



PECAN CHICKEN MEATBALLS

Prep time: 10 minutes
Cook time: 30 minutes
Total Time: 40 minutes
Serves: 9

INGREDIENTS

- 1 pound ground chicken
- ¼ cup chopped spinach
- 1 tablespoon fresh lemon juice
- 1 egg
- 1¼ teaspoon minced garlic
- ¼ teaspoon onion powder
- ¼ teaspoon paprika
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon cayenne pepper (optional)
- 1 cup finely chopped fresh pecan pieces



PECAN CHICKEN SHEET PAN DINNER

Prep time: 15 minutes
Cook time: 25 minutes
Total Time: 40 minutes
Serves: 5

INGREDIENTS

CHICKEN

- 2 boneless skinless chicken breasts (about 1½ pounds)
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 1 cup finely chopped fresh pecan pieces
- ½ cup panko breadcrumbs
- ½ tablespoon salt
- 1 tablespoon dried thyme
- 1 tablespoon garlic powder
- 2 eggs
- Fresh parsley for garnish

VEGGIES

- 1 pound quartered baby red potatoes
- 1 pound baby carrots
- 3 tablespoons olive oil
- ½ tablespoon salt
- ¼ teaspoon black pepper



METHOD

1. Preheat oven to 400°F. Line a baking sheet with parchment paper.
2. In a large bowl, combine ground chicken, spinach, lemon juice, egg, garlic, onion powder, paprika, salt, pepper, cayenne (if adding), and ½ cup pecans.
3. Mix all ingredients together until well combined.
4. Roll chicken mixture into meatballs – a little over 1 tablespoon.
5. Place reserved ½ cup pecans into a bowl. Roll meatballs in pecans to coat, and then place on prepared baking sheet.
6. Bake for 20 to 30 minutes until meatballs are cooked through.
7. Serve over pasta.

NUTRITION FACTS PER SERVING

Based on 1 meatball

Calories: 164	Fat: 13 g
Saturated Fat: 2 g	Cholesterol: 62 mg
Sodium: 103 mg	Carbohydrates: 2 g
Protein: 11 g	Fiber: 1 g
Sugar: 1 g	



METHOD

FOR THE VEGGIES

1. Preheat oven to 400°F
2. Spray a sheet pan with non-stick cooking spray or oil. Place potatoes and carrots on the pan and toss with olive oil and ½ tablespoon salt and ¼ teaspoon pepper.

FOR THE CHICKEN

1. Slice chicken horizontally into 4 cutlets. Season with 1 teaspoon salt and ¼ teaspoon pepper.
2. In a shallow bowl combine the pecans, bread crumbs, ½ tablespoon salt, thyme, and garlic powder.
3. In a separate bowl, beat the eggs.
4. Dip chicken in eggs, then dredge in the pecan mixture, coating both sides. Place on the sheet pan.
5. Place sheet pan in oven and bake for 10 minutes. Flip the chicken over and stir the vegetables. Cook for an additional 10 minutes, until chicken is golden brown and juices run clear. Remove chicken from sheet pan and transfer to a plate to rest. Cook the vegetables for an additional 5 minutes.
6. Garnish with parsley if desired.

NUTRITION FACTS PER SERVING

Based on 1 chicken breast

Calories: 429	Fat: 28 g
Saturated Fat: 3 g	Cholesterol: 94 mg
Sodium: 2070 mg	Carbohydrates: 31 g
Protein: 17 g	Fiber: 7 g
Sugar: 7 g	





<30
MINUTES

GRILLED CAULIFLOWER STEAKS WITH PECAN PESTO

Prep time: 5 minutes
Cook time: 10 minutes
Total Time: 15 minutes
Serves: 6-8

INGREDIENTS

FOR THE CAULIFLOWER

- 2 heads of cauliflower, (cut into 6-8 1" cauliflower steaks)
- 1 tablespoon avocado oil
- Salt & pepper to season

FOR THE PESTO

- 2 cups fresh packed basil
- ¼ cup raw pecan halves
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 garlic clove
- 1 teaspoon lemon zest
- ½ cup olive oil
- ⅓ cup shredded parmesan cheese



<30
MINUTES

PECAN CRUSTED TILAPIA WITH TOMATO BRUSCHETTA

Prep time: 15 minutes
Cook time: 10 minutes
Total Time: 25 minutes
Serves: 4

INGREDIENTS

FOR THE TILAPIA

- 1 pound tilapia filets
- 2 tablespoons avocado oil
- 1 cup finely chopped raw pecans
- ½ teaspoon garlic powder
- ½ teaspoon dry basil
- 1 egg
- 1 teaspoon Dijon mustard
- Salt to taste

FOR THE BRUSCHETTA

- 1½ cup diced cherry tomatoes
- 1 clove minced garlic
- ¼ cup chopped fresh basil
- 1 tablespoon olive oil
- Salt to taste



METHOD

FOR THE GRILLED CAULIFLOWER STEAKS

1. Preheat grill to medium high heat, about 375-400°F.
2. Brush both sides of cauliflower steaks with avocado oil and season with salt & pepper.
3. Gently place seasoned cauliflower steaks on clean oiled grill.
4. Grill each side for 4 minutes, gently flipping with a spatula to grill the other side.
5. Remove from grill and let rest.

FOR THE PECAN PESTO

1. In a food processor, add basil, raw pecans, garlic, salt, pepper, and lemon zest. Pulse until the basil is finely chopped.
2. Slowly add in the olive oil and mix until combined well.
3. Transfer pesto to a bowl and stir in the parmesan cheese.
4. To serve, top cauliflower steaks with pesto.

NUTRITION FACTS PER SERVING

Serving Size: 1 cauliflower steak with pesto

Calories: 212	Fat: 19 g
Saturated Fat: 2 g	Cholesterol: 0 mg
Sodium: 257 mg	Carbohydrates: 9 g
Protein: 4 g	Fiber: 4 g
Sugar: 3 g	



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METHOD

FOR THE PECAN CRUSTED TILAPIA

1. To a medium bowl add finely chopped raw pecans, garlic powder and dry basil. Mix until incorporated.
2. In a small bowl add egg and Dijon mustard. Whisk together and set aside.
3. Pat tilapia filets dry. Dredge each tilapia filet front and back in egg mixture then in the pecan mixture. Make sure to press the pecan mix into the tilapia well.
4. Place coated tilapia filets on a plate.
5. Heat a large skillet to medium high heat. Add avocado oil to pan and place tilapia in the skillet.
6. Saute tilapia for 4-5 minutes per side, depending on thickness.
7. Remove tilapia from the pan and salt immediately.

FOR THE TOMATO BRUSCHETTA

1. To a medium bowl add diced tomatoes, garlic, fresh basil, olive oil and salt. Gently toss to coat.
2. Place cooked tilapia filets on a plate and serve with tomato bruschetta on top of each filet.

NUTRITION FACTS PER SERVING

Serving Size: 4oz tilapia and bruschetta

Calories: 463	Fat: 36 g
Saturated Fat: 5 g	Cholesterol: 111 mg
Sodium: 85 mg	Carbohydrates: 7 g
Protein: 35 g	Fiber: 4 g
Sugar: 3 g	



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