



B.Y.O.W.  
(Bring Your  
Own Wine)



# 25

## SIMPLE & HEALTHY DINNER RECIPES

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# WALNUT & APPLE PORK CHOPS

Deliciously sweet apple chunks... Check! Perfectly spiced savory pork chops... Check! Just a few more steps to enjoy this classic comfort dish!

- 
- 1 1/2 lbs pork chops (bone in)
  - 1 tsp salt
  - 1 tsp black pepper
  - 1 tsp dried tarragon
  - 2 tbsp coconut oil
  - 2 tbsp honey
  - 1 tsp cinnamon
  - 1 apple, chopped
  - 1/3 cup walnuts, chopped
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1. Season pork chops with salt, pepper, and dried herbs.
2. Heat 1 tbsp coconut oil in large skillet over medium heat. Add pork chops and cook about 6-8 minutes on each side until cooked through (cooking time will vary by thickness of chops).
3. Remove chops from skillet. Next, add remaining coconut oil, honey, and cinnamon to skillet. Mix well.
4. Add apple and walnuts to honey mixture in pan on medium heat. Cook until apples are soft.
5. Serve apple mixture over chops.



# HONEY BBQ CHICKEN WINGS

Whoa whoa whoa... honey BBQ chicken wings?! How can these be healthy?! These wings are baked and coated with a homemade BBQ sauce (psst: no artificial ingredients!).

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- 2 lbs chicken wings

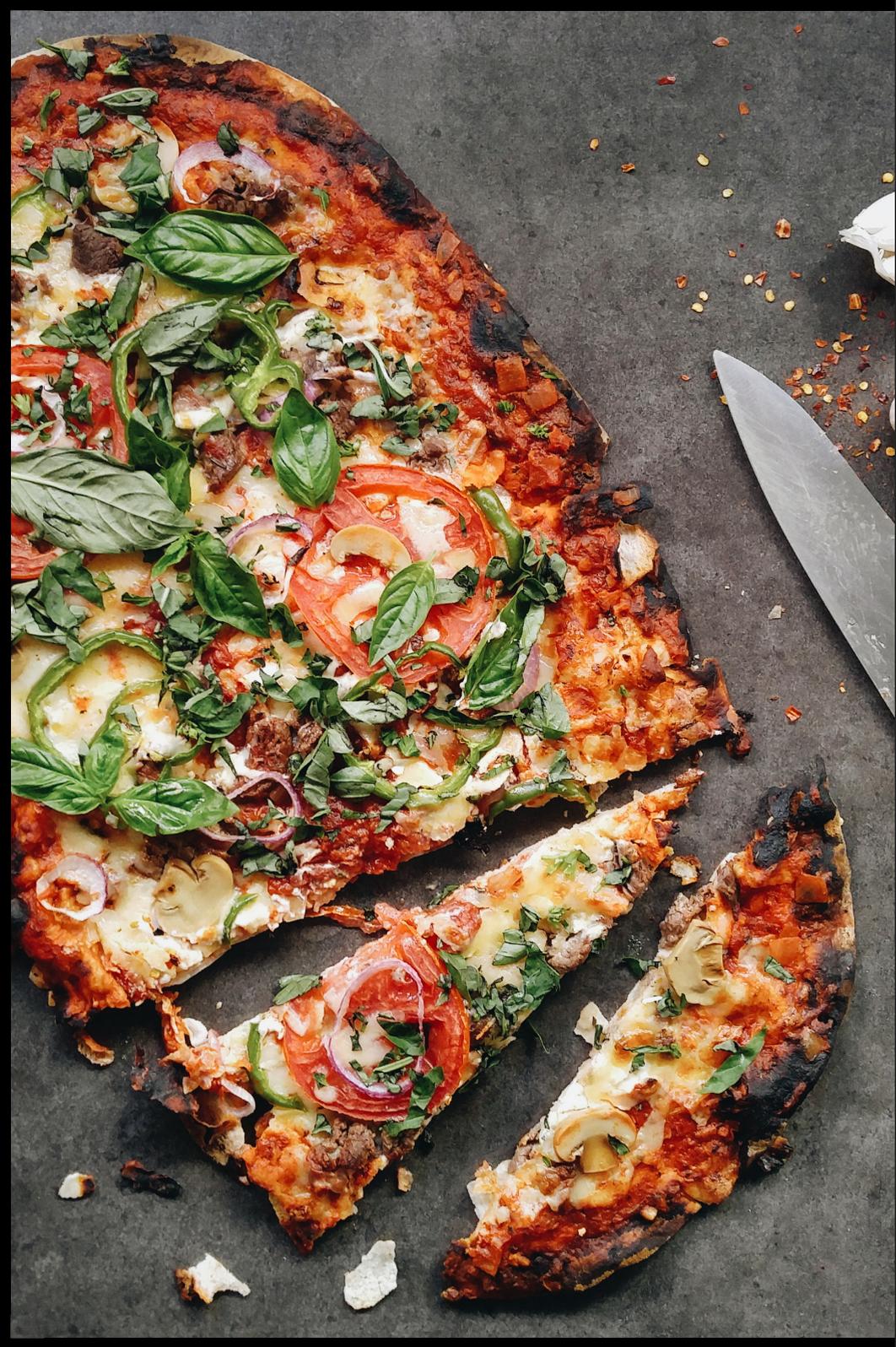
Sauce:

