



15

HEALTHY

30 MINUTE

RECIPES

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Southwestern Grilled Salmon Tacos

serves: 10-12
cook time: 20 minutes



SOUTHWESTERN SALMON:

1.5 lbs. salmon, skin removed
½ teaspoon garlic powder
½ teaspoon smoked paprika
½ teaspoon sea salt
¼ teaspoon ground pepper

CHIPOTLE CREMA:

5.5 oz. plain greek yogurt
1 medium chipotle pepper
¼ teaspoon smoked paprika
juice of 1 lime
pinch of salt

PINEAPPLE SALSA:

3 cups pineapple, small dices
½ cup diced red pepper
¼ cup diced red onion
¼ cup diced fresh cilantro
juice of 1 lime
pinch of salt

TACOS:

2 avocados, sliced
10-12 lettuce cups

1. In a food processor, add greek yogurt, chipotle pepper, ¼ teaspoon smoked paprika, lime juice, & a pinch of salt. Blend until smooth.
2. Next, in a small bowl add pineapple, red pepper, onion, cilantro, lime juice, and a pinch of salt. Gently toss to mix all the ingredients.
3. Heat the grill to medium high heat.
4. In a small bowl add garlic powder, ½ teaspoon smoked paprika, sea salt, and ground pepper. Stir together.
5. Pat salmon dry. Season flesh side of the salmon, rubbing the season blend in.
6. Place the salmon on the grill seasoned side down. Grill for 4-5 minutes, or until the salmon releases from the grill. Flip and cook the salmon another 4-5 minutes. Remove from the grill and gently fork the salmon apart into chunks.
7. Serve the salmon on a lettuce cup, topped with pineapple salsa, avocado slices, and the Chipotle Crema.

Pan Seared Ribeye with Herb Butter

serves: 2
cook time: 30 minutes



PAN RIBEYE:

2 8-10 oz Ribeye
2 tablespoons olive oil
salt & pepper to season

HERB BUTTER:

3 tablespoons of butter (softened)
2 teaspoons fresh thyme
2 teaspoons fresh rosemary
¼ teaspoon salt
1 teaspoon lemon juice

1. Make the Herb Butter: to a small bowl add butter, thyme, rosemary, salt, and lemon juice. Using a spoon, mix the ingredients together.
2. Place butter mixture in a sheet of plastic wrap and roll the butter into a log. Place in the refrigerator for 20 minutes, until butter hardens.
3. Preheat grill to 500 degrees.
4. Place a large 10" cast iron skillet in the oven. Heat for 5 minutes.
5. In the meantime season both sides of the ribeye with olive oil, salt, and pepper.
6. Remove the cast iron skillet from the oven and place on a burner set to HIGH heat. Add steaks to the pan and sear for 45 seconds.
7. Flip the steaks with tongs to sear on the other side for another 45 seconds.
8. Immediately place skillet in the oven and cook (at 500 degrees) for 2 minutes. Flip the steaks and cook for another 2 minutes on the other side. Remove skillet from the oven. (this will be medium rare, if you like it more well down cook it another minute on each side)
9. Cover the skillet with foil and let steaks sit for 2 minutes. Serve. Top with herb butter and a lemon wedge.

Sweet Potato Black Bean Quinoa Bowls

serves: 4
cook time: 35 minutes



2 sweet potatoes, peeled and diced
2 tablespoon olive oil
1 teaspoon ground cumin
½ teaspoon smoked paprika
½ teaspoon garlic powder
½ teaspoon salt
14.5 oz. can of low sodium black beans, drained and rinsed
14.5 oz can of no salt sweet corn, drained and rinsed

CILANTRO DRESSING:

½ cup fresh cilantro
½ cup plain greek yogurt
3 tablespoon red wine vinegar
3 tablespoon olive oil
1 tablespoon honey
¼ teaspoon ground cumin

½ cup red onion, thinly sliced
2 roasted red peppers, thinly sliced
2 avocado, sliced
{optional} jalapeno, sliced
1 cup dry quinoa
2 cups of water

1 teaspoon dijon mustard
½ teaspoon red pepper flakes
¼ teaspoon smoked paprika
1 garlic clove
salt & pepper to taste

