

Cityline.ca -- Dr. Joey Top 10 dinners

1. BAKED CHICKEN WITH SWEET POTATO AND BROCCOLI

Ingredients:

4 oz chicken breast
1 tbsp olive oil
1 tbsp oregano
1 small sweet potato
1 cup broccoli florets
Sea salt to taste

Method:

Preheat oven to 350 F.

Season chicken breast with olive oil and oregano. Wash sweet potato and cut into bite-sized pieces.

Add sweet potato and broccoli florets on a baking sheet and lightly coat with olive oil and season with sea salt.

Add chicken, sweet potato and broccoli to oven and allow to cook for 20-25 minutes, flipping vegetables halfway through.

Once chicken is cooked through and vegetables start to soften, remove from oven and enjoy.

GF = gluten free

DF = dairy free

2. PASTA WITH MEAT SAUCE

Ingredients:

3-5 oz ground turkey, chicken or beef

1 cup of tomato sauce

1/4 cup of sliced mushrooms

1/2 red pepper, diced

1 large zucchini

2 tsp extra-virgin olive oil

1 tbsp Parmesan cheese

Method:

Saute ground meat until cooked through.

Add tomato sauce, mushrooms and peppers and simmer for 30 minutes.

While sauce is simmering make zucchini noodles with a spiralizer or slice with a mandoline.

Saute zucchini noodles with olive oil in a separate skillet for 2 minutes, remove and plate.

Place meat sauce and vegetables on top of noodles and add grated Parmesan cheese.

Note: Omit cheese to make this dinner dairy-free.

GF = gluten free

3. LEMON DILL FISH WITH ROASTED VEGETABLES

Ingredients:

3-5 oz fillet of your favourite fish (salmon, tuna, tilapia, etc.)

Fresh lemon juice, squeezed

Sprinkle of fresh dill

Black pepper to taste

Vegetables to bake (e.g. broccoli, cauliflower, Brussels sprouts, etc.)

Method:

Wrap fish in foil and season with lemon juice and dill. Bake for 25 minutes at 350 F.

On a separate pan, coat vegetables with 1 teaspoon extra-virgin olive oil and bake for 20 minutes or until tender.

GF = gluten free

DF = Dairy free

4. EASY ASIAN STIR FRY

Ingredients:

1 tbsp extra-virgin olive oil

4-6 oz protein (chicken, tofu or shrimp recommended)

1/2 cup bok choy, chopped and washed

1/2 cup peppers, sliced

1/2 cup water chestnuts
1/2 cup carrots. sliced
2 tbsp of low-sodium soy sauce or tamari

Method:

Add olive oil to pan and cook tofu, chicken or shrimp in skillet until cooked through (medium to high heat).

Once cooked, add all chopped vegetables and 2 tablespoons of sauce. Sauté for 2-5 minutes until vegetables are tender.

Note: To make this dinner gluten-free, use tamari instead of soy sauce.

DF = dairy free

5. CRISPY EGG CRUST PIZZA

Ingredients:

1 tbsp butter
1/4 cup broccoli florets
1/4 cup carrots, diced
1/4 cup mushrooms, sliced
1/4 cup onion, diced
2 whole eggs

Method:

Melt butter in skillet and add vegetables. Saute for 2-3 minutes.

Whisk eggs together in small bowl and add to vegetable mixture.

Allow eggs to set until crispy on edges.

GF = gluten free

6. STUFFED PEPPERS

Ingredients:

4 oz ground chicken

1 garlic clove

1/2 onion, chopped

1/2 cup canned Italian-style tomatoes

1/4 cup of broccoli florets

1/4 cup of chopped celery

1 red pepper

1 tbsp of crumbled goat's cheese

Method:

Preheat oven to 350 F.

In a skillet, sauté ground chicken on medium heat with garlic and onion until meat is cooked and onions are soft.

Add the tomatoes and vegetables and allow to sauté for 15-20 minutes.

Cut the top of the pepper off and remove the core and seeds.

Stuff the pepper with meat and vegetable mixture, put onto lined baking sheet and cover with foil.

Bake for 30 minutes covered and then allow to bake uncovered for about 10 minutes.

Top with crumbled goat's cheese and enjoy!

GF = gluten free

DF = Dairy free

7. OVEN BAKED TURKEY KEBABS

Makes 2 skewers

Ingredients:

5 oz turkey breast, cut into 1-inch pieces

1 small zucchini, sliced into 1/2-inch chunks

4 whole fresh mushrooms

1 red pepper, cut into chunks

1 tbsp olive oil-based dressing

Marinade

2 tbsp low-sodium soy sauce or tamari

1 tbsp lemon juice

Pinch garlic powder

1/4 tsp ground ginger

Method:

Combine all ingredients for marinade and brush over turkey. Keep in fridge for 4-6 hours.

Using metal skewers, put turkey pieces on skewer alternating with vegetables.

Cook in over on 350 F for approximately 20-25 minutes (or until cooked through).

Note: If using wooden skewers, soak overnight so they do not burn.

GF= gluten free

DF = dairy free

8. KALE AND EDAMAME SALAD

Ingredients:

2 cups kale, chopped
1/2 cup edamame beans, unshelled
1 cup broccoli florets
1/2 cup carrots, shredded
1/2 red pepper, diced
1/2 avocado
1/2 cucumber, diced
1 tbsp sesame seeds
1 tbsp low-sodium teriyaki sauce

Method:

Add chopped kale into bowl and top with edamame, broccoli, carrots, red pepper, avocado and cucumber.

Sprinkle sesame seeds overtop salad and add sauce.

Mix until kale and vegetables are lightly coated.

Note: To make this dish gluten-free, use a gluten-free teriyaki sauce or replace with tamari.

DF = dairy free

9. BEEF TACOS IN LETTUCE WRAPS

Serves 1

Ingredients:

4 oz lean ground beef

2 whole iceberg lettuce leaves

1/4 cup tomatoes, diced

1 tbsp guacamole

1 tbsp salsa

1 tbsp cheddar cheese, shredded

Method:

Cook beef on medium heat until cooked through.

Divide cooked meat between lettuce leaves and add all the toppings. Enjoy!

Note: This is a great family meal that can kids as well as adults on the Cityline Weight Loss plan. Kids can have tortilla wraps; adults can have lettuce wraps.

GF = gluten free

10. MARINATED TOFU BOWL

Ingredients:

1/2 tbsp olive oil

1/2 cup firm tofu, cut into $\frac{3}{4}$ inch cubes

1/2 avocado

2 cups mixed greens

1/4 cucumber, sliced

1/2 cup carrots, shredded

1 tbsp extra-virgin olive oil and 1/2 tbsp balsamic and sea salt

Method:

Heat oil in a medium non-stick skillet over medium-high heat and add tofu. Allow tofu to get golden brown.

Once tofu is cooked, add to serving bowl with all other ingredients and drizzle with olive oil, balsamic and sea salt.

GF= gluten free

DF= dairy free