- 1 cup tomato sauce
- 1/4 cup rice vinegar
- 2 tbsp honey

Sauce cont'd:

- 1 tsp black pepper
  - 1 tsp garlic powder
  - 2 tsp paprika
  - 1/2 tsp salt
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1. Combine all sauce ingredients.
2. Add chicken to bowl and coat with sauce, reserving 1/4 cup.
3. Place chicken on baking sheet lined with foil.
4. Bake at 425F for about 35 minutes (until chicken is cooked through; check after 30 min.).
5. Remove from oven and coat with remaining BBQ sauce before serving.



# CAULIFLOWER CRUST PIZZA

Cauliflower and Pizza? I bet you never thought those two would go together! Make this healthy veggie dish and you'll be in for a VERY pleasant surprise!

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## Crust:

- 1 head cauliflower
- 1 egg
- 1/2 cup mozzarella cheese, shredded
- 1 tsp garlic powder

## Toppings:

- 1/2 cup mozzarella cheese, shredded
- 1 tomato, sliced

## Toppings, cont'd:

- 1/2 cup spinach
- 1/2 red onion, sliced
- 1/2 cup mushroom, sliced

## Sauce:

- 10 oz tomato sauce
- 1 tsp dried basil
- 1 tsp dried oregano
- 2 tsp garlic salt

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1. Grate cauliflower head very finely. Squeeze excess moisture from grated cauliflower with paper towels.
  2. Add remaining crust ingredients. Press onto pizza pan.
  3. Bake crust at 425F for 10-12 minutes (until crust becomes golden).
  4. Spread sauce on crust. Add toppings.
  5. Place back in oven and cook until cheese is melted (10-12 minutes).



# BLACK BEAN BISON CHILI

Take off your cowboy hat and boots and settle down next to this lean and flavor packed dish that was born on the range.

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- 1.5lbs ground bison (uncooked)
  - 15 oz black beans (drained)
  - 30 oz tomato sauce
  - 6 oz tomato paste
  - 15 oz diced tomatoes
  - ½ onion (chopped)
  - 2 tsp black pepper
  - 2 tsp ground cumin
  - 2 tsp garlic powder
  - 1 tsp dried parsley
  - 1 tsp paprika
  - 1 tsp garlic salt
  - ½ cup beef broth
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1. Add ground bison to skillet and cook on medium-high.
2. In the meantime, add all remaining ingredients to large pot. Stir in cooked bison.
3. Bring to boil. Cover, and cook on high for 25 minutes.
4. Reduce heat to medium and cook for 15 more minutes, until beef is cooked through.
5. Simmer until ready to serve.



# LEMON PEPPER SALMON

You read that right... This recipe only needs 3 ingredients and 4 seasonings. In no time, you'll be enjoying this simple and delicious classic dish!

