

ENTREPRENEURIAL EATS by



WEEK ONE RECIPES

BREAKFAST: Roasted Veggies with Maple Sage Turkey Poppers

LUNCH: Shaved Brussels Sprouts Salad with Chicken and/or Smoked Salmon

SNACK: Hummus with Veggies



ROASTED VEGGIES

2-3 medium sweet potatoes, peeled(optional) and cut into 1" cubes

1 lb. brussels sprouts, halved or quartered, depending on size

2 medium bell peppers, (red, orange or yellow) cut into 1" chunks

1 red onion, thinly sliced

1-2T. Extra-virgin olive oil or avocado oil (use what you already have!)

Salt & pepper

- 1) Preheat oven to 400. Line a rimmed baking sheet with parchment or foil, then set aside.
- 2) Add cut vegetables to a large bowl. Add oil, salt & pepper, then toss together until well coated.
- 3) Empty bowl onto prepared baking sheet, arranging vegetables in a single layer.
- 4) Bake for 25-35 minutes, tossing vegetables halfway through cooking.
- 5) Remove from oven and season to taste with additional salt & pepper. Cool completely, then transfer to container and store in refrigerator.
- 6) Veggies can be reheated in a skillet over medium high heat or in the air fryer.

MAPLE SAGE TURKEY POPPERS

2 lb. organic ground turkey or ground chicken

6T maple syrup

4 cloves garlic, minced

2t. dried rosemary

4t. ground sage

1 ½.t dried thyme

1t. black pepper

2t. Kosher salt

1/2c. avocado oil for cooking.

- 1) Combine all ingredients in a large bowl, mixing until well combined.
- 2) Using wet hands to prevent sticking, form meat mixture into 2" patties (you'll end up with 10-12 total). If you want larger patties, you'll end up with 6-8.
- 3) Heat oil in a large skillet over medium-high heat.
- 4) Transfer 3-4 patties to skillet at one time, cooking for 3-4 minutes per side or until internal temperature reaches 165 degrees.
- 5) Remove patties to a paper towel lined plate to drain, then repeat with remaining patties.
- 6) Allow patties to cool, then store in refrigerator until ready to reheat & enjoy with a side of roasted vegetables.

SHAVED BRUSSELS SPROUTS SALAD

1 lb. brussels sprouts

2c. cooked quinoa

1c. dried cranberries

½ c. sliced almonds, toasted (or chopped walnuts, pecans or pistachios—use what you have on-hand!)

1-2T raspberry vinaigrette for serving

Cubed rotisserie chicken breast or smoked salmon

- 1) To cook quinoa, bring 2c. water or chicken broth to a boil. Add quinoa, then cover pot and remove from heat. Set aside for 10 minute or until all liquid is absorbed. Fluff with a fork, then add to a large mixing bowl to cool completely.
- 2) While quinoa cools, trim brussels sprouts, then use a food processor to shred OR thinly slice them by hand. Add them to the mixing bowl with the quinoa.
- 3) Add cranberries and toasted almonds (if using) to the bowl.
- 4) When ready to serve, dress with 1-2T raspberry vinaigrette and top with cubed chicken breast or smoked salmon.

HOMEMADE HUMMUS

1 15oz can chickpeas, drained & rinsed

½ t. baking soda

1/4c. lemon juice (juice from 1-2 lemons)

1-2t. minced garlic

1/2t. fine sea salt

1/2c. tahini (I use Trader Joe's)

2-4 T water

½ t. cumin

1T extra-virgin olive oil or avocado oil

- 1) Add drained & rinsed chickpeas to a saucepan then cover with 2" water and bring to a boil over medium-high heat. Let chickpeas cook for 20 minutes or until they look bloated, skins are falling off and they are very soft. When done cooking, drain chickpeas and rinse with cold water, then set aside.

- 2) While chickpeas are cooking, combine garlic, salt & lemon juice in a food processor or high-speed blender until garlic is very finely chopped then let rest for 10 minutes so garlic flavor can mellow out a bit.
- 3) Add tahini to food processor and blend until mixture is thick & creamy, scraping down sides of bowl, if necessary.
- 4) While processor is running, add 2T water, stopping to scrape down sides and blending until mixture is ultra-smooth, pale and creamy. If mixture is still thick, add more water, 1T at a time until it reaches desired consistency.
- 5) Add the cumin and the chickpeas to the processor. While blending, add olive oil and continue until mixture is smooth, scraping down sides of bowl as necessary.
- 6) Season to taste with additional sea salt, cumin & lemon juice for extra zing, then transfer to a container to store in the fridge.
- 7) Serve hummus with sliced bell peppers, sliced cucumber, celery & carrot sticks, pita wedges, or any other veggies of your choosing.