutes; with tongs or a fork, flip and baste wings. Bake for 25 minutes more, occasionally basting wings while they're in the oven. My wings took longer to get crispy.



Fit with Deb

## 15 ONE-DISH DINNER RECIPES

### MARINATED SUMMER SLAW: (marinate 2 hours in fridge)

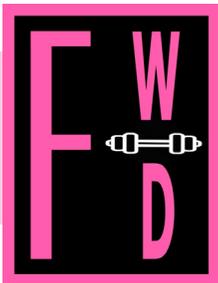


#### INGREDIENTS:

- 1 (10 ounce) package shredded cabbage
- 1 cucumber, peeled and chopped
- 1 green bell pepper, chopped
- 1 large tomato, peeled and chopped
- 1 bunch green onions, chopped
- 1/2 cup olive oil or grapeseed oil
- 1/4 cup white vinegar

#### DIRECTIONS:

Combine cabbage, cucumber, green bell pepper, tomato, and green onions in a large bowl. Add oil and vinegar. Stir to coat. Marinate slaw in the refrigerator for at least 2 hours if possible.



Fit with Deb

## 15 ONE-DISH DINNER RECIPES

### Grilled Sausage and Squash (3 servings)



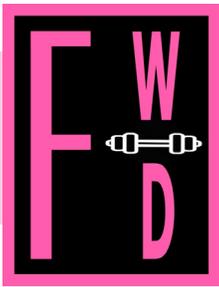
#### INGREDIENTS:

- 2 plum tomatoes, halved
- 2 tablespoons fresh Italian parsley, coarsely chopped
- 16 oz fully cooked smoked beef (or pork) sausage; cut lengthwise (I used Kielbasa)
- 1 lb fresh zucchini/squash sliced lengthwise (for the grill)
- 2 tablespoons grapeseed oil
- 1/3 cup sliced Kalamata olives
- 1/3 cup Greek vinaigrette
- 2 tablespoons capers

You may want to get a grill basket  
(I got this off Amazon: <https://amzn.com/B00ZQ9A3L6>)

#### DIRECTIONS:

1. Preheat grill.
2. Coat tomatoes and squash with oil. Place vegetables and sausage on grill; grill 2–3 minutes or until marked, vegetables are tender, and sausage is heated.
3. Place parsley, olives, dressing, and capers in large bowl. Cut tomatoes and squash into strips and cut sausage into bite-size slices; toss in dressing mixture.



Fit with Deb

## 15 ONE-DISH DINNER RECIPES

### Jerk Chicken Nachos (4 servings)

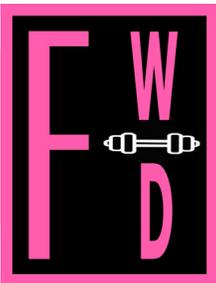


#### INGREDIENTS:

- 3 cups diced or shredded cooked chicken (save time = Rotisserie)
- 1 bottle Jamaican Jerk marinade (aim for gluten-free, low-sodium)
- 3 bell peppers, diced
- 1 lime
- 2 tbsp snipped fresh cilantro

#### DIRECTIONS:

1. Preheat oven to 425°F.
2. In bowl, combine chicken and marinade (enough to cover chicken well); mix gently.
3. Dice bell peppers. Add to chicken and marinade. Cut lime in half crosswise. Juice half of the lime over bowl of chicken and peppers.
4. Pour mix onto baking sheet. Bake until chicken is cooked.
5. Snip cilantro. Slice remaining lime half.
6. Remove nachos from oven and garnish with cilantro and lime slices.



Fit with Deb

## 15 ONE-DISH DINNER RECIPES

### Crockpot Mediterranean Chicken (serves 6)

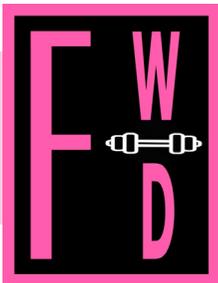


#### INGREDIENTS:

2.5-3 lb. boneless, skinless chicken  
1 small jar roasted red peppers, drained  
1/2 small jar green olives with pimentos  
(about 30 olives)  
8 pieces marinated artichoke quarters  
2 t. dried minced garlic  
1 t. dried oregano  
3 T. lemon juice  
2 T. grapeseed oil  
fresh spinach (I just used one big handful per person)

#### DIRECTIONS:

1. Put chicken in the crock pot. Put all the other ingredients (except spinach) on top. Stir to combine. Cook on low 4-6 hours or on high 2-3 hours until the chicken is done.
2. To serve put a big handful of spinach in a bowl, add 1-2 chicken pieces, add in some of the other yummy things from the pot like artichokes and olives, and top with a few scoops of cooking liquid to wilt the spinach.



