



TOP 5

Mouth Watering Recipes

- STRAIGHT FROM MY GARDEN -

MAYBE I WILL

POSITIVE / FIT / HEALTHY

Spinach Mozzarella Burgers



Every year our little family grows a garden and about this time we get to start “harvesting” all of our hard work. And every year we have to grow spinach, it is one of my favorite garden goodies! I love to just walk out to my garden and snip some leaves and throw them in a salad or a smoothie. But if I’m not careful, overnight my spinach can go to seed pretty dang fast! (Anyone know any tips to prevent this?!). So this time of year I am constantly on the hunt to find new and fun ways to use our spinach crop (we have quite a bit!). So when five o’ clock rolled around the other night and all I had out was a couple pounds of lean ground beef, inspiration hit and Kelly and I (ok mostly Kelly) cooked up these amazing spinach mozzarella burgers and at a mere 246 calories a burger, they won’t derail your diet! The flavor on these bad boys are pretty dang amazing!

You Will Need:

- 2 lbs 98% lean ground beef
- 1 tbs Worcestershire sauce
- 1 tsp freshly ground pepper
- 1 packet Lipton Onion Soup Mix
- 2 tsp crushed red pepper flakes
- 1 cup part skim mozzarella cheese
- 1 bunch of finely chopped fresh spinach

Nutrition Facts

Serving Size 1 bun (150g)

Amount Per Serving

Calories 246 Calories from Fat 96

% Daily Values*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 318mg	13%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 0.8g	

Protein 33g **66%**

Vitamin A 69% • Vitamin C 16%

Calcium 22% • Iron 22%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
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Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
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Dietary Fiber		25g	30g

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Spinach Mozzarella Burgers

STEP 1



Mix them

STEP 2



Patty your burger

STEP 3



Press that burger!



Spinach Mozzarella Burgers

We used our Cuisinart mixer to chop up our spinach! Then just throw all your ingredients in your bowl and hand mix for best results. Serve with a whole wheat 100 Calorie Bun or "Protein Style" wrapped up in lettuce.

A couple years ago Kelly picked up this little patty press at Walmart (I think) but man, was that a smart purchase! I think this press has probably pattied over a hundred burgers. We really like to BBQ with friends!

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Cucumber Tomato Basil Salad



Remember when I did a 3-Day Refresh Cleanse and I raved about the salad? I had planned to eat a different salad from the menu list every night of the challenge but I ended up eating this EVERY night. It was that good! I'm actually craving it this week! It is light and refreshing; the epitome of the perfect summer salad! AND it's super healthy and GOOD for you! That my friend is a win!

You Will Need:

- 1 tbs red onion
- ½ squeezed lemon
- 1 tbs chopped basil
- 1 dash Himalayan salt
- 1 tsp balsamic vinegar
- 1 tbs apple cider vinegar
- ½ cucumber peeled and quartered
- ½ cup baby heirloom tomatoes or (cherry)
- 1 tsp high quality olive oil
(I used a basil infused variety)

Nutrition Facts

Serving Size 1 bun (150g)

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Cucumber Tomato Basil Salad

STEP 1



Prepare dressing

STEP 2



Combine other ingredients

STEP 3



Drizzle dressing on salad!



1. Combine apple cider and balsamic vinegars, lemon juice, and oil in a small bowl; mix well. Set aside.
2. Combine cucumber, tomatoes, onion, basil, salt, in a large bowl and mix well.
3. Drizzle dressing over cucumber mixture; toss to blend

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Chunky Mexican Cheesy Zucchini Soup



I'm not sure what the weather is like in your neck of the woods, but here in Idaho, it has been cold! There was snow in the mountains and lots of rain in the valley (where I live). Lcky yucky cold rain. I enjoy the fact that seasons do exist and that we get a variety, because really how boring would it be to always have the exact same kind of weather, even if it was ideal? But I'm just not ready for it to be cold! I want a nice long Indian summer. Is that too much to ask? Okay my whiny rant is now over and I will try and conduct myself in a slightly mature manner. Back to the soup and my love of zucchini! Why not combine two of my favorite things about fall soup and zucchini and make them into a super slammn' good soup! This stuff is hearty and a meal all on its own, and bonus you make it in the crock pot! Awesome soup for lazy people! You gotta love that! Enjoy!

You Will Need:

- 1 tbs olive oil
- 1 can chicken broth
- 1 can Rotel Tomatoes
- 1 packet taco seasoning
- 1 Cup mild tomatillo salsa
- 1 packet dry ranch dressing
- 1 8oz low fat cream cheese
- 2 chicken breasts (I just throw them frozen and all)
- 1 pkg frozen corn (I am a corn snob we don't do canned corn, but feel free if you have a can on hand)
- 1 can black beans rinsed
(or pinto, or whatever you have on hand)
- 2 cups zucchini sliced and diced into chunks

Nutrition Facts

Serving Size (252g)

Amount Per Serving

Calories 206

Calories from Fat 65

% Daily Values*

Total Fat 7.2g **11%**

Saturated Fat 2.4g **12%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 954mg **40%**

Total Carbohydrate 21.1g **7%**

Dietary Fiber 37.7g **151%**

Sugars 1.6g

Protein 17.2g **34%**

Vitamin A 12% • Vitamin C 13%

Calcium 9% • Iron 18%

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Chunky Mexican Cheesy Zucchini Soup

STEP 1



Saute zucchini

STEP 2



Cook chicken

STEP 3



Garnish!



