Sloppy Joes

6-8 servings  30 minutes

INGREDIENTS

1 small yellow onion
2 green bell peppers
8 oz button mushrooms
2 cloves garlic
1 cup canned diced pineapple
1 can lentils
6 oz tomato paste
1 tbsp olive oil
1/4 cup brown sugar or maple syrup
1 tbsp apple cider vinegar
1/4 cup soy sauce
1/4 tsp black pepper
1/4 tsp red pepper flakes
8 oz cheese for topping

DIRECTIONS

1. Wash all produce and chop finely
2. Drain lentils and pineapple
3. Saute fresh produce in olive oil for 2-3 minutes over medium heat
4. Add lentils, pineapple, brown sugar, apple cider vinegar, and soy sauce
5. Stir together and simmer 5 minutes, stirring occasionally
6. Serve with bread and top with cheese

**May sub in ground turkey for lentils if desired. Brown ground turkey and set it aside until step 4.
**PERSONAL PIZZA**

1 serving 15 minutes

**INGREDIENTS**

1. English Muffin (consider whole wheat)
2. tsp of pesto sauce
3. Slices of pre-grilled chicken strips (defrosted)
4. cup of mozzarella cheese
5. Handful of spinach

**DIRECTIONS**

1. Defrost chicken strips (2 strips per muffin half)
2. Add tsp of pesto sauce to each muffin half
3. Layer each muffin half with spinach, cheese, and chicken
4. Cook at 400°F in the air-fryer for 6 minutes or until the cheese is melted

**POPPYSEED PASTA SALAD**

4-6 serving 15 minutes

**INGREDIENTS**

1 bottle poppy seed dressing*
1 Apple
2 celery stalks
1/2 bunch of grapes
1 box bowtie pasta
1 can of chicken (or a handful of sliced almonds)
6 oz cheese

**DIRECTIONS**

1. Cook pasta according to package directions
2. Chop apples and celery into bite-sized pieces. Slice the grapes in half. Drain the chicken
3. If needed, cube or shred cheese as desired
4. In a bowl, mix all ingredients and stir to combine

*Homemade poppy seed dressing

**Chocolate Strawberries**

5 servings 5 minutes

**INGREDIENTS**

1 package of strawberries (~15 berries)
1/2 cup of chocolate melting wafers

**DIRECTIONS**

1. Rinse Strawberries, add to a plate or wax paper. Set aside till step 4.
2. Add chocolate wafers to a microwave-safe bowl
3. Add to the microwave and heat at half power or defrost setting for 30 seconds. If not melted, heat for 15-second intervals until smooth and melted.
4. Use a spoon to quickly drizzle the strawberries with the melted chocolate, let it set and Enjoy!