Fit with Deb

## 15 ONE-DISH DINNER RECIPES

### Slow Cooker Ground Beef Tacos (serves 6-8) (cook 4+ hours)



#### INGREDIENTS:

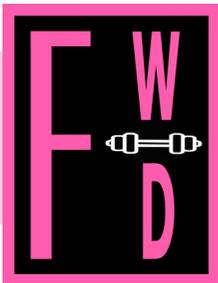
2 lb ground beef  
½ cup chopped white onion  
1 cup (or less) chicken broth (you don't want it soupy)  
5 tbsp tomato paste

#### FOR THE SEASONING:

1 tbsp Chili Powder	1 tsp oregano
3 tsp cumin	1 tsp chipotle powder (optional)
2 tsp paprika	¼ tsp Cayenne
2 tsp ground coriander	Pepper (optional)
2 tsp minced garlic	Romaine lettuce Taco toppings of choice

#### DIRECTIONS:

1. Mix the ingredients for the taco seasoning in a small bowl.
2. Add ground beef to your slow cooker.
3. Top with onions and tomato paste.
4. Mix in the Spices.
5. Finally add in chicken broth.
6. Stir the mixture around to coat most of the meat.
7. Cook for 4-6 hours on low heat.
8. Serve in lettuce “boats” or on top of salad for a no-shell taco salad. Add any taco toppings of choice.



Fit with Deb

## 15 ONE-DISH DINNER RECIPES

### One-Pan Steak and Veggies (2 servings)

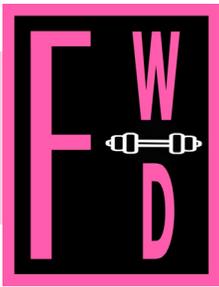


#### INGREDIENTS:

2 (6 oz) steaks (save time and buy steaks already cubed)  
2 red bell peppers, sliced  
2 yellow bell peppers, sliced  
2 green bell peppers, sliced  
1 zucchini, chopped  
½ white onion, diced  
1 clove garlic, minced  
Dash of garlic powder

#### DIRECTIONS:

1. Heat a non-stick pan over high heat. Season the steak with 1 teaspoon garlic powder.
2. Place the steak on the heated pan and let it cook, uncovered, for about 2-3 minutes on each side
3. Once the steak is cooked to your liking, remove it from the heat and allow to cool for a few minutes. Turn the stove heat down to medium. Chop the steak into small cubes.
4. Add the peppers and onion to the frying pan and let cook about 2 minutes. Add the garlic and zucchini, and cook with the other veggies stirring constantly. After about 5 minutes, add the steak cubes and mix together well, allowing the veggies and steak to cook for another minute or two.



Fit with Deb

# 15 ONE-DISH DINNER RECIPES

## Lemon Herb Chicken (4 servings) with a side salad



### INGREDIENTS FOR THE CHICKEN:

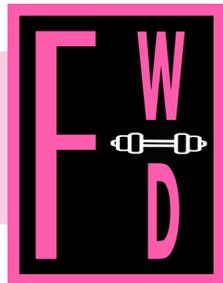
4 boneless skinless chicken breasts  
2 tablespoons ghee or Earth Balance spread  
2 teaspoons Italian seasoning

### INGREDIENTS FOR THE RICE:

1 cup uncooked brown rice  
2¼ cups low-sodium chicken broth  
juice of 1 lemon  
1 teaspoon Italian seasoning  
Optional: cilantro  
Optional: lemon wedges  
Bagged salad

### DIRECTIONS:

1. Melt ghee/Earth Balance/Melt over medium heat in a large skillet or pan (one that has a lid). Season chicken with Italian seasoning. Brown chicken in the ghee/Earth Balance for 1-2 minutes on each side. (Chicken shouldn't be cooked through at this point) Transfer chicken to a plate.
2. Add rice, chicken broth, lemon juice, and remaining Italian seasoning to the pan (no need to clean it first). Place chicken on top, then cover and simmer over medium-low heat for 20-25 minutes until liquid is dissolved.
3. Garnish with fresh cilantro if desired and lemon wedges for squeezing. Serve immediately. Serve with a side salad.



