January 2022

Figure Friendly Meals

**Breakfast Cookies**

### Ingredients

* 1/2 cup rolled oats
* scant 1/2 cup applesauce or mashed banana
* 1/4 cup almond or cashew butter OR allergy-friendly sub
* 1/2 tsp pure vanilla extract
* 1/16 tsp salt
* 2-3 tbsp mini chocolate chips or [sugar free chocolate chips](https://chocolatecoveredkatie.com/2018/07/09/sugar-free-chocolate-chips-vegan/)
* 2 1/2 tbsp freeze-dried raspberries OR 2 tbsp dried fruit or more chocolate chips
* optional 2 tbsp sugar or pinch stevia (see note below)
* optional add-ins, such as chia seeds, shredded coconut, etc.

### Instructions

* \*Especially if using banana, you can easily omit the added sweetener entirely for a wholesomely delicious taste that's like eating mini muffins in the form of a cookie. If you'd prefer more of a dessert taste, add extra sweetener as desired, starting with the listed 2 tbsp and going from there - if you want to use a liquid sweetener, just cut back on the banana or applesauce.

Preheat the oven to 350 degrees.

Mash the applesauce or banana with the nut butter until smooth, then stir in all other ingredients until well-combined.

Shape into cookies–I used a mini cookie scoop–and bake on a greased cookie sheet for around 15 minutes.

Let cool 10 minutes before removing from sheet. This makes 18 mini cookies or 10-12 bigger cookies.

**Easy Turkey Veggie Meatballs**

**Ingredients**

* 2 pounds lean ground turkey (approximately 1 kilo)
* 1 small red onion minced
* 3/4 cup grated carrot
* 2/3 cup chopped spinach (fresh is best as frozen gives off too much liquid)
* 2/3 cup breadcrumbs
* 1 egg
* 1/2 teaspoon cumin
* 1 teaspoon paprika
* 1/2 teaspoon salt
* 1/4 teaspoon pepper

**Instructions**

* Preheat your oven to 375 degrees Fahrenheit. Prepare a large baking sheet by lining it with parchment paper or aluminum foil (if using aluminum foil, spray with cooking spray).
* Add the turkey meat to a large bowl, along with all the other ingredients. Mix together very well with a wooden spoon or your hands, making sure every ingredient is evenly distributed.
* Roll into balls about the size of one and a half tablespoons. Be sure all the meatballs are the same size so they bake evenly.
* Add the meatballs to the prepared baking tray and bake at 375 degrees Fahrenheit for about 15-20 minutes or until the internal temperature of the meatballs reach 165 Fahrenheit (74 Celsius).
* Serve immediately, or let cool and store in the fridge in an airtight container.

**Notes**

These meatballs can be stored in an airtight container in the fridge for up to 3 days, and in an airtight container in the freezer for up to 1 month.

# **Outrageous Herbaceous Chickpea Salad**

**Ingredients:**

* 2 cans (15 ounces each) chickpeas, rinsed and drained, or 3 cups cooked chickpeas
* 1 medium red bell pepper, chopped
* 1 ½ cups chopped fresh flat-leaf parsley (about 1 bunch)
* ½ cup chopped red onion (about 1⁄2 small)
* ½ cup chopped celery (about 2 ribs)
* 3 tablespoons extra-virgin olive oil
* 3 tablespoons lemon juice (from 1 to 11⁄2 lemons), or more if needed
* 2 cloves garlic, pressed or minced
* ½ teaspoon fine sea salt
* Freshly ground black pepper

**Instructions:**

1. In a medium bowl, combine the chickpeas, bell pepper, parsley, onion, celery, olive oil, lemon juice, garlic, salt, and pepper to taste. Toss until combined. Taste and add additional lemon juice, salt, or pepper if necessary.

2. Serve immediately, or chill until you’re ready to serve. Leftovers keep well, chilled, for up to 4 days.

**Shrimp and Chicken Sausage Jambalaya**

**Ingredients:**

6 oz (about 2 links) fully cooked chicken sausage, sliced into coins

1 28oz can diced tomatoes (not drained)

2 cups chopped bell peppers

4 cups riced cauliflower

9oz (about 18) raw large shrimp, peeled tails rermoved, deveined

¾ cup chopped fresh cilantro

Seasonings: 1Tbsp. Cajun seasonings, 1 bay leaf

1. Place chicken sausage, tomatoes, and peppers in a slow cooker. Add Cajun seasoning and bay leaf, mix well.
2. Cover and cook on high for 2 hours or on low for 4 hours.
3. Add cauliflower and shrimp, and stir to mix. If cooking at low heat, increase heat to high. Cover and cook for 30 minutes, or until cauliflower is tender and shrimp are cooked through.
4. Remove bay leaf and top each serving with 2 Tbsp. cilantro.

Alternate Method:

Boil raw deveined shrimp 5 minutes. Drain and rinse under water until cool. Peel. (Refrigerate until ready to use.) Add shrimp to cooker last 5 minutes of cooking time.