



George's Kitchen

Healthy Meals Recipe Book



Mediterranean Chickpea Bowl

Time: 30 minutes

Serves: 2

Ingredients

- 1 can chickpeas (drained and rinsed)
- 1 cup cherry tomatoes (halved)
- 1 cucumber (diced)
- ¼ cup red onion (thinly sliced)
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1/8 tsp salt
- 1/8 tsp pepper
- Feta cheese and parsley (optional)
- Spinach or quinoa (optional, for serving)

Directions

1. Place half the can of chickpeas on a rimmed baking sheet sprayed with non-stick spray, such as PAM. Roast for 20 minutes, stirring once, halfway through.
2. Mix roasted chickpeas, remaining chickpeas, tomatoes, cucumber, and onion in a bowl
3. Drizzle with olive oil and lemon juice.
4. Season with salt, pepper, and parsley if desired. Add feta, if using.
5. Serve over spinach or quinoa.

Salmon with Garlic Spinach

Time: 25 minutes

Serves: 2

Ingredients

- 2 salmon fillets
- 3 cups baby spinach
- 2 garlic cloves (minced)
- 1 tbsp olive oil
- Lemon wedges
- Salt and pepper

Directions

1. Season salmon with salt and pepper.
2. Heat oil in 12-inch nonstick skillet over medium high heat until hot and shimmering.
3. Cook salmon skin side up for about 4 minutes.
4. Flip salmon, reduce heat to medium, and cook another 4-5 minutes to desired doneness.
5. Remove the salmon from the pan and set aside. In the same pan, sauté garlic for 30 seconds, then add spinach until wilted. Season with salt and pepper.
6. Serve salmon on top of spinach with lemon squeeze.

Turkey and Black Bean Tacos

Time: 20 minutes

Serves: 3

Ingredients

- ½ lb lean ground turkey
- 1 can black beans (drained)
- 1 cup frozen corn (defrosted) (optional)
- Taco seasoning
- 6 corn tortillas
- Toppings: avocado, salsa, lettuce

Directions

1. Brown turkey in skillet with seasoning
2. Add black beans, corn (if using), and cook until heated.
3. Spoon into tortillas and top with avocado, salsa, and lettuce.

Stir-Fried Tofu and Vegetables

Time: 20 minutes

Serves: 2

Ingredients

- 1 block firm tofu (cubed)
- 1 tbsp soy sauce or tamari
- 1 tbsp sesame oil
- 2 cups mixed vegetables (e.g., broccoli, peppers, carrots)
- 1 tsp ginger (grated)
- Brown rice or quinoa for serving

Directions

1. Pan-fry tofu until golden, about 7-8 minutes. Remove and set aside.
2. Stir-fry vegetables with sesame oil and ginger for 5-6 minutes.
3. Add tofu and soy sauce, toss to coat. Serve over brown rice or quinoa.

Zucchini Noodles with Pesto and Chicken

Time: 25 minutes

Serves: 2

Ingredients

- 1 cooked chicken breast (sliced)
- 2 zucchinis (spiralized)
- 2 tbsp pesto
- 2 tbsp olive oil
- Salt and Pepper
- Cherry tomatoes (optional)
- Mozzarella (cubed) (optional)

Directions

1. Sauté zucchini noodles in olive oil for 2-3 minutes.
2. Add pesto and toss gently.
3. Stir in chicken and tomatoes (if using). Heat through and serve warm. Adding the mozzarella just before serving.