

ENTREES

One-pan Roasted Chicken and Sweet Potatoes,

<https://tasty.co/recipe/one-pan-roasted-chicken-and-sweet-potatoes>

Cod with Confetti Coconut Rice, <https://tasty.co/recipe/cod-with-confetti-coconut-rice>

Instant Pot Whole Herb Chicken, <https://tasty.co/recipe/instant-pot-whole-herb-chicken>

Slow Cooker Roasted Tomato Basil Soup,

<https://tasty.co/recipe/slow-cooker-roasted-tomato-basil-soup>

Chicken Breasts Stuffed with Walnuts and Swiss Chard,

<https://foodandnutrition.org/from-the-magazine/chicken-breasts-stuffed-with-walnuts-and-swiss-chard/>

SNACKS AND SIDES

Ham and Cheese Cucumber “Sushi”, <https://tasty.co/recipe/ham-cheese-cucumber-sushi>

Baked Cinnamon Apple Chips, <https://tasty.co/recipe/baked-cinnamon-apple-chips>

Rainbow Veggie Salad, <https://tasty.co/recipe/rainbow-veggie-salad>

Garlic Parmesan Broccoli Rice, <https://tasty.co/recipe/garlic-parmesan-broccoli-rice>

Citrus and Winter Greens Salad, <https://tasty.co/recipe/citrus-and-winter-greens-salad>

BREAKFAST

Muffin Tin Banana Oat Muffins, <https://tasty.co/recipe/muffin-tin-banana-oat-muffins>

Muffin Tin Customizable Veggie Egg Cups,

<https://tasty.co/recipe/muffin-tin-customizable-veggie-egg-cups>

Muffin Tin Granola Cups, <https://tasty.co/recipe/muffin-tin-granola-cups>

Spicy Fried Egg Avocado Toast, <https://tasty.co/recipe/spicy-fried-egg-avocado-toast>

Morning Glory Breakfast Cookies,

<https://foodandnutrition.org/blogs/stone-soup/morning-glory-breakfast-cookies/>