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- 1 lb salmon filets
  - 1 tbsp olive oil
  - 2 lemons
  - 1 tsp salt
  - 1 tbsp minced garlic
  - 2 tsp black pepper
  - fresh dill
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1. Place salmon (skin side down) on grilling plank. Place inside baking dish (to catch drippings).
2. Drizzle olive oil on filet(s).
3. Slice one lemon, place slices onto salmon. Use juice from remaining lemon to drizzle on top. Season with salt, garlic, and black pepper.
4. Bake at 400F for 12-15 minutes.
5. Garnish with fresh dill.



# SWEET POTATO & CHICKEN BOWL

Classic southern ingredients like sweet potatoes and kale made a trip to your kitchen for one of the healthiest and best-tasting chicken dishes around. I dare you to only make this dish once.

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- 1 lb chicken breast, cut into 1" pieces
  - 1/2 lb sweet potatoes, cut into 1" pieces
  - 1 cup kale, chopped
  - 2 tbsp coconut oil, melted
  - 1 tsp ground coriander
  - 1 tsp ground turmeric
  - 1 tbsp minced garlic
  - 1 tsp salt
  - 1 tsp pepper
  - fresh parsley
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1. Add cubed chicken, sweet potatoes, and chopped kale to casserole dish (just toss it all in there).
2. Whisk melted coconut oil with coriander, turmeric, garlic, salt, and pepper. Pour this mixture over everything in the casserole dish.
3. Bake at 425F for 15-20 minutes (until chicken is cooked through and potatoes are soft).
4. Garnish with fresh parsley.



# CHICKEN FRIED RICE

Simple, delicious, and healthy... This scrumptious dish will keep you a step ahead of even your most favorite Chinese restaurant!

- 
- 1 1/2 cups brown rice
  - 4 tbsp sesame oil
  - 1/2 onion, chopped
  - 1/2 lb chicken breasts, cut into 1" pieces
  - 1/2 cup peas (frozen or canned)
  - 2 carrots, chopped
  - 1 tbsp minced garlic
  - 3 eggs
  - 2 tsp black pepper
  - 3 tbsp low sodium soy sauce
  - 1/4 cup green onions, chopped
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1. Prepare rice as directed.
2. While rice is cooking, add 2 tbsp of oil to skillet and heat on high. Add chicken and stir until cooked (approx. 5-8 minutes).
3. Carefully remove chicken from pan and set aside.
4. Add remaining oil with onion, peas, carrots, and garlic. Cook on medium-high until onions become soft.
5. Crack eggs into skillet and stir frequently to scramble.
6. Mix in chicken, rice, pepper, and soy sauce. Top with onions.



# PANCAKES W/ PEACH GLAZE

Get ready for this sweet and healthy twist on your favorite breakfast classic – the pancake.

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## Pancakes:

- 1 cup oat flour
- 1 ripe banana
- 2 eggs
- 1/3 cup almond milk

## Peach Glaze:

- 1/4 cup honey
  - 1 tbsp coconut oil
  - 1 tsp cinnamon
  - 1 ripe peach, peeled & chopped
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1. Mash banana and combine with pancake ingredients. If batter is too thick to pour, slowly add more almond milk.
2. Spray skillet with cooking spray. Pre-heat to medium. Slowly pour pancakes into pre-heated skillet.
3. Flip when underside is golden.
4. Add glaze ingredients to saucepan. Stirring frequently for 3-5 minutes, then add in peaches. Remove from heat.



# ROSEMARY SIRLOIN STEAKS

It doesn't get much easier than this... 2 ingredients, 5 seasonings, and 30 minutes in the oven and you have a meal you won't soon forget!

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- 1/2 cup beef broth
  - 1 lb sirloin steaks
  - 1 tsp salt
  - 1 tsp dried rosemary
  - 1 tsp peppercorns
  - 1 head garlic
  - fresh rosemary
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1. Pour beef broth into the bottom of a baking dish.
2. Season steaks with salt, peppercorns, and dried rosemary. Add to baking dish.
3. Peel head of garlic, and add cloves to pan. Top with half of the fresh rosemary.
4. Bake at 400F for 30-45 minutes (cooking time will vary based on thickness of steaks). Check after 30 minutes.
5. Garnish with more fresh rosemary.



