

# 25 Quick and Easy Paleo Meals



by Plaid and Paleo

# About the Author

I started Plaid and Paleo in May 2013 after realizing Paleo was more than just a diet but a true passion of mine. I am committed to eating clean and living a healthy life.

My health wasn't always a priority. In 2012, I hit my heaviest weight. I looked in the mirror and had no clue how I let my body go. I realized I'd been making excuses. I ate quesadillas and ice cream almost every night because tortillas, cheese and ice cream were always on sale. I didn't exercise because I was too tired after work. My clothes stopped fitting, I bought new \$15 stretchy jeans. My health ranked last on my list of priorities.

It all came to a head when I saw a couple pictures of me and could barely recognize myself. A month later, I tried Paleo but didn't really give it my best effort. I almost gave up after a week of eating only eggs. I still ate black beans and peanut butter for the first month but didn't notice a change. Finally I made the decision to truly commit myself to eating Paleo and working out. I went to my first hot yoga class and thought I was going to pass out, but I went back the next night and the next. Instead of stress eating, I took my stresses out on my mat. Slowly but surely the pounds came off.

A year into Paleo, I started eating red meat again and now I even eat bacon. I still can't believe I went 5 years without a steak! I completed my first Whole30 in January 2014. I'm kind of glad I waited because I don't think it would have had the same impact. I can honestly say I'm the healthiest I've ever been in my life. It shocks me a little since I definitely don't work out three hours a day anymore! Paleo completely changed my life, and I want to share that transformation with others.

My ebook came out of the complaint I hear the most. "I don't have time to cook and eat healthy." When I first went Paleo, I was working 60+ hour weeks and attempting to squeeze working out four times a week. I understand being busy! It can be hard to find the motivation to make a home cooked meal at the end of a long day. I created "25 Quick and Easy Paleo Meals" with this in mind. The book is broken down into three sections, 15 minutes or less, 30 minutes or less, and 45 minutes or less. Ranging from breakfast to lunch to dinner, there is a dish for every meal and time crunch! You will enjoy these delicious meals along with the easy and time saving preparation.

Enjoy!

x Vanessa

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**15 Minutes or Less**

# Pomegranate Chicken Salad



## **Ingredients**

### Chicken Salad

1 lb cooked chicken breast, shredded  
2 cups carrots, shredded  
1/2 cup pomegranate seeds  
1/4 cup red onion, diced  
1/4 cup macadamia nuts  
1/2 cup paleo mayo, recipe below  
2 tbs lemon juice  
1 tbs dijon mustard  
1/2 tsp sea salt  
1/2 tsp pepper

### Paleo Mayo

1 cup light tasting olive oil  
1 egg  
1 tbs lemon juice

## **Directions**

### Paleo Mayo

Crack egg into tall jar wide enough to fit an immersion blender.  
Squeeze in lemon juice. Pour in oil and let egg settle to bottom of jar.  
Place blender into the jar until it hits the bottom.  
Blend for 30 seconds then slowly pull the blender up until all the oil is incorporated about 30 more seconds. You will only need 1/2 of this portion for the recipe. Save the remaining in an airtight container. It is good for a week after the date on your egg carton.

### Chicken Salad

Combine all ingredients together in a large bowl.  
Serve over baby spinach or in lettuce wraps.

# Banana Pancakes for One



## Ingredients

1 ripe banana, you want one with lots of brown spots  
2 eggs  
1/4 cup shredded coconut  
3 tbs organic blueberries  
1/4 tsp nutmeg or cinnamon  
coconut oil, for frying

## Directions

Melt a little coconut oil in a large flat skillet over medium heat.  
Use a tablespoon to dish out pancakes onto the skillet. I do two tablespoons of batter per pancake. Make sure the blueberries aren't too close to the edge of your pancake or they tend to fall out when you flip the pancake.  
Let cook until you see small bubbles rise to the surface of the pancake and then flip. It only takes a couple minutes on each side to cook.  
Serve with a drizzle of honey and blueberries.

