

Healthy Meals

Breakfast, Lunch, and Dinner

November 7, 2021

Fifth Baptist Church

Spinach & Turkey Bacon Quiche

- 4 slices cooked turkey bacon (Chopped in bite size pieces using food processing).
- 1 small sweet onion (chopped)
- 1 package of frozen chopped spinach
- 5 eggs
- 1 - 9 inch deep dish pie crust.
- 1 cup of milk
- 1 cup of low fat mozzarella and 1/2 cup of sharp cheddar cheese.
- *Optional (1/4 cup of parmesan cheese)*

Spinach & Turkey Bacon Quiche (continued)

- 3 teaspoons of butter melted in pan. Add chopped onion, bacon bits, and stir in spinach in pan over medium heat.
- Sauté for about 3-4 minutes.
- Spoon in the sautéed mixture into the pie crust. Top with both cheese.
- Bake at 350* degrees for approximate 30 minutes. Take out with lightly brown on top and edges.

Breakfast on the Go!! Yogurt Parfaits

- 1 banana sliced
 - Strawberries-sliced (3 -4 per) parfaits
 - Blueberries
 - 1 cup of vanilla Greek low fat yogurt
 - Honey almond granola
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- Layer Greek yogurt in bowl, top with sliced banana, strawberries, blue berries and $\frac{1}{4}$ cup of Honey almond granola

Healthy Yogurt Facts

- A high protein food that tapers hunger longer than carbs.
- Greek yogurt helps with reducing or eliminating a bloated belly.
- Reduces digestive trouble and improves immunity, metabolism and even skin tone.

Honey Glazed Salmon

- 4 pieces of fresh salmon. Washed with cold water and tsp of white vinegar. Rinse well after washing and pat dry.
- 1/4 to 1/2 cup of Honey or Agave
- 2 table spoons of lemon Juice.
- 1 Table spoon of soy sauce.
- 1 tsp. of paprika, 1 1/2 tsp of minced garlic.
- Combine honey, lemon juice, soy sauce, paprika and garlic. Wisk together. Pour over salmon and let stand for 30 minutes.

Honey Glazed Salmon (continued)

- Warm up skillet with 3 table spoon of olive oil. (Medium heat)
- Place salmon skin down pan cooking 3 minutes on each side.
- When the salmon turn opaque around the sides it is ready to be turned over.
- Preheat oven to 350 degrees.
- Transfer the salmon into baking dish or roaster. Pour over marinade of fish. Bake for 10 minutes. Take out oven and garnish with lemon slices and scallons (spring onions)

Green Beans

- Fresh or frozen green beans about 5 pounds. Snapped and washed.
- Boil water in large pot adding 1lb of smoked turkey neck bones to pot.
- After meat is done add green beans
- Add 2 teaspoons Lawry's seasoning salt, red pepper flakes, onion flakes and ½ stick of no salt butter. Simmer until beans are done.

Yellow Rice with Saffron

- Bring 2 ¼ cups of water to boil
- 1 Tsp of butter or margarine.
- 1 cup of Par Excellence Yellow Rice
- Cover sauce pan and reduce heat to low.
- Cook for 20-25 minutes.

- Makes 3 cups of rice.

Southern Air Fried Chicken!

- Chicken thighs and drumsticks (8 pieces total)
- 2-3 Tablespoons of all purpose flour
- 1 Tablespoon of corn starch
- 2 Tablespoons of baking powder
- 2 Tablespoon of McCormick All purpose chicken seasoning
- A dash of salt

Southern Air Fried Chicken #2

- Coat your chicken with dry mixture. Being sure to coat all sides.
- Add the chicken in the air fryer drizzling with olive oil.
- Set your air fryer for 390 degrees for 30-35 minutes. Turn over after about 15 minutes in and drizzle this side with olive oil.