

### **Bacon Wrapped, Cream Cheese Stuffed Chicken Breasts**

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

### **Bbq Bacon Wrapped Onion Bombs**

2 lbs. lean ground beef  
1 cup bread crumbs  
1 egg, beaten  
½ cup milk  
½ cup BBQ sauce  
1 tsp. salt  
½ tsp. onion powder  
½ tsp. thyme  
½ tsp. freshly ground pepper  
½ tsp. garlic powder  
½ " cube of cheddar cheese per meatball  
5-6 large yellow onions  
1 lb. bacon  
Additional BBQ sauce

### **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 Tuscan Garlic Chicken**

1½ pounds boneless skinless chicken breasts, thinly sliced  
2 Tablespoons olive oil  
1 cup heavy cream  
½ cup chicken broth  
1 teaspoon garlic powder  
1 teaspoon italian seasoning  
½ cup parmesan cheese  
1 cup spinach, chopped  
½ cup sun dried tomatoes

### **Low Carb Steak Fajita Roll-Ups**

1 1/2 pounds flank steak  
2 bell peppers (any color)  
1 bunch baby asparagus  
1 small red onion  
1 packet Old El Paso Fajita Seasoning Mix  
2 tablespoons olive oil

Old El Paso Taco Sauce

Toothpicks

### **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

### **Pizza Chicken Casserole**

1.5-2 lb chicken breast sliced or cubed

8 oz cream cheese

1 tsp dried minced garlic

1 cup marinara sauce no sugar added

8 oz shredded mozzarella

### **Stuffed Pepper Soup**

1 lb lean ground beef

2 Tbsp olive oil , divided

Salt and freshly ground black pepper

1 small yellow onion chopped (1 cup)

3/4 cup chopped red bell pepper (a little over 1/2 of a medium)

3/4 cup chopped green bell pepper

2 cloves garlic , minced

2 (14.5 oz) cans petite diced tomatoes

1 (15 oz) can tomato sauce

1 (14.5) can beef broth

2 1/2 Tbsp chopped fresh parsley , plus more for garnish

1/2 tsp dried basil

1/4 tsp dried oregano

1 cup uncooked long grain white or brown rice (I've tried and like both)

Cheddar or mozzarella cheese , for serving (optional)