# Creole Salmon Cakes



## Ingredients

### Salmon Cakes

2 6 oz cans salmon, drained  
2 egg  
2 tbs coconut flour  
1/4 cup onion or shallot  
2 tsp stone ground mustard  
2 tsp creole seasoning, recipe to follow  
green onion for garnish  
hot sauce: 1/4 cup mayo (page 2), 1/2 tbs hot sauce,  
black pepper

### Creole seasoning

2 1/2 tbs paprika  
1 1/2 tbs sea salt  
1 tbs onion powder  
1 tbs garlic powder  
1 tbs dried oregano  
1 tbs dried basil  
1 1/2 tsp black pepper  
1 1/2 tsp white pepper  
1 1/2 tsp cayenne pepper

## Directions

### Creole Seasoning

Grind all spices together in a mortar and pestle.  
Keep extra spice in an airtight container.

### Salmon Cakes

Beat egg in medium bowl.  
Flake salmon into the bowl with a fork.  
Mix all other ingredients in the bowl together.  
Heat skillet to medium-high heat.  
Form ingredients into 3-inch patties and cook for 5-7  
minutes on each side.  
Patties will turn light brown when finished cooking.  
Makes 8 salmon cakes.

# Spicy Orange Shrimp



## Ingredients

### Spicy Orange Shrimp

3/4 pounds peeled and deveined medium-large shrimp  
1/2 tbs arrowroot powder  
2 tbs orange juice, fresh squeezed  
1 tbs coconut aminos  
1 tbs honey  
1/2 tbs rice vinegar  
1 tbs chili garlic sauce, recipe to follow  
1 tbs olive oil or ghee  
1/2 tbs fresh ginger, minced  
2 garlic cloves, minced

### Chili Garlic Sauce

8 red jalapeños  
2 cloves garlic  
1/2 tsp sea salt  
2 Tbs rice wine vinegar  
1 Tbs coconut sugar

## Directions

### Chili Garlic Sauce

Cut four jalapeños into chunks and throw into blender. Deseed and devein remaining four jalapeños and place into blender. Add remaining ingredients to blender. Mix until well combined but not liquid. Store in an airtight container for up to a week in the fridge.

### Spicy Orange Shrimp

Place shrimp in bowl and toss with arrowroot powder. Make sure shrimp is evenly coated. In a small bowl whisk together orange juice, coconut aminos, honey, rice vinegar and chili garlic sauce. Heat olive oil or ghee in a large non-stick skillet over medium-high heat. Add ginger and garlic and stir until garlic becomes fragrant. This will only take 10-15 seconds. Add shrimp and cook for 3 minutes. Pour in sauce and cook for additional 2 minutes. Remove shrimp with a slotted spoon. Continue stirring sauce for another 2-4 minutes until it thickens. Drizzle over shrimp.



# N'Oatmeal Shake



## Ingredients

1 cup homemade almond milk  
1/2 cup shredded unsweetened coconut  
1/2 cup unsweetened raisins  
2 tbs flax seeds or meal  
1 tsp cinnamon  
1/2 tsp vanilla extract  
1 frozen banana, cut in chunks

## Directions

Mix all ingredients in blender until smooth.  
Top with extra shredded coconut, raisins and a dash of cinnamon.

# Taco Salad with Guacamole



## **Ingredients**

1 lb ground beef or turkey  
2 tsp ghee  
Baby spinach  
Salsa

## Taco Seasoning

2 tbs chili powder  
2 tsp cumin  
1 tsp garlic Powder  
½ tsp ground Cayenne pepper  
½ tsp sea salt  
½ tsp pepper

## Guacamole

3 large haas avocados  
½ large white onion, diced  
2 garlic cloves, minced  
1 jalapeño, diced, deseeded for less heat  
2 tsp lemon juice  
Salt and pepper to taste

## **Directions**

Mix all taco seasoning ingredient together and sprinkle liberally over the meat.  
Melt ghee in a large skillet over medium-high heat.  
Add the seasoned meat and cook until browned.  
Once the meat is cooked through, remove from the skillet and set aside.  
Add sliced onion and jalapeño to the skillet and cook until onions become translucent.  
Mix together meat and veggies and serve on a bed of baby spinach with a dollop of guacamole and salsa.

## Guacamole

Mash together all ingredients.

# Acai Berry Bowl



## Ingredients

- 1 packet acai smoothie
- 1 cup pitted cherries, fresh or frozen
- 1/2 cup frozen blueberries
- 1 cup coconut milk
- 1 banana, sliced
- 6 strawberries, sliced
- 1/4 cup paleo granola or chopped nuts

## Directions

In a blender combine acai packet, cherries, blueberries and coconut milk until smooth. Pour into bowl and top with sliced bananas, strawberries and granola.