# PARMESAN CHICKEN

Does anyone actually dislike chicken parmesan? Good thing we found a way to keep this dish simple, healthy, and packed with flavor.

- 
- 1 lb chicken breasts
  - 1/2 cup mozzarella cheese
  - fresh arugula

#### Sauce:

- 24 oz tomato sauce
- 1 tsp garlic salt
- 1 tsp dried oregano
- 1 tsp dried basil

#### Breading:

- 2 eggs
  - 1 Tbsp red wine vinegar
  - 1/3 cup parmesan cheese, grated
  - 1 cup oat flour
  - 1 tsp black pepper
  - 1 tsp garlic powder
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1. Mix all sauce ingredients in medium bowl.
2. In separate bowl, whisk eggs and vinegar. In another bowl, mix oat flour, black pepper, and garlic powder.
3. Coat chicken in egg mixture, then roll in dry mixture.
4. Place into pan. Top with sauce and cheese.
5. Bake at 375F for 30-40 minutes.
6. Serve with fresh arugula.



# SAUSAGE W/ HOMEMADE KETCHUP

Never made your own ketchup before? Trust me, this savory and healthy sausage recipe is the perfect excuse to learn to make your new favorite side.

- 4 links chicken sausage
- 1 tbsp olive oil
- 1 tbsp dried thyme
- 1 tbsp dried oregano

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## Ketchup:

6 oz tomato paste  
1 tbsp rice vinegar  
1 tbsp water  
1 tsp onion powder  
½ tsp garlic powder  
½ tsp coconut sugar  
½ tsp celery salt  
pinch of black pepper

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1. Add olive oil to skillet on medium-high heat with thyme and oregano.
  2. Place chicken sausages in skillet, and cook for about 4-5 minutes each side, until middle is cooked thoroughly.
  3. Combine all ketchup ingredients.
  4. Serve sausages with homemade ketchup.



# FISH TACOS

I know you're busy enjoying those awesome killer waves... But thankfully this simple recipe leaves you plenty of time to enjoy this surfer classic. I present you with... the fish taco.

- 
- 1 lb halibut
  - 2 tsp black pepper
  - 1 tsp salt
  - juice from 1/2 lime
  - 1 1/2 cups cabbage slaw
  - 10 corn tortillas
  - 1 avocado, sliced
- Slaw Dressing:
- 3 tbsp olive oil
  - 2 tbsp rice vinegar
  - 1/4 tsp chili powder
  - 1 tbsp honey
  - juice from 1/2 lime
  - 1/4 cup cilantro, chopped
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1. Place halibut on baking sheet. Season with salt, pepper, and lime. Bake at 350F for 20 minutes (until done in the middle).
2. Whisk slaw dressing ingredients in medium bowl. Add cabbage slaw and coat well.
3. Once halibut is cooked, slice into thin pieces.
4. Add fish, seasoned cabbage slaw, and avocados to tortillas.



# SHRIMP LINGUINE

Lots of great Italian flavors are packed into this absolutely delicious seafood classic. Pro tip: you'll want some nice garlic bread to soak up that sauce!

- 
- 12 oz linguine noodles
  - 1/3 cup olive oil
  - 1 tbsp minced garlic
  - 1/2 lb shrimp, peeled & deveined
  - 1 cup fresh tomatoes, chopped
  - 1 tsp black pepper
  - 1 tsp salt
  - fresh oregano, chopped
  - 1/4 cup parmesan cheese

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1. Prepare noodles as directed. Do not overcook.
  2. In the meantime, add 2 tbsp of the olive oil to a large skillet. Add minced garlic and cook on high for 8 minutes.
  3. Reduce to medium high, add shrimp and tomatoes, and stir until shrimp is cooked.
  4. Add cooked noodles to skillet and mix in remaining ingredients (including remaining olive oil).



# PORK LOIN & CREAMY MUSHROOM SAUCE

This Creamy Mushroom Sauce paired with your heavenly pork loin will get you thinking... "So what should I name my restaurant anyway?"