Fit with Deb

## 15 ONE-DISH DINNER RECIPES

### Balsamic Shrimp with Summer Vegetables (serves 4-6)

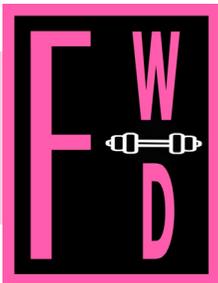


#### INGREDIENTS:

2 medium zucchini, sliced into ½-inch thick half moons  
1 medium yellow summer squash, sliced into ½-inch thick half moons  
1 medium bell pepper, stem and seeds removed, cut into 1-inch chunks  
1 cup cherry or grape tomatoes, halved  
1 medium red onion, cut into 1-inch chunks  
¼ cup plus 1 tablespoon grapeseed oil, divided  
3 tablespoons balsamic vinegar, divided  
juice of 1 lemon  
1½ lbs shrimp, peeled and deveined (tails left on, if desired)  
½ teaspoon Worcestershire sauce  
¼ cup roughly chopped basil leaves

#### DIRECTIONS:

1. Place one oven rack in the center of the oven, and the other rack 4 inches from the top heat. Spray a sheet pan with cooking spray. Preheat the oven to 375°F.
2. Combine the zucchini, yellow squash, bell pepper, tomatoes, and onion on the prepared sheet pan and season with ¼ cup of the oil, 2 tablespoons of the vinegar and the lemon juice. Toss to coat.
3. Roast the vegetables on the center rack until they are softened and they are beginning to brown on the edges, about 20-25 minutes. Remove the sheet pan from the oven.
4. While the vegetables are cooking, place the shrimp in a large bowl and add the remaining 1 tablespoon of oil, the remaining 1 tablespoon of vinegar, and the Worcestershire sauce. Toss gently. Let the shrimp marinate at room temperature while the vegetables are roasting.
5. Once you remove the vegetables from the oven, turn the oven to broil. Scatter the shrimp and the marinade over the vegetables in a single layer. Broil on the upper rack in the oven until the shrimp are cooked through, about 5 minutes. Scatter the basil over the finished dish.



Fit with Deb

## 15 ONE-DISH DINNER RECIPES

### Peppered Beef and Snow Peas (serves 5)

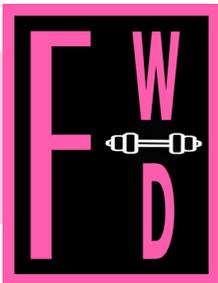


#### INGREDIENTS:

1 ½ lb sirloin steak, sliced thinly across the grain (buy beef strips to save time)  
½ c Bragg's liquid aminos (instead of soy sauce)  
1 Tbsp brown sugar  
2 Tbsp gluten-free arrowroot starch  
1 Tbsp fresh ginger, minced (or buy powdered ginger)  
pinch red pepper flakes  
16 oz snow peas, ends trimmed off (busy: leave ends on)  
4 green onions, sliced  
3 Tbsp grapeseed oil or coconut oil, divided  
5-6 Tbsp water  
1-2 packs Uncle Brown's instant brown rice

#### DIRECTIONS:

1. In a medium bowl, combine liquid aminos, brown sugar, arrowroot starch, ginger, 1 tsp oil, and red pepper flakes. Add steak to the marinade and toss to coat.
2. In a large skillet, heat 2 Tbsp oil over high heat. Add snow peas and cook 1-2 minutes. Remove from skillet and set aside.
3. Allow oil to heat back up. Add beef strips and green onion to skillet (try to leave as much of the marinade in the bowl as possible). Cook on one side 1 minute without disturbing. Flip and cook an additional 30 seconds to 1 minute until no longer pink. Remove and set aside with snow peas.
4. Reduce heat to medium. Pour in remaining marinade and add 5 Tbsp water. Allow marinade to come to a bubble and simmer until thickened. Add additional water if needed to achieve your desired consistency. Return peas and beef to skillet and toss with sauce.
5. Serve over microwaved brown rice.



Fit with Deb

## 15 ONE-DISH DINNER RECIPES

### One-Skillet Tuscan Chicken (serves 3-4)

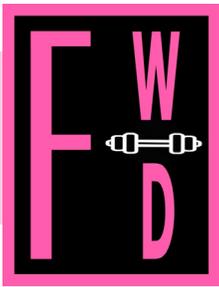


#### INGREDIENTS:

1 lb boneless, skinless chicken breasts, cubed  
8 oz mushrooms, sliced  
1/2 yellow onion, diced  
2-3 cloves garlic, minced (I buy jarred)  
2 medium tomatoes, diced  
1 (15 oz) can Cannelini Beans, drained and rinsed (use HALF the can)  
1/2 cup chopped sun-dried tomatoes  
1/3 cup black olives  
2-3 Tbsp olive oil or grapeseed oil  
1 Tbsp Nature's Hollow honey substitute  
1 Tbsp balsamic vinegar  
1 tsp oregano  
1 tsp thyme  
2 Tbsp fresh basil, chopped for garnish  
Bagged salad

