

Fresh Melon *Salsa*

Serves: 11-12 (1/2 cup serving)

Ingredients:

- 2 cups watermelon, diced
- 2 cups cantaloupe, diced
- 1 cup fresh jicama, finely diced
(jicama has a lightly sweet flavor and refreshing crunch)
- 1/4 cup chopped cilantro
- 2 limes, zest and juice from both
- 1/4 cup finely diced purple onion
- 1 jalapeño pepper, seeded, finely chopped, optional
- Salt to taste

Nutrition Facts per serving (without added salt):

30 calories
0 g fat
6 g carb
1 g fiber
0.5 g protein

Directions:

1. Combine all ingredients and chill several hours or overnight.

Serve over chicken or fish, or with tortilla chips.



Avocado Tuna *Salad*

Serves: 4 (about 1/2 cup each)

Ingredients:

- 2 cans light tuna in water
- 1 large, ripe avocado, peeled
- 2 Tbsp. plain Greek yogurt or light sour cream
- 1/2 cup diced celery
- 1/2 cup diced red onion
- 1 tsp. dill
- 2 tsp. Dijon mustard
- Salt and pepper to taste

Nutrition Facts per serving (without added salt):

- 210 calories
- 10 g fat
- 7 g carb
- 5 g fiber
- 0 g sugar
- 23 g protein

Directions:

1. Combine all ingredients in a medium bowl, mix well to mash and blend in the avocado.



Slow Cooker Chicken *Philly* Bowls

Serves: 4

Ingredients:

- 1 small onion, slices
- 4 oz. sliced mushrooms
- 1 lb. boneless, skinless chicken breast
- 8 oz. chicken broth
- 1 tsp. garlic powder
- Kosher salt and pepper, as desired
- 2 Tbsp. Worcestershire sauce
- 1 cup bell pepper strips, any color
- 16 oz. frozen, riced cauliflower
- 1 cup shredded Swiss or mozzarella cheese

Nutrition Facts per serving (without added salt):

310 calories
12 g fat
12 g carb
4 g fiber
39 g protein

Directions:

1. In a slow cooker combine the onion, mushrooms, chicken, broth, garlic powder, salt, pepper, Worcestershire sauce, and pepper strips.
2. Cook on low 6-8 hours.
3. Prior to serving, heat the cauliflower rice in microwave according to package directions.
4. Divide into four bowls and top with chicken mixture and top with shredded cheese.

This can be served in a bun instead, but that will affect the nutrition facts information.



Creamy Vanilla *Peach Tart*

Serves: 8 (1/8 of a slice)

Ingredients:

- 1 sheet puff pastry, thawed
- 5.3 oz. Siggi's 0% vanilla yogurt or any low sugar vanilla Greek yogurt
- 2 large eggs
- 1/4 cup swerve sweetener; will be more tangy without
- 4 peaches, sliced 1/4 inch thick; remove skin if desired

Nutrition Facts per serving:

80 calories
2.5 g fat
10 g carb
1 g fiber
3 g protein

Directions:

1. Preheat oven to 350° F.
2. Roll pastry on a large piece of parchment paper, or lightly flour a surface so the dough does not stick. Spray a 9 inch tart or pie pan with nonstick spray. Fit the pastry into the pan and trim edges if needed.
3. Press the peaches into the bottom of the pastry dough, arranging to form a circle or desired pattern.
4. Mix yogurt and eggs together until well incorporated. Stir in sweetener if using. Pour over the peaches.
5. Bake on the lowest oven rack for 35-40 minutes, or until the filling is set. Move to the top rack and change setting to broil. Broil for 1-2 minutes, or until lightly browned.
6. Cool and serve.