- 
- 1 lb pork loin
  - 2 cups cremini mushrooms
  - 2 tsp peppercorns
  - 1 tsp salt
  - 2 tsp dried parsley
  - 1 tsp red pepper flakes
- Sauce:
- 1 cup chicken broth
  - 1/2 cup light buttermilk
  - 5 oz plain greek yogurt
  - 3 tbsp Worcestershire sauce
  - 1 tsp black pepper
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1. Add pork loin and mushrooms to 13x9 baking dish.
2. Season pork with peppercorns, salt, dried parsley, and red pepper flakes.
3. Add all sauce ingredients to saucepan. Stir well and bring to boil. Reduce heat and simmer for 10 minutes.
4. Pour gravy over pork loin and mushrooms.
5. Bake at 400F for about 40 minutes (until pork loin is cooked through).



# GINGER SPICE PUMPKIN SOUP

Love autumn? We do too. Luckily, its only about 25 minutes away after you effortlessly craft this recipe together.

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- 2 (15 oz) cans pure pumpkin puree
  - 2 cups low sodium vegetable broth
  - 1/2 onion, chopped
  - 1/3 cup grated parmesan cheese
  - 1/2 tsp minced ginger
  - 1/2 tsp ground ginger
  - 1 tsp black pepper
  - 1/4 tsp nutmeg
  - 1/4 cup pumpkin seeds
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1. Add all ingredients (excluding garnish) to pot and stir well.
2. Bring to boil on high heat.
3. Reduce to low-medium heat and cook for 25 minutes.
4. Serve soup warm or cold.



# STRAWBERRY & AVOCADO SALAD

Avocado and Strawberry may seem like an unlikely pairing – but I promise you'll never think that again after you have this fantastically healthy (don't worry it still tastes good) dish.

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- 5 oz fresh spinach
- 1 avocado, sliced
- 1 1/2 cups fresh strawberries, sliced
- 1/3 cup pecans, chopped
- 1/2 cup feta cheese

## Dressing:

- 1/4 cup olive oil
  - 2 tbsp rice vinegar
  - 1 tsp garlic powder
  - juice from 1 lemon
  - 1 tsp dried oregano
  - 2 tsp coconut sugar
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1. Whisk together all dressing ingredients.
2. Add spinach to large bowl and coat evenly with dressing.
3. Add remaining salad ingredients. Gently mix.



# SWEDISH MEATBALLS

Unique and healthy ingredient choices like almond flour keep these Swedish meatballs rolling with the good times.

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• 1/4 cup olive oil

Meatballs:

- 1 lb extra lean ground beef
- 1 tbsp minced garlic
- 1/4 cup onion, diced
- 1 egg
- 1 tbsp almond flour
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp onion powder

Sauce:

- 2 tbsp ghee
- 3 tbsp whole wheat flour
- 2 cups beef broth
- 5 oz plain greek yogurt
- 1 tsp black pepper
- 1 tbsp Worcestershire sauce
- 2 tbsp fresh parsley (garnish)

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1. Heat skillet on high, and coat the bottom of the pan with olive oil.
  2. Combine all meatball ingredients. Form into balls. Add to skillet, and cook for approximately 10 minutes, turning throughout to cook all sides.
  3. Remove meatballs and set aside. Add ghee and flour to saucepan. Cook on medium heat.
  4. Add beef broth, stir, then add remaining ingredients.
  5. Add meatballs, coat well, and garnish with fresh parsley.



# ROASTED GARLIC GOLDEN POTATO SOUP

Hearty, healthy, and heart-healthy. Say that three times fast! Just be sure to keep the spoon out of your mouth for a bit first. You can't? Oh, that tends to happen with this dish.

