

Autumn Vegetable Paella

olive oil
button mushrooms (1 cup)
fresh parsley
yellow onion-medium
1 14 oz can of diced tomatoes
brown basmati rice
vegetable broth (4 cups)
cinnamon
paprika
saffron threads
1 delicate squash - can sub Kobocho squash
cauliflower

Buffalo Chicken Smothered Sweet Potato Fries

2 medium-large white sweet potatoes
avocado oil
shredded chicken breast (2 cups)
wing hot sauce such as Frank's Hot Sauce
mayo (or make your own)
lime
cilantro
green onions (also used in Sausage Egg Roll Bowls)

Spicy Ground Turkey and Green Bean Stir-Fry

1 lb green beans
coconut oil
sesame oil (also used in Sausage Egg Roll Bowls)
garlic
fresh ginger (also used in Sausage Egg Roll Bowls)
1 lb lean ground turkey
coconut amigos (also used in Sausage Egg Roll Bowls)
rice vinegar
chili garlic paste (such as Sambal Olek)

Sausage Egg Roll Bowls

1 lb chicken sausage, sweet italian
coconut oil
kale
coconut amigos (also used in Spicy Ground Turkey)
sesame oil (also use in Spicy Ground Turkey)
green onions (also used in Autumn Vegetable Paella)
garlic
fresh ginger (also used in Spicy Ground Turkey)
eggs

Harissa and Citrus Baked Salmon

2 lb Salmon Filet (this recipe serves 6 -8 so only get 1 lb if you want to serve 4)
harissa (they have to at Trader Joe's)
lemon
green onions (also used in sausage egg roll bowls & buffalo chicken)