1. Preheat oven to 400
2. In a small bowl, add olive oil, 1 teaspoon cumin, ½ teaspoon, smoked paprika, ½ teaspoon garlic powder, ½ teaspoon salt. Mix together.
3. In a large bowl, add sweet potatoes and the olive oil seasoning. Toss to coat the potatoes with the mixture.
4. Spread the sweet potatoes on a baking sheet in a single layer. Bake for 20 minutes. Remove and set aside.
5. In the meantime add water to a small saucepan. Bring water to a boil.
6. Add quinoa to the pot. Cover and return to a boil, then reduce to simmer for 10-12 minutes or until liquid is evaporated. Then fluff quinoa with a fork.
7. In a small food processor or blender add fresh cilantro, greek yogurt, red wine vinegar, olive oil, honey, dijon mustard, red pepper flakes, ground cumin, smoked paprika, garlic clove, salt and a pepper to taste. Blend until smooth and cilantro is finely chopped.
8. Assemble the burrito bowls. Quinoa, sweet potatoes, black beans, roasted red pepper, red onion, avocado, corn, and then drizzle with dressing. (optional sliced jalapenos)

Inspiralized Vegetable Enchiladas

serves: 6
cook time: 30 minutes



1 tablespoon olive oil	¼ teaspoon ancho chili powder
1 red pepper, spiralized	¼ teaspoon ground pepper
1 zucchini, spiralized	6 flour tortillas (I got burrito size)
1 yellow squash, spiralized	19 oz. can of red enchilada sauce
½ red onion, spiralized	¾ cup shredded Monterey jack
1 teaspoon ground cumin	15.5 oz. can low sodium pinto beans, drained and rinsed
½ teaspoon smoked paprika	½ teaspoon salt
½ teaspoon garlic powder	
garnish: fresh cilantro, avocado, and sliced jalapeno	

1. Preheat oven to 375 degree.
2. Heat a large skillet to medium high heat. Add olive oil and red onion. Saute for 2 minutes. Add in the red pepper, zucchini, squash, cumin, smoked paprika, garlic powder, salt, ancho chili powder, & pepper. Stir and saute for 4 minutes until veggies are cooked down.
3. Add in the pinto beans. Stir and saute for 1 minute.
4. Spread ½ cup of the enchilada sauce on the bottom of a 13x9 baking dish.
5. Add ⅓ -1/2 cup of the veggie mixture to each tortilla. Roll. Place them in the baking dish, seam side down.
6. Cover the prepared enchiladas with 1 cup of enchilada sauce. Then top with cheese. Cover with tin foil.
7. Bake at 375 for 15 minutes.
8. Broiler HIGH for 3 minutes to brown the cheese.

(optional) Garnish with fresh cilantro, diced avocado, and sliced jalapeno.

NOTES:

FOR TIPS ON HOW TO SPIRALIZE THE PEPPERS & ONIONS -> [CLICK HERE!](#)

Cheesy Baked Meatballs in Marinara

serves: 12 meatballs
cook time: 35 minutes

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|----------------------------------|--------------------------|
| 2 lbs. ground turkey | 1 tablespoon dry parsley |
| 1 cup diced red onion | 1 tablespoon dry basil |
| 2 garlic cloves, diced | ½ teaspoon salt |
| 1½ cups diced fresh spinach | ½ teaspoon fennel seeds |
| ½ cup grated parmesan cheese | 1 tablespoon dry oregano |
| 2 eggs, beaten | ¼ teaspoon black pepper |
| 2 tablespoons olive oil | 1 jar of marinara sauce |
| ¾ cup shredded mozzarella cheese | |

1. Preheat oven to 450.
2. In a large mixing bowl, add ground turkey, red onion, garlic cloves, fresh spinach, parmesan cheese, eggs, oregano, basil, parsley, salt, fennel seeds, and black pepper. Using your hands, mix all the ingredients.
3. Form into twelve 2" balls.
4. Heat a large cast iron skillet to medium high heat.
5. Add olive oil to the skillet, and then place the meatballs in the pan.
6. Sear both sides of the meatball for 3 minutes, until it has nice browning. Gently fork the meatball apart into chunks.
7. Cover the meatballs with 1 large jar of marinara sauce.
8. Place in oven and bake for 20 minutes.

California Steak Salad with Chimichurri

serves: 4
cook time: 25 minutes



1. Preheat grill to medium high heat.
2. Season asparagus and onion rings with olive oil and salt. Place asparagus and onion rings on grill. Grill the asparagus for 4-5 minutes and remove. Grill the onion rings for 4-5 minutes per side until char marks appear. Remove and set aside.
3. Add 1 tablespoon of olive to flank steak, rub into both side. Season both sides with salt & pepper.
4. Place flank steak on the grill. Grill each side for 3-5 minutes. Let rest for 5 minutes before slicing. (make sure you slice it against the grain)
5. While the steak is resting add the following to a small food processor: a garlic clove, fresh cilantro, red wine vinegar, olive oil, lime juice, smoked paprika, red pepper flakes, salt & pepper. Blend until smooth and looks like a dressing.
6. Assemble the salad, add fresh arugula, grilled red onion slices, asparagus, cherry tomatoes, sliced avocado, and sliced flank steak to a large serving platter.
7. Serve with Chimichurri Dressing on the side! Garnish with a lime.