# **30 Minutes or Less**

# Sweet and Sour Stir fry



## Ingredients

1/2 tbs coconut oil  
1 lb chicken breasts, cut into bite sized pieces  
2 cups broccoli, cut into bite sized pieces  
1 bell pepper, deseeded and cut into chunks  
15 oz can diced pineapple, drained  
1/2 cup raw cashews  
1 tbs tapioca starch, dissolved in 1 tbs water  
2 green onions, diced  
Sweet and Sour Sauce  
1/4 cup pineapple juice  
1/4 cup coconut aminos  
2 tbs rice wine vinegar  
2 tbs tomato paste  
1 tbs fresh ginger

## Directions

In a large skillet melt coconut oil.  
Add chicken and cook until all sides aren't pink.  
Mix together all sauce ingredients  
Add veggies, pineapple, cashews and sauce to the skillet.  
Toss until everything is thoroughly coated.  
Bring to a boil, cover and cook for 5 minutes.  
Stir in dissolved tapioca starch to help thicken the sauce.  
Serve with a sprinkle of green onions!

# Carrot Ginger Meatballs



## Ingredients

1 lb ground pork  
2 cups shredded carrots, about 2 large carrots  
1 tbs coconut aminos  
1 tbs ginger, minced  
3 green onions, sliced thin  
2 tsp sesame oil  
1/2 tsp sea salt  
1/2 tsp pepper  
4 carrots  
ghee, for cooking

## Directions

Heat oven to 400 degrees. Mix all ingredients together except last 4 carrots. Use a cookie scoop to form uniform meatballs then roll them in your palms to make them smooth. Place on a lined cookie sheet and cook for 20 minutes. While the meatballs are cooking, use a vegetable peeler to form flat “noodles.” In a large skillet sauté carrots with a little dab of ghee for 2-3 minutes.

# Herb Pork Tenderloin with Cinnamon Sweet Potatoes



## Ingredients

### Tenderloin

1 lb pork tenderloin  
2 tsp fresh thyme  
2 tsp fresh rosemary  
1/4 tsp nutmeg  
1/4 tsp garlic powder

### Cinnamon Sweet Potatoes

2 sweet potatoes, peeled and 1/4 inch sliced  
2 tbs grass fed butter  
1/4 tsp nutmeg  
1/4 tsp sea salt  
1 tsp cinnamon

## Directions

### Cinnamon Sweet Potatoes

Heat oven to 425 degrees.  
In a large bowl, melt 2 tablespoons butter in the microwave.  
Add in sweet potatoes, cinnamon, nutmeg and salt.  
Toss until all sweet potatoes are evenly coated.  
Place slices onto a non-stick rimmed baking sheet.  
Cook for 10 minutes.

### Tenderloin

Melt ghee in large oven-safe skillet.  
Brown each side of the pork loin for 2 minutes.  
Pop in the oven for 12 minutes until internal reads 145 degrees.

# Beef a la Sichuan



## Ingredients

### Sichuan Sauce

- 1/4 cup coconut aminos
- 1 tbs chili garlic sauce (page 5)
- 1 tbs coconut sugar
- 2 tsp rice vinegar
- 2 tsp sunbutter
- 1/2 tsp mustard
- 1/2 chili oil
- 1/2 tsp fresh ginger
- 1/2 tsp red pepper flakes

### Stir fry

- 1 lb flank steak or sirloin, thinly sliced
- 1/2 tbs arrowroot powder
- 2 tbs duck fat + 1 tsp
- 3 celery stalks, large julienned
- 2 medium carrots, julienned
- 1/2 tsp red pepper flakes

## Directions

### Sichuan Sauce

Mix all sauce ingredients together.

### Stir fry

Toss meat with arrowroot powder and let sit for 10 minutes.

In a large skillet, melt 2 tablespoons duck fat. Add in your beef and “fry” for 3-5 minutes then remove onto a spare plate.

In same skillet, melt remaining teaspoon duck fat. Toss in celery pieces and cook for 3-4 minutes then add in red pepper flakes.

Next mix in carrots and cook for 30 seconds.

Pour sauce and meat into the skillet and bring to a boil.

