

## #1Pork Chops with Red Cabbage

### Ingredients:

- 2 pork chops
- 1/8 cup cider vinegar
- 1 Tb. brown sugar
- 1 t olive oil
- 1 cup of red cabbage
- ½ cup onion, slices
- Black Pepper and Mrs. Dash to taste

### Procedure:

1. In a small bowl, combine vinegar, brown sugar, Mrs. Dash and black pepper.
2. Sprinkle pork with Mrs. Dash. In a large skillet , heat oil over medium heat. Add pork. Cook 3-4 minutes and turnover. Cook another 3 -4 minutes, until the juices run clear.
3. Cook cabbage and onion in another skillet. Cook over medium heat for 5 minutes. Add the vinegar mixture and pork. Heat through.

#2.

Ingredients:

- Tortilla (one per person)
- 1 Tb. guacamole (per person)
- Cooked cabbage
- Cooked pork tenderloin

Procedure:

1. Spread guacamole on tortilla.
2. Add cabbage and pork.
3. Fold in half and place in a warmed skillet.
4. Cook until browned and flip.
5. Cook until browned and warmed through.

Serve with salsa.

### #3 Lemon Crockpot Chicken with Kale

Ingredients:

- 1 cup onions, sliced
- 2 boneless chicken breast
- 1 lemon, sliced and seeded
- 2 t vinegar
- 2 t olive oil
- Mrs. Dash to taste
- ½ cup low sodium chicken broth
- 2 handfuls of kale

## Directions:

1. Place the onions in the crockpot. Place chicken on the top of the onions. Add lemon slices
2. Combine oil, vinegar, Mrs. Dash and broth.
3. Pour over chicken.
4. Cover and cook on low for 3 hours or until chicken juices run clear.
5. Add Kale just before serving. Mix until the greens have wilted

## #4. Bake chicken with Roasted Vegetables

Bake boneless chicken breasts that have been seasoned with Mrs. Dash.

## Roasted Squash with red onions and Brussel sprouts

### Ingredients:

- 1 package diced winter squash (in small pieces)
- ½ red onion, sliced
- 1 cup Brussel sprouts, trimmed and sliced in quarters
- 1 Tb. olive oil

### Directions:

1. Combine all ingredients in a bowl and mix. Place in a roasting pan.
2. Put in a pre-heated oven at 375 degrees
3. Roast for 20 minutes or until brown. Stirring several times.

### #5 Quick and easy basil-tomato and chicken skillet

By using the chicken that was prepared the day before.....this meal is on the table in minutes!

### Ingredients:

- 2 cooked chicken breast, diced
- 1 14 ½ ounce can of no-salt added diced tomatoes, drained
- ¼ cup fresh basil, sliced
- 1 bag of fresh spinach
- 2 Tb. Parmesan cheese
- Black Pepper, to taste

### Directions:

1. Coat 12-inch skillet with nonstick cooking spray. Heat skillet to medium heat.
2. Add chicken, tomatoes and basil and heat through.
3. Add spinach and toss until wilted.
4. Add pepper to taste and top with Parmesan cheese.

