



Meal Prep Monday

Sausage & Onion Frittata ● Avocado & Egg Paste ● Pumpkin Mac N Cheese

Chicken 'n Veggie Wraps ● Sweet Potato Black Bean Enchiladas



Grocery List

Olive Oil

Red Onion

Garlic

Brown Sugar

Cumin

Chipotle Chile in Adobo

Sauce

Black Beans

Sweet Potatoes

Enchilada Sauce

Flour Tortillas

Cheddar Cheese

Pork Sausage

Elbow Macaroni

Pumpkin Puree

Nutritional Yeast

Almond Milk

Dijon Mustard

Low-Fat Greek Yogurt

Chicken Breasts

Red Bell Pepper

Mixed Salad Greens

Avocado

Lemon Juice

Coriander

Eggs

Sausage & Onion Frittata

2 ounces pork sausage
1/4 cup chopped onions
3 eggs, beaten
Salt and pepper

- 1.Heat a small nonstick skillet over medium heat. Add the sausage and onions and cook until onions are soft and sausage is browned. Season with salt and pepper.
- 2.Add the eggs and cover for about 8 minutes, until eggs are set.
- 3.Slide onto a plate, slice into wedges and serve.

Avocado & Egg Paste

3 boiled eggs
1 small garlic clove, minced
1 ripe avocado
1 tsp. lemon juice
1 tsp. olive oil
3 tbsp. coriander leaves chopped

- 1.Once cooled, peel and chop the eggs into cubes and put in a bowl.
- 2.Press the garlic, and add to the eggs.
- 3.Half the avocado, remove the stone and cut the flesh into cubes. Place the avocado and coriander in the bowl. Drizzle with lemon juice and olive oil.
- 4.Season everything with salt and pepper, and gently mix. Garnish with more coriander.
- 5.Serve immediately on bread or on its own.

Chicken 'n Veggie Wraps

¼ cup Low-Fat Greek Yogurt
4 (6-in.) fajita size whole wheat flour tortillas
12 ounces boneless, chicken breasts, grilled and sliced
1 medium red bell pepper, sliced
¼ cup sliced red onion
2 cups mixed salad greens

- 1.Spread Greek yogurt on tortillas. Layer remaining ingredients down center of each tortilla. Roll up tortillas.
- 2.Serve.

Pumpkin Mac N Cheese

1 cup of uncooked elbow macaroni
1 cup pumpkin puree (not pumpkin pie filling)
6 tablespoons nutritional yeast
1 cup Almond milk, unsweetened
1 teaspoon minced garlic
2 teaspoons Dijon mustard
Salt and pepper, to taste

1. Cook pasta according to package directions and set aside until ready to use.
2. Meanwhile, bring almond milk to a boil in a pot over medium high heat. Whisk in nutritional yeast, minced garlic, and Dijon mustard, and continue to cook for two minutes, or until slightly thickened.
3. Whisk in pumpkin puree until completely smooth and cook until desired consistency is reached.
4. Add salt and pepper to taste. Stir in cooked pasta until the sauce is evenly distributed throughout. Serve!

Sweet Potato Black Bean Enchiladas

3 tablespoons olive oil
1 cup chopped red onion
4 cloves garlic minced
2 tablespoons brown sugar
1 tablespoon ground cumin
1 chipotle chile in adobo sauce minced (seeds removed for less heat) plus 1 teaspoon of the adobo sauce
2 cans 15 oz each black beans, drained and rinsed
1 lb sweet potatoes peeled and diced
2 cans 10 oz each enchilada sauce
8 6-inch flour tortillas
2 cups grated Cheddar cheese

1. Preheat the oven to 425F.
2. Heat 2 tbsps. of oil in a large pan over medium heat. Add the onion, garlic, brown sugar, cumin and chipotle pepper plus adobo sauce. Cook, stirring occasionally, until the onion starts to soften, ~5 mins. Add the beans, sweet potatoes and 2 cups of water; bring to a boil. Cover the pan and reduce the heat to low. Simmer until the potatoes are tender and the liquid is absorbed, ~10 mins.
3. Pour one can of enchilada sauce in the bottom of a 9x13-inch baking dish. Dredge both sides of the tortillas in the enchilada sauce. Divide the filling between the tortillas, roll up and place in the dish, seam side down. Pour the remaining can of enchilada sauce over the top, then sprinkle on the cheese.
4. Bake the enchiladas until they are heated through, ~10 mins. Turn the heat to broil and cook until the top is golden brown, 2-3 mins. Let the enchiladas stand for 10-15 mins before serving.