- 
- 1 head of garlic
  - 2 tsp black pepper
  - 1 tsp salt
  - 2 tbs coconut oil
  - 2/3 cup yellow onion, chopped
  - 4 cups low sodium chicken broth
  - 2 tbsp oat flour
  - 1 cup light buttermilk
  - 1 ½ lbs golden sweet potatoes, peeled & diced
  - green onions, diced
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1. Roast garlic: cut off top of garlic head. Sprinkle with 1 tsp black pepper and ½ tsp salt. Wrap in foil. Bake at 425 for 40 minutes.
2. After garlic is roasted, add coconut oil to large saucepan. On high heat, add onion & roasted garlic cloves. Stir occasionally, mashing the garlic cloves as well. Cook for 2 minutes.
3. Add 1 cup chicken broth and oat flour to coconut oil/onion mixture. Mix well. Add remaining ingredients to saucepan.
4. Bring to boil. Cover, and reduce heat to low-medium, simmering until potatoes are cooked thoroughly (approximately 35-40 minutes).



# TURKEY SLIDERS

Carefully chosen spices ensure these healthy turkey sliders can stand toe-to-toe with any beef burger and day of the week. Go ahead... try me.

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Patties:

- 1 lb lean ground turkey
  - 1 tsp smoked paprika
  - 2 tbsp oat flour
  - 1 egg yolk
  - 1 tsp black pepper
  - 1 tbsp dried oregano
  - 1 tsp dried rosemary
  - 1 tsp dried parsley
  - 1/4 cup mustard
  - 1 tbsp honey
  - 8 whole wheat rolls
  - fresh sprouts
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1. Heat skillet on medium high heat.
2. Combine slider patty ingredients. Form into patties, and place patties in hot skillet.
3. Cook about 5-7 minutes each side, flipping once.
4. Slice rolls in half, and bake at 400F for about 5 minutes to warm up. Sliced side up, broil on high for 1 minute to toast.
5. Stir honey and mustard together. Serve burgers with mustard and sprouts.



# THREE CHEESE LASAGNA

Just like mom always made... Except better (Don't worry, we won't tell her). Classic flavors with healthier ingredients keep this old time favorite in your kitchen guilt free.

- 
- 1 lb lean ground turkey
  - 1 onion, finely chopped
  - 30 oz can tomato sauce
  - 2 fresh tomatoes, finely chopped
  - 2 tbsp dried oregano
  - 1 tbsp dried parsley
  - 2 tbsp minced garlic
  - 2 tsp salt
  - 2 tsp black pepper
  - 16 oz ricotta cheese
  - 2 cups low-fat mozzarella cheese, shredded
  - 12 lasagna noodles (no boil)
  - 1/2 cup parmesan cheese, grated
  - fresh basil
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1. Add ground turkey and onions to skillet. Cook on high until turkey is cooked through (about 10-12 min.).
2. Add tomato sauce, crushed tomatoes, oregano, parsley, garlic, salt, and pepper to skillet with turkey. Cook on high for 8 more minutes.
3. In separate bowl, combine ricotta, 1/2 of the mozzarella,
4. In a baking dish, layer lasagna noodles, meat sauce, and cheese mixture. Repeat, finishing with noodles.
5. Sprinkle with remaining mozzarella cheese and parmesan cheese.
6. Bake at 375 for 50 minutes. Serve with fresh basil.



# CHICKEN TIKI MASALA

Don't worry, we've got your back with a simple Masala recipe that stays true to those delicious and complex Indian flavors.

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- 8 oz plain greek yogurt
  - juice from 1 lemon
  - 1/2 tsp cinnamon
  - 2 tsp ground cumin
  - 1 tsp black pepper
  - 2 tsp ground ginger
  - 1 tsp salt
  - 1 lb chicken breasts
  - 4-6 skewers
  - 2 tbsp ghee
  - 1 onion, chopped
  - 8 oz can tomato sauce
  - 1 cup light buttermilk
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1. Combine yogurt with lemon juice and \*half\* of all remaining ingredients in left column.
2. Cut chicken into chunks and add to marinade. (You can cook right away, but the longer this sits, the more flavor it will absorb.)
3. Soak skewers in water and place chicken on skewers.
4. Heat grill to high, and grill chicken until cooked (10 min).
5. Add ghee to skillet. Turn to high and cook onion until soft. Add remaining half of seasonings from left column. Stir in tomato sauce and buttermilk.
6. Cook on medium for 20 minutes. Add grilled chicken and simmer for 10 minutes.