Cook for 2-3 minutes until the sauce has thickened.

Serve by itself or with cauliflower rice.



# Strawberry Cobb Salad with Poppyseed Dressing



## **Ingredients**

### Salad

4 cups baby spinach  
10 large strawberries, stems removed and sliced  
4 slices of bacon, cooked and crumbled  
1 avocado, chopped

### Poppyseed Dressing

1 lemon, juiced (approximately 3 tbs)  
Zest of 1 lemon  
1/4 cup red wine vinegar  
1/2 cup light olive oil  
1/4 red onion, minced  
1 tbs dijon mustard  
1 tsp poppy seeds

## **Directions**

### Poppyseed Dressing

In a blender, mix all dressing ingredients, except the poppy seeds, together until frothy.  
Stir in poppy seeds.

### Salad

In a large bowl, toss together spinach, strawberries, bacon and avocado. Drizzle with dressing.

# Turkey Sliders with Cilantro-Garlic Aioli



## Ingredients

1 large sweet potato, peeled  
Ghee or coconut oil for cooking  
1 lb ground turkey  
2 Tbls paleo worcestershire sauce  
2 shallots

## Garlic Cilantro Aioli

2 tbls paleo mayo (page 2)  
2 garlic cloves, minced  
2 Tbls cilantro, minced

## Directions

Turn oven broiler to hot.  
Cut sweet potatoes vertically into 1/4-in disks. Brush with coconut oil and place into oven for 5 minutes.  
Flip and cook for 5 more minutes.  
Finely dice one shallot and cut the other into small rounds.  
Combine ground turkey, worchestshire sauce and diced shallot in a bowl.  
Form burgers into 3 inch diameter patties with a small divot in the middle.  
Heat grill or skillet to medium heat. Lightly coat with ghee or coconut oil.  
Place patties on grill for 4 minutes, or until the sides start to turn brown.  
Flip and cook for 2-3 more minutes.  
Once burgers are done, place shallot rounds on hot grill to soften.  
After a minute, flip for one more minute then remove.

## Garlic Cilantro Aioli

Mix minced garlic and cilantro into the mayo.  
Assemble burgers with sweet potato “bun” on bottom, turkey burger, grilled onions and topped with the aioli.

# Coconut Chicken Tenders



## Ingredients

1 lb chicken tenders  
3 large eggs  
½ cup coconut flour  
½ cup unsweetened shredded coconut  
½ tsp paprika  
½ tsp garlic powder  
½ tsp sea salt  
½ tsp fresh ground pepper

## Directions

Preheat your oven to 375 degrees.  
In a shallow dish, beat eggs until frothy.  
In the another shallow dish combine coconut flour, shredded coconut and seasonings.  
Dip stripes into the eggs then toss chicken in the coconut breading until it is fully covered.  
Place stripes back into the egg wash then toss for a second coating of coconut.  
Place coated chicken on a rimmed baking sheet with a wire rack on top.  
Cook for 10 minutes then flip chicken and cook for another 10 minutes.  
Turn on your broiler and cook for 2-3 more minutes until browned.

# Chimichanga Breakfast Skillet



## Ingredients

3 tsp ghee, divided  
2 sweet potatoes, peeled  
1/2 sweet onion, diced  
1 jalapeño, minced  
2 garlic cloves, minced  
1 lb chorizo, check for any weird ingredients!  
4 eggs, beaten  
1 large avocado, sliced

## Directions

Turn oven broiler to high.  
Slice sweet potatoes to about 1/4 inch thick.  
Melt 2 teaspoons of ghee in the microwave or in a skillet.  
Spread sweet potato slices onto a large baking pan and lightly coat both sides of the slices with ghee.  
Cook for 5 minutes then flip and cook for another 5 minutes.  
Melt remaining teaspoon of ghee in a large skillet over medium-high heat.  
Sauté onion until tender then add in jalapeño and garlic clove and cook for about a minute.  
Crumble in chorizo and cook until it starts to brown.  
Pour in eggs and scramble to combine with other ingredients.  
To eat make a base of sweet potato rounds, pile on the chorizo egg mixture and top with sliced avocado.