1. Saute the diced zucchini in 1 tbs olive oil for about 10 minutes until slightly tender — put in the crock pot for only the last hour — (nobody wants overly mushy zucchini).
2. Put the chicken in the crock pot. Top with the tomatoes, corn, the drained and rinsed beans, ranch dressing, and taco seasoning. Stir to combine, then top with the cream cheese. Cook on low for 6-8 hours, stirring one or twice to blend in the cheese.
3. Shred the chicken into smaller pieces. Garnish with limes, cilantro, avocado, cheese, sour cream and chips!

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Zucchini Whole Wheat Pancakes & Healthy Coconut Oil Syrup



I'm not sure about you but I struggle to get my toddler to eat her veggies, so anyway I can sneak or trick her to eat them, I'm all about it! The girl loves pancakes! So every year when I have loads of zucchini, I always church up my pancakes by adding some zucchini to the mix! My kids, especially my toddler, gobble them up non the wiser. It's pretty awesome. I typically make a yummy buttermilk syrup and serve them up with that. Find the original recipe [here](#). But since we are trying to keep it more healthy around our home nowadays, I remixed it using honey and coconut oil to make it a sugarfree syrup! I was pretty happy with the outcome, it was delish!

FOR THE PANCAKES

You Will Need:

- 3 eggs
- 1 tsp soda
- 1 tsp vanilla
- 1 dash of salt
- 2 cups whole wheat flour
- 1 1/2 tsp baking powder
- 2 cups low-fat buttermilk
- 4 tsp melted coconut oil
- 2 cups grated zucchini (pat dry)

FOR THE SYRUP

You Will Need:

- 1/2 Cup Honey
- 1 tsp. Cornstarch
- 1 tsp. Baking soda
- 1/4 Cup Buttermilk
- 1 tsp vanilla extract
- 1/2 Cup Melted Coconut Oil

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Zucchini Whole Wheat Pancakes & Healthy Coconut Oil Syrup

PANCAKES



Mix dry and wet ingredients separately in two bowls. Gently whisk wet ingredients into dry ingredients and make pancakes on hot griddle.

SYRUP



In a medium saucepan over medium heat, combine coconut oil, honey, buttermilk and cornstarch. Make sure you whisk well while the mixture is still cool to ensure that the cornstarch doesn't clump. Heat and stir continuously until coconut oil is melted and mixture starts to bubble. Then remove pan from the heat and stir in 1 tsp vanilla extract and 1 tsp baking soda. Mixture will bubble ferociously and leave you with a frothy, delicious syrup.

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Zucchini Hot Tots



Need to bring an appetizer or finger food to your next party? I got you covered! These Zucchini Hot Tots are da bomb! I brought them to a girls night and they were a HIT! My kiddos also snagged their fair share before they were plated and taken to the party! Seriously though, they are YUMMY and a perfect appetizer or would be fun for a brunch!

Adapted From: [The Two Bite Club](#)
Makes 24 Hot Tots

You Will Need:

- 2 eggs
- 1 tbs butter
- 2 cups grated zucchini
- 1/2 of an onion, diced
- 1/4 cup mozzarella cheese
- kosher salt and pepper to taste
- 1/2 cup dry Italian breadcrumbs
- 1/4 cup freshly grated parmesan cheese

Nutrition Facts

Serving Size (140g)

Amount Per Serving

Calories 222

Calories from Fat 104

% Daily Values*

Total Fat 11.6g		18%
Saturated Fat 6.1g		31%
Trans Fat 0g		
Cholesterol 105mg		35%
Sodium 397mg		17%
Total Carbohydrate 16.4g		5%
Dietary Fiber 1.9g		8%
Sugars 2.9g		
Protein 13.5g		27%

Vitamin A 9% • Vitamin C 18%
Calcium 25% • Iron 11%

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Zucchini Hot Tots

STEP 1



Squeeze zucchini

STEP 2

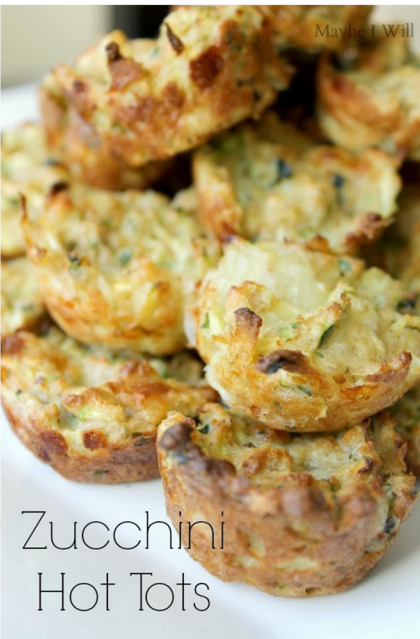


Saute onions

STEP 3



Mix and bake!



*Zucchini
Hot Tots*

Preheat oven to 400 degrees

1. Squeeze zucchini of excess water and pat dry.
2. Saute onions in butter until translucent.
3. Mix all ingredients together and put into prepared mini muffin pan.
Bake for 15-18 minutes.

Enjoy!!!

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