# SHRIMP SPRING ROLLS

Don't let this recipe fool you. Even though the shrimp may lack size this recipe delivers big time flavor!

- 
- 1/2 lb jumbo shrimp, peeled & deveined
  - 10 sheets rice paper
  - 5 oz rice noodles
  - 2 avocados, sliced
  - 1/4 cup fresh cilantro
  - 3/4 cup carrots, shredded
  - 1 cup red cabbage, thinly sliced
  - fresh sprouts
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1. Add 1 cup water to saucepan. Bring to boil. Add shrimp, and cook until shrimp turn orange. Remove from water. When cool, slice in half.

2. Next, boil rice noodles until tender. Strain & set aside.

3. Dip a dry rice paper wrapper in a pan of water. Carefully transfer this to a wet paper towel and lay flat (rice paper will be sticky).

4. Add remaining ingredients, including shrimp, into middle of rice paper. Carefully roll-up rice paper to hold the ingredients inside. Fold edges in like a burrito.

5. Repeat until all rice paper is used. Garnish with sprouts.





# MEDITERRANEAN ORZO SALAD

The world-renowned health of the Mediterranean diet is effortlessly brought to your kitchen with this delicious assortment of spices and ingredients.

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- 8 oz orzo pasta
- 1 lb chicken breasts
- juice from 1 lemon
- 1 red onion, diced
- 1/2 cup kalamata olive, pitted & halved
- 1 cup grape tomatoes, halved
- 1/3 cup low-fat feta
- 3/4 cup cucumbers, diced

## Dressing:

- 1/2 olive oil
  - 3 tbsp red wine vinegar
  - 1 tsp garlic powder
  - juice from 1/2 lemon
  - 1 tsp dried oregano
  - 1 tsp dried basil
  - 1 tsp honey
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1. Cook orzo as directed. Set aside to let cool.
2. Cut chicken breasts in half. Place on baking sheet and coat with lemon juice. Bake at 350F for 15-18 minutes (check after 15 minutes).
3. Combine all dressing ingredients.
4. Once chicken is cooked, cut into chunks.
5. Toss cooled orzo with chicken, dressing, and remaining ingredients.



# VEGETABLE YELLOW CURRY

This vegetarian curry dish keeps all the delicious flavors of India in what's likely the healthiest way possible. You might want to make a double recipe for this one.

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- 1 cup brown rice
  - 15 oz coconut milk
  - 2 cups vegetable broth
  - 1/4 cup yellow curry paste
  - 1/2 cup onion, chopped
  - 1 cup potato, chopped
  - 1/2 cup green bell pepper, sliced
  - 1 cup zucchini, sliced
  - 1 tsp salt
  - 1 tsp minced garlic
  - fresh basil
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1. Cook rice as directed.
2. In the meantime, add all ingredients to large pot (excluding cooked rice) and stir well.
3. Bring to boil.
4. Reduce heat and cook on low-medium heat for 30 minutes (until vegetables are soft).
5. Serve with fresh basil (and cooked rice, if desired).



# BEEF STIR-FRY

I swear, anyone that eats this beef stir-fry will be your best friend for life... Just kidding, but it is very tasty - and possibly one of the healthiest ways to enjoy some delicious beef for dinner thanks to coconut oil, a lean cut, and lots of veggies.

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- 1 tbsp coconut oil
- 1/4 cup water
- 2 bell peppers, sliced
- 1/2 onion, sliced
- 1 lb flank steak, thinly sliced
- 2 cups broccoli, chopped

## Sauce:

- 1/4 cup soy sauce
  - 1 tbsp sesame oil
  - 2 tsp light brown sugar
  - 1/4 tsp ground ginger
  - 1 tsp minced garlic
  - 1 tsp sesame seeds
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1. Heat coconut oil and water in skillet on high heat. Add peppers and onion, and cook until soft (about 10 min).
2. Whisk all sauce ingredients.
3. Add sauce mixture to pan along with steak and broccoli.
4. Bring to boil, cover, and cook on medium heat until steak is cooked through, and broccoli is steamed.