# Spicy Italian Pasta



## Ingredients

- 1 white sweet potato, peeled and spiralized
- 2 large spicy italian sausage links, about 3/4 pound
- 2 tsp ghee
- 1/2 small onion, sliced
- 2 garlic cloves, minced
- 1 small red bell pepper, cored and thinly sliced
- 10 asparagus spears, ends cut off and cut into 1-in pieces
- 14 oz can fire-roasted tomatoes
- 1/4 tsp sea salt
- 1/4 tsp black pepper
- 1 tbs olive oil

## Directions

If you don't have a spiralizer, you can use a potato peeler to create thin noodles.

Melt ghee over medium-high heat in a large flat-bottom skillet. Remove sausage casing and crumble into pan in small chunks. Let brown for a couple minutes then remove to a bowl.

Toss in onion and garlic to the sausage drippings and cook for 5-7 minutes until onions are translucent.

Add in bell pepper and asparagus and cook for about 10 minutes until veggies are tender.

Next add the tomatoes, salt and pepper. Use a wooden spoon to scrap up all the flavor bits from the bottom of the pan.

Bring the mixture to a simmer for 1 minute then reduce heat to back to medium-high.

Toss in the sausage and spiralized noodles. Use tongs to fully incorporate the noodles with the sauce.

Cover and cook for another 5-7 minutes. Finish with a drizzle of olive oil.

# Simple Oven Dill Salmon



## Ingredients

1 1/2 lb wild caught salmon  
2 tbs olive oil  
1 1/2 tsp garlic salt  
1 tsp dill  
2 lemons, quartered

## Directions

Heat oven to 350 degrees.  
Coat salmon with oil and sprinkle on garlic salt and dill.  
Cook for 30 minutes or until salmon flakes easily with a fork.  
Serve with lemon wedges.

# **45 Minutes or Less**

# Spicy Chicken Noodle Bowls



## Ingredients

1/4 cup orange juice, about 1 large orange  
1 tbs honey  
1 tbs chili garlic sauce, divided (page 5)  
2 bone-in chicken thighs  
1 zucchini, spiralized  
2 tbs coconut aminos  
1/2 tbs rice vinegar  
3 garlic cloves, minced  
salt and pepper

## Directions

Heat oven to 425 degrees.  
In a small bowl, combine orange juice, honey and chili garlic sauce.  
Season chicken thighs with salt and pepper and place on a wire rack on top of a baking sheet. Brush on part of the marinade and cook for 40 minutes continuing to brush on more marinade every 5 minutes.  
While the chicken is cooking, spiralize your zucchini.  
In a sauce pan, heat coconut aminos, rice vinegar, garlic and remaining 1/2 tablespoon chili garlic sauce then toss in zoodles and cook for 5-7.  
Serve sliced chicken on top of zoodles.



# Macadamia Nut Chicken Tenders with Peach Mustard Dip



## Ingredients

1 lb chicken tenders, about 9 pieces  
2 large eggs  
½ cup macadamia nut  
½ cup unsweetened shredded coconut  
¾ tsp garlic powder  
¾ tsp onion powder  
¼ tsp paprika  
¼ tsp dried basil  
½ tsp sea salt  
4 tsp fresh ground pepper

## Peach mustard dip

1 large peach  
2 tsp dijon mustard

## Directions

Preheat your oven to 375 degrees.  
In shallow dish, beat 2 eggs until frothy.  
In a blender or food processor, pulse macadamia nuts until they are the size of coarse gravel.  
In the second shallow dish, combine macadamia nuts, shredded coconut and seasonings.  
Dip a couple stripes into the eggs with one hand then place one strip at a time into the nut-coconut mixture. Use your other hand to toss chicken until it is fully covered. Using two different hands helps to combat the goopy tendencies when you try to use one hand in the egg and flour mixtures.  
Place coated chicken on a greased cookie sheet or on a silpat mat.  
Continue process until all chicken is coated and transferred onto the pan.  
Place pan in oven for 15 minutes.  
Flip and cook for another 10 minutes.  
Broil on high for 2 minutes until crispy.

## Peach mustard dip

Mix peach and mustard together in a blender until smooth.

