

30-Minute Mozzarella Stuffed Meatballs with Homemade Marinara Sauce

1 pound ground beef
 5 garlic cloves, minced, divided
 1 egg
 1/2 cup freshly grated Romano cheese
 2 teaspoons Italian seasoning
 2 teaspoons fresh parsley, chopped
 Salt and ground black pepper, to taste
 1 cup whole wheat panko bread
 1/2 cup lukewarm water
 4 ounces mozzarella cheese, cut into bite sized cubes (you can use 4 (1 ounce) string cheese pieces, too)
 6 tablespoons olive oil, divided
 1 (28-ounce) can crushed tomatoes
 1 teaspoon salt
 1/2 teaspoon black pepper
 1/2 teaspoon sugar
 2 teaspoons Italian seasoning
 1/2 teaspoon crushed red pepper flakes

Baked Garlic Butter Chicken

4 (16-ounces) boneless skinless chicken breasts
 salt and fresh ground pepper , to taste
 1 stick (1/2-cup) butter*
 6 cloves garlic , minced
 1 tablespoon fresh rosemary leaves
 1/2 cup Shredded Reduced Fat 4-Cheese Italian

Creamy Garlic Mushroom Chicken

1½ pounds boneless skinless chicken thighs, or breasts
 2 Tablespoons olive oil
 8 ounces sliced mushrooms
 3 garlic cloves, minced or whole (whatever your preference is)
 1 cup chicken broth
 ½ cup heavy cream
 2 ounces cream cheese, softened
 1 teaspoon garlic powder
 ½ teaspoon salt
 ¼ teaspoon pepper
 1 Tablespoon flour

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

Delicious Low-Carb Crustless Taco Pie

1 pound ground beef preferably grass-fed
 1 packet taco seasoning (be sure it is free of MSG, starches, and any additives)
 3 green onions thinly sliced
 1/4 cup salsa
 1 cup Mexican blend cheese finely shredded, quantity divided
 4 large eggs
 2/3 cup heavy cream preferably grass-fed
 1/2 teaspoon sea salt

Lasagna Soup

2 Tbsp extra virgin olive oil , divided
 1 lb lean ground beef
 1 large yellow onion , diced (2 cups)
 3 - 5 garlic cloves , to taste, minced
 4 cups low-sodium chicken broth
 1 (14.5 oz) can petite diced tomatoes
 1 (14.5 oz) can crushed tomatoes
 2 1/2 Tbsp tomato paste
 1 3/4 tsp dried basil
 3/4 tsp dried oregano
 1/2 tsp dried rosemary , crushed

1/2 tsp fennel seeds , crushed
1/2 tsp dried thyme
1 tsp granulated sugar
1 1/2 Tbsp chopped fresh parsley , plus more for garnish
Salt and freshly ground black pepper , to taste
8 lasagna noodles , broken into bite size pieces (6.5 oz)
1 1/4 cups shredded mozzarella cheese (5 oz)
1/2 cup finely shredded parmesan cheese (2 oz)
8 oz ricotta cheese

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

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 flakes
3 Tablespoons heavy cream
2 Tablespoons unsalted butter, cubed
optional: lime wedges and more cilantro for garnish, steamed asparagus for serving