

## Pan Seared Scallops with Lemon Caper Pasta

1 lb scallops  
Olive oil  
Brown rice angel hair pasta or spaghetti  
Garlic  
1 c. Chicken Broth  
1 lemon  
Capers  
Parsley  
1 cup grape tomatoes  
Asparagus

## Turkey Sausage Soup with Rice and Veggies

Olive Oil  
1 - yellow onion  
Garlic  
1 lb. Sweet Italian Turkey or Chicken Sausage  
4 c. chicken broth  
1 c. brown rice  
Italian seasoning  
2 c. baby spinach

## Crab Stuffed Whitefish

2 lb. white fish (such as cod)  
Olive oil  
1 medium onion  
Garlic  
1 c. crab - fresh or imitation is fine  
Old Bay seasoning  
Chives  
Olive oil  
1 lemon  
Quinoa  
Broccoli

## Asian Chicken Chopped Salad

1 head of green cabbage  
1 head of red cabbage  
Red bell pepper  
1 c. of shredded chicken breast  
1/4c. of slivered almonds  
Sesame seeds  
1/4c. coconut aminos  
Rice vinegar  
Olive oil  
Sesame oil  
Garlic  
Fresh ginger