



OT Plus & Kristina Martinez Present:

Food for Thought

RECIPE BOOK

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additional information

Turkey Spaghetti Zoodles

YOU WILL NEED:

- 1 tsp olive oil
- 1.5 lbs ground turkey
- 1 green bell pepper (diced)
- 1 clove garlic (minced)
- 1/4 tsp salt
- 2 tsp Italian seasoning
- 1/2 tsp pepper
- 3 cups marinara sauce
- 1 package zoodles (frozen)

INSTRUCTIONS:

- Heat olive oil in skillet over medium-high heat
- Add turkey breast, salt, pepper, italian seasoning, green pepper and garlic until meat is browned (4-5 minutes)
- Add marina. Once boiling, turn down to low and simmer, stirring frequently.
- Steam the zoodles in the microwave and strain the extra liquid before adding to the skillet.
- Add zoodles and cook another 2-3 minutes.
- Serve and enjoy.

Salmon Sheet Pan Dinner

YOU WILL NEED:

- 4 salmon fillets
- 1 pound asparagus or green beans- trim ends
- 2 pounds baby red or gold potatoes, quartered
- 3 tablespoons olive oil
- salt and pepper to taste
- 2 teaspoons Italian seasoning
- 2 tablespoons butter melted
- 1/2 lemon, thinly sliced

INSTRUCTIONS:

- Preheat oven to 400 degrees. Toss potatoes with 2 tablespoons olive oil, salt and pepper to taste and 2 teaspoons Italian seasoning. Arrange on a large sheet pan and bake in preheated oven for 10 minutes.
- Arrange salmon filets on the sheet pan.
- Drizzle asparagus with remaining olive oil, season with salt and pepper and place lemon slices on top of asparagus and salmon.
- Bake for 15 minutes. Serve immediately.

Chicken Stir-Fry

YOU WILL NEED:

- 1 tablespoon sesame oil
- $\frac{2}{3}$ cup soy sauce
- 1 tablespoon minced fresh ginger
- 1 tablespoon minced garlic
- $\frac{1}{4}$ teaspoon turmeric
- $\frac{1}{4}$ teaspoon pepper
- 3 large (blank)s skinless, boneless chicken breast halves, thinly sliced
- 1 green bell pepper, cut into matchsticks
- 1 head broccoli, broken into florets
- 1 cup sliced carrots
- 1 onion, cut into large chunks

INSTRUCTIONS:

- Heat 1 tablespoon sesame oil in a large skillet over medium-high heat. Cook and stir bell pepper, broccoli, carrots, onion and spices until just tender, about 5 minutes. Remove vegetables from skillet and keep warm.
- Add chicken (and more oil if needed) and cook about 2 minutes per side; return vegetables. Bring to a boil; cook and stir until chicken is no longer pink in the middle and vegetables are tender, 5 to 7 minutes. Serve over rice.