# Spicy Sweet Potato Soup



## Ingredients

1 large sweet potato  
1 cup canned full-fat coconut milk  
1 cup organic chicken broth  
1/2 chili in adobo sauce  
1/4 tsp salt  
dash of pepper

## Extras

avocado  
paprika  
coconut milk swirl

## Directions

Heat oven to 400 degrees.  
Puncture sweet potato with a knife a couple time and cook for 35 minutes.  
Let cool and remove skin.  
To save time, you can place the punctured sweet potato in the microwave covered with a damp paper towel for 5 minutes.  
Place all ingredients into a blender and mix until smooth.  
Serve with cubes of avocado, a swirl of coconut milk and a dash of paprika!

# Crispy Salmon with Curry Sauce



## Ingredients

2 6oz wild caught salmon filets  
1 1/2 tbs grassfed butter or ghee, softened  
pinch of salt and pepper

## Curry sauce

1 cup full fat coconut milk  
1 tbs grassfed butter or ghee  
1 tbs curry powder  
1 tbs red chili paste  
1/2 tbs chili flakes, 1/2 tsp for less heat  
1/4 tsp salt  
zest of one lemon

## Directions

Turn oven broiler to high.  
Rub butter or ghee on salmon skin and sprinkle with salt and pepper.  
Place salmon skin side up on a non-stick baking sheet or one lined with foil.  
Put in the refrigerator for 20 minutes.  
Cook for 8 minutes on the top rack of the oven.  
You want your pan to be about 5 minutes from the broiler.

## Curry Sauce

While the salmon cooks combine all sauce ingredients in a sauce pan over medium-high heat.  
Boil for 5-8 minutes to let the sauce reduce.  
Serve salmon on top of curry sauce.

# Dairy-free Cheesy Potato Soup



## Ingredients

2 tbs ghee  
2 celery stalks, chopped  
2 carrots, grated  
2 green onions, green part only, thinly sliced  
3 cups white sweet potato, peeled and medium diced  
3 cup chicken broth + 1/2 cup  
1 can coconut milk  
1/4 cup tapioca starch  
1/4 cup water  
2 tbs nutritional yeast  
1 tsp acv  
1/2 tsp sea salt  
1/4 tsp pepper  
Optional: franks hot sauce and extra green onion

## Directions

In a large stock pot, melt ghee and sauté celery, carrots and green onions for about 3 minutes. Add in 3 cups of chicken broth and white sweet potatoes. Bring to a boil, cover and cook for 10 minutes or until potatoes are fork tender. In a small bowl, mix together tapioca and water until dissolved. Pour a little liquid from the stock pot to bring the tapioca water up to temperature. Add to soup, along with nutritional yeast, acv, salt and pepper. Cook for 5 minutes then add final 1/2 cup chicken broth. Serve with a dash of Franks hot sauce and green onions.

# Sweet n' Sour Meatballs



## **Ingredients**

### Meatballs

1 lb ground pork  
1 egg  
1 tbs coconut flour  
1/2 tsp sea salt  
1/2 tsp pepper

### Sweet and Sour Sauce

20 oz can diced pineapple  
1/4 cup tomato paste  
2 tbs worchestersire sauce  
1 green bell pepper, chopped  
1 small sweet onion, chopped  
1/2 tsp sea salt  
1/2 tsp pepper

## **Directions**

Heat oven to 350 degrees.  
Lightly grease a 8x8 baking dish.  
In a bowl, combine all meatball ingredients. Let sit.  
In another bowl, combine all sauce ingredients.  
Roll meatballs into small balls, makes about 12, and place into dish.  
Pour sauce mixture over meatballs.  
Cook for 25 minutes.  
Serve meatballs with the sauce poured over top.

# Sun-dried Tomato & Artichoke Chicken



## Ingredients

14oz can artichoke hearts, drained  
2 small garlic cloves  
1 meyer lemon, juice and zest  
1/2 cup sun-dried tomatoes in olive oil  
1 tbs dried basil  
1/2 tsp sea salt  
1/4 tsp black pepper  
4 chicken breasts or cutlets  
8 prosciutto slices

## Directions

Heat oven to 350 degrees.  
Pulse artichoke, garlic, lemon, tomatoes, basil, salt and pepper in blender until almost smooth.  
If using chicken breasts, butterfly and pound to 1/4 inch thickness.  
If using cutlets, simply scoop 1/4 cup tomato-artichoke mixture into the center of the chicken.  
Wrap starting with the thinnest edge of the chicken first until you come all the way around.  
Then wrap chicken with two slices of prosciutto.  
Cook for 32-35 minutes, or until chicken reaches 165 degrees.