

Bacon, Apple Frittata

I love eggs and I love frittatas as you can eat them throughout the week and change the flavor every time you make them with different types of vegetables, cheeses, etc. Below is one of my favorites and we often make this for dinner as well.

- 2 tsp. butter
- 1 apple, peeled and sliced thinly
- 6 eggs
- 2 tbsp. water
- 1/2 c. grated cheddar cheese
- salt
- pepper
- 5 strips pre-cooked bacon

Preheat broiler. Melt butter over medium-high heat in a 10-inch oven-proof skillet. Add apple slices and sauté approximately 12 minutes or until soft. Meanwhile, in a large bowl, whisk eggs, and water until frothy. Stir in cheese, salt, and pepper. Place bacon strips on top of apples. Pour egg mixture into skillet. Cook 2 minutes, or until bottom and sides are set. Resist the urge to stir! Carefully transfer skillet to broiler and cook, 6 inches from heat, for 2–3 minutes or until top is set. Cut into wedges and serve. (Recipe Adapted from Cozi App)

Asian Chopped Salad

Salads can get super boring. But by changing up the vegetables and dressings, you can create new flavors and have endless options.

- 2 c. spinach, cabbage or any other leafy greens
- 4 oz chicken breast cubed or sliced
- 1/4 c. cucumber
- 1/2 c. broccoli
- 1/2 c. red and/or yellow peppers
- 1/4 c. shredded carrots
- 1 tbsp cilantro
- 1 tsp sesame seeds

Combine first 6 ingredients. Top salad with chopped cilantro and sesame seeds. Top with 2 tbsp dressing of choice

Vegetable Meatballs with Zoodles

Adding vegetables to meatballs is a great way to increase the nutrition. The vegetables also add moisture and volume to lean meat. My kids love these meatballs.

- 1 lb. ground meat (bison, chicken, turkey, pork, beef)
- 2 cloves garlic, minced
- 1 onion, diced
- 1 carrot, shredded
- 1 small zucchini, shredded
- 2 small zucchinis, spiralized
- 1 handful of fresh spinach, chopped or 1 c. frozen spinach, chopped and drained
- 1 egg
- ½ c. panko bread crumbs
- ¼ c. parmesan cheese, shredded
- 1 tsp. oregano
- 1 tsp. basil
- ½ tsp. salt
- ½ tsp. pepper
- ½ tsp. red pepper flakes (optional)
- 1 tbsp. olive oil or cooking spray
- Marinara sauce

Heat oven to 350 degrees. Combine meat, garlic, onion, carrot and zucchini in bowl and stir to combine. If using fresh spinach, wilt spinach in microwave or on stove top. If using frozen spinach, microwave for 45 seconds and then drain. Add spinach to mixture. Add remaining ingredients and mix to combine but do not overmix. Shape into balls of desired size. Place in freezer for 10 minutes. Place meatballs in baking dish. Cook in oven for 15-20 minutes or until no longer pink inside. While meatballs are cooking, spiralize remaining zucchini. Heat a sauté pan on medium heat and add 2 tbsp. olive oil. Sauté zoodles until slight soft. Add salt and pepper to taste. Serve meatballs over noodles and topped with marinara sauce.