

Pineapple Protein Smoothie

Ingredients

- 1/2 cup cottage cheese
- 1/2 frozen banana
- 1/2 cup frozen pineapple chunks*
- 1/4 tsp vanilla extract
- 1 Tbsp ground flaxseed (optional)
- 1 cup milk of choice (I use unsweetened almond milk)

Instructions

Place all of the ingredients into a blender, then blend until smooth. Serve immediately.

Notes

*You can substitute with frozen berries or another fruit of your choice. If the smoothie isn't sweet enough, try adding a teaspoon of honey. This recipe can be easily adapted to suit your preferences. I like to have smoothies for a quick breakfast or snack.

Adapted from *For the Love of Popsicles*

Cheesy Rotisserie Chicken Enchilada Skillet

Ingredients

- 1 teaspoon vegetable oil
- ½ onion (chopped)
- 2 garlic cloves (finely chopped)
- 1 teaspoon ground cumin
- ¾ teaspoon salt
- 1 16-ounce can enchilada sauce (I use Hatch Green Chile with Roasted Garlic)
- ¼ cup sour cream
- 4 corn tortillas (torn into strips)
- 1 2½-pound rotisserie chicken, skin and bones removed, meat shredded (about 4 cups shredded chicken)*
- 1 15-ounce can low sodium black beans, rinsed and drained*
- 3 ounces shredded cheese (such as a Mexican cheese blend, Monterey Jack, or mozzarella (about ¾ cup))
- jalapeño peppers, avocado and chopped fresh cilantro (for serving (optional))

Instructions

Preheat the oven to 500°F.

Heat the oil in a 10-inch oven-safe (preferably cast- iron) skillet over medium heat.

Add the onion, garlic, cumin, and salt and cook, stirring, until the onion has softened, about 5 minutes.

Transfer the onion mixture to a large bowl; set aside the hot skillet.

Add the enchilada sauce, sour cream, and ¼ cup water to the onion mixture and stir to combine.

Fold in the tortillas, chicken, and beans until thoroughly coated.

Spoon the mixture into the reserved skillet and cook over medium heat until warmed through, about 3 minutes. Sprinkle the cheese all over the top and bake until the cheese is melted and bubbling, about 5 minutes.

Let cool slightly, then top the enchiladas with avocado, jalapeños, and cilantro (if desired) and serve directly from the skillet at the table.

Adapted from *Skinny Taste*

Notes

**You can cook your own chicken on the stovetop, crockpot or oven and shred. If you only like white meat or dark meat, you can just use what you prefer. If someone in your family does not like beans, you can leave them out. If you are vegetarian, you could substitute 2 cans of beans for the chicken*

Vegetable Stir Fry

Ingredients

- 2 Tbsp vegetable oil
- 1/2 head purple cabbage
- 2 green bell peppers*
- 2 carrots
- 1 yellow onion
- 2 -3 oz bricks ramen noodles
- 1/4 cup soy sauce
- 3 Tbsp brown sugar
- 2 Tbsp Sriracha (optional, leave out if you don't want it spicy)
- 1 Tbsp cornstarch
- 3 green onions, sliced
- handful cilantro (optional)

Instructions

Remove the core and any wilted outer leaves from the cabbage, then cut it into very fine strips.

Cut the onion and green bell pepper into thin strips as well. Use a large holed cheese grater to shred the carrots.

In a small bowl prepare the sauce by stirring together the soy sauce, brown sugar, sriracha, and corn starch.

Begin to cook the noodles according to the package directions (boil for 3 minutes, or until tender). Drain the cooked noodles in a colander.

Heat the vegetable oil over medium high heat in a large skillet until it is hot and shimmering.

Add the vegetables and sauté for only a few minutes, or until the vegetables just begin to soften.

Pour the prepared sauce into the skillet and continue to sauté for one to two minutes more, or until the sauce has thickened and coated all of the vegetables. Turn off the heat.

Add the cooked and drained noodles to the stir fried vegetables and toss to combine. Top with sliced green onions and a handful of fresh cilantro, if desired.

Adapted from *Budget Bytes*

Notes

**Feel free to use whatever vegetables you like. Cooking time may need to be adjusted slightly. Broccoli is another great stir fry option. If you want to add protein to this meal, you can throw in a pound of cooked shrimp, sliced beef or sliced chicken. If you add meat, you will probably need to double the ingredients that make the sauce.*