1.25lb flank steak	1lb. asparagus, trimmed
1 tablespoon olive oil	1 avocado, sliced
salt & pepper to season	8 oz. fresh arugula
1 red onion, sliced into 1" rings	1 pint of cherry tomatoes, halved

CHIMICHURRI DRESSING:

1 garlic clove	3 tablespoons olive oil
1 cup fresh cilantro	¼ teaspoon smoked paprika
2 tablespoon red wine vinegar	½ teaspoon red pepper flakes
1 tablespoon lime juice	salt & pepper to taste

Spice Rubbed Plank Salmon with Strawberry Salsa

serves: 4
cook time: 25 minutes

1 large cedar plank, soaked
1.25 lbs. salmon
2 1/2 tablespoons brown sugar

1 teaspoon ancho chili powder
1/2 teaspoon smoked paprika
1/2 teaspoon salt

STRAWBERRY SALSA:

1 1/2 cups diced strawberries 1/4 cup diced fresh cilantro
1 1/2 tablespoons diced jalapeno lime juice
1/4 cup diced red onion salt to taste

1. Soak wooden plank for at least 30 minutes or up to 2 hours.
2. In a medium bowl add, strawberries, jalapeno, red onion, fresh cilantro, lime juice, & salt. Toss to combine everything. Set aside.
3. In a small bowl, add brown sugar, ancho chili powder, smoked paprika & salt. Stir together with a fork.
4. Pat Salmon dry and place salmon (skin side down on) on the plank.
5. Gently rub spice mixture into the flesh side of the salmon.
6. Grill salmon for 10-20 minutes, keeping the grill closed the entire time so as to smoke the salmon.
7. Remove from grill and let sit for 2 minutes.
8. Top with strawberry salsa and serve!

Pesto Chicken Zoodles with Burst Tomatoes

serves: 4
cook time: 20 minutes

3 Zucchini, inspiralized
2 boneless skinless chicken breasts
salt & pepper
1½ cup cherry tomatoes
2 teaspoons olive oil
½ teaspoon salt

[Homemade Basil Pesto](#)

1. Preheat grill to medium high heat.
2. Season both sides of the chicken with salt and pepper.
3. Place cherry tomatoes in a small bowl along with olive oil and ½ teaspoon salt. Toss the tomatoes so they are coated.
4. In the meantime, inspiralize the zucchini. Set aside.
5. Make the basil pesto and pour the pesto over the zucchini noodles. Using salad tossers or tongs, mix the pesto in with the zoodles until it is completely combined.
6. Next, place the chicken on the grill and grill each side for 5-7 minutes. (or until there is no more pink)
7. Place cherry tomatoes in a grill basket and grill for 5 minutes, until tomatoes burst.
8. Remove tomatoes and chicken from the grill. Slice the chicken and place both sliced chicken and burst tomatoes into the pesto zoodles bowl. Serve.



Paleo Burgers with Caramelized Onions

serves: 6
cook time: 30 minutes

1½ lbs. lean ground beef
{form 6, ¼lb burgers}
1 teaspoon of pepper
2 small onions, thinly sliced
1 beef steak tomato, 6 thick slices
1 cup shredded green leaf lettuce
1 teaspoon salt
1 teaspoon garlic powder
2 tablespoons coconut oil
2 tablespoons balsamic vinegar
3 avocados

1. Heat a medium skillet to medium high heat.
2. Add 1 tablespoon of coconut oil, once melted add in thinly sliced onions. Saute until lightly caramelized, stirring occasionally. {about 10-15 minutes} Add in balsamic vinegar. Saute for another 5 minutes, stirring occasionally. Set aside.
3. Form six ¼lb. burgers with the lean ground beef.
4. Lightly season both sides with salt, pepper, and garlic powder.
5. Heat a large skillet to medium-high heat. Add in 1 tablespoon of coconut oil. Place the burgers in the skillet and saute each side for 3-5 minutes {depending on your desired doneness}.
6. Remove from skillet and let sit for 1 minute.
7. Assemble burgers.
8. Place 1 