#### DIRECTIONS:

1. In a large skillet over medium heat, add the cubed chicken pieces and cook for about 8 minutes on both sides, until cooked through. Remove chicken and transfer to a plate.
2. Add 2 Tbsp of oil to the skillet and sauté the sliced mushrooms 3 minutes. Add the diced onion. Sauté another 3 minutes. Add the minced garlic and sauté one more minute.
3. Add 1 Tbsp oil to the skillet and toss the diced tomatoes, sun-dried tomatoes, Cannelini beans, and black olives. Sprinkle in the oregano, thyme and drizzle the balsamic vinegar and "honey." Stir a few minutes.
4. Next, add the cooked chicken to the skillet – stir and cook 1-2 minutes, or until chicken is heated through. Serve hot, garnished with the fresh basil, with a side salad.



Fit with Deb

## 15 ONE-DISH DINNER RECIPES

### Chipotle Taco Skillet (4 servings)



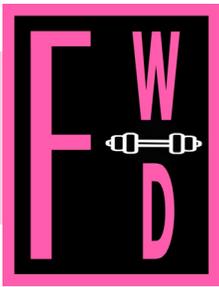
#### INGREDIENTS:

Recipe calls for oven-safe skillet  
(ideally cast-iron)

½ cup chopped onions  
2 tbsp coconut oil or grapeseed oil  
1 lb breakfast sausage  
¼ tsp chipotle chile pepper  
¼ tsp Mexican chili powder  
¼ tsp cumin  
Large handful fresh spinach, chopped  
(I did not chop mine)  
handful cherry tomatoes, quartered  
(I did not quarter mine)  
4 eggs  
avocado, sliced, for garnish  
salsa for topping

#### DIRECTIONS:

1. Heat a small-medium oven proof skillet (cast iron is ideal) over medium heat and preheat your oven to 400 degrees.
2. Melt the oil in skillet and add the chopped onions, then add the sausage. Sprinkle spices on top.
3. Once the meat is nearly browned, lower the heat and add the spinach and tomatoes, stir to combine.
4. Remove from heat and create spaces in the mixture to add the eggs. Carefully crack each egg into the pan one at a time.
5. Put the skillet in the oven and bake for 10 minutes or until the eggs are cooked to preference.
6. Top with sliced avocado and chipotle salsa to serve.



Fit with Deb

## 15 ONE-DISH DINNER RECIPES

### One-Pan Pork Chops and Veggies (4 servings)

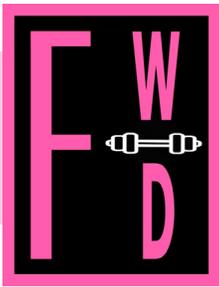


#### INGREDIENTS:

grapeseed oil  
2 cups fresh broccoli florets  
4 cups fresh green beans, trimmed and cleaned  
2 lbs. boneless thin cut pork chops  
Smokehouse Maple seasoning (by McCormick) or other seasoning blend

#### DIRECTIONS:

1. Preheat oven to 425 degrees.
2. Brush one large or two small rimmed baking sheets with oil.
3. Lay broccoli, green beans, and pork chops onto oiled baking sheet. Drizzle oil over all 3 foods. Sprinkle the pork chops with the seasoning.
4. Place pan in a 425 degree oven for 25-30 minutes until meat is cooked through.



Fit with Deb

## 15 ONE-DISH DINNER RECIPES

### Beef & Kale Stroganoff (serves 6)



#### INGREDIENTS:

3 cups chopped kale (stems removed)  
3 Tbs grapeseed oil or coconut oil  
10 oz sliced mushrooms  
1.5 lbs tender cut of beef, cut into pieces  
3/4 cup low-sodium beef stock or broth  
1 Tbs tomato paste  
2 tsp yellow mustard  
1/2 tsp ground black pepper  
1 tsp onion powder  
1/2 cup full-fat canned coconut milk

#### DIRECTIONS:

1. Steam the kale for about 7 minutes, tossing a couple of times during steaming, and cook until tender and then set kale aside.
2. Heat oil in a large skillet over medium heat and cook the mushrooms and beef with onion powder until they are nicely browned, about 7 minutes. Add 3/4 cup of beef stock to the pan. Stir in the tomato paste, mustard and black pepper. Cook on medium heat for 5-8 minutes. Add kale back in. Turn the heat off and stir in the canned coconut milk until well-combined.