

Bacon Wrapped, Cream Cheese Stuffed Chicken Breasts

1 boneless skinless chicken breast
2 tablespoons cream cheese
1 tablespoon green onion, Chopped
2 pieces bacon, Partially Cooked

Chicken Lazone

1/2 tsp salt
1-1/2 tsp chili powder
1-1/2 tsp onion powder
2 tsp garlic powder
1/4 tsp cayenne pepper
2 lb chicken tenders
1/4 cup butter, divided
2 cups heavy cream

Creamy Skillet Pesto Chicken

3-4 boneless skinless chicken breasts, pounded to even thickness
1/4 cup flour
1/4 teaspoon salt
1/4 teaspoon black pepper
1/2 teaspoon garlic powder
1/3 cup shredded parmesan cheese
1/3 cup basil pesto
1 cup heavy cream
salt and pepper to taste
optional: fresh basil or parsley, chopped

Grilled Cheesy Buffalo Chicken

1 lbs. boneless chicken breast
black pepper
1/4 cup mozzarella cheese, shredded,divided
1 tsp. butter (I used Brummel & Brown)
1/4 cup Franks Hot Sauce
1/4 tsp. celery salt

Keto Low Carb Chili

2 1/2 lb Ground beef
1/2 large Onion (chopped)
8 cloves Garlic (minced)
2 15-oz can Diced tomatoes (with liquid)
1 6-oz can Tomato paste
1 4-oz can Green chiles (with liquid)
2 tbsp Worcestershire sauce
1/4 cup Chili powder
2 tbsp Cumin

- 1 tbsp Dried oregano
- 2 tsp Sea salt
- 1 tsp Black pepper
- 1 medium Bay leaf (optional)

Pioneer Woman's Recipe for Perfect Salmon

- 1lb of Salmon (cut into individual portions)
- Seafood seasoning such as Old Bay or Meijer Gold Seafood seasoning
- Lime juice

Pressure Cooker Mom's Classic Pot Roast with Savory Onion Gravy

- 3-4lb chuck roast *See notes for 3 pound roast
- 1 large yellow onion, chopped small, about 1 1/2 - 2 cups
- 4 whole carrots, cut into 3" sections
- 1 Tbl minced garlic, fresh
- 3 cups beef stock
- 2 Tbl Worcestershire sauce
- 2 tsp kosher salt
- 1 tsp black pepper
- 1 Tbl parsley, dried
- 1 tsp thyme, dried
- 1 Tbl olive oil
- 2 Tbl corn starch
- 2 Tbl water

Sheet Pan Shrimp Fajitas

- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 3 medium bell peppers, seeded and thinly sliced (I used green, yellow and red)
- 1 medium yellow onion, thinly sliced
- 1 tablespoon fresh minced garlic
- 3 tablespoons olive oil, divided
- 1-1/2 pounds medium shrimp, peeled and deveined
- Juice from 1 lime (about 2 tablespoons)
- Fresh chopped cilantro, for garnish
- 4-6 flour tortillas
- Your favorite toppings (sour cream, shredded cheese, avocado, etc.)

Skillet Chicken with Creamy Cilantro Lime Sauce

- 4 skinless boneless chicken breasts
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 Tablespoon olive oil
- 1 cup chicken broth (I recommend reduced sodium)

1 Tablespoon fresh lime juice (I use closer to 1.5 Tbsp)

1/4 cup finely chopped onion

1 Tablespoon chopped cilantro

1/2 teaspoon red pepper flakes¹

3 Tablespoons heavy cream²

2 Tablespoons unsalted butter, cubed

optional: lime wedges and more cilantro for garnish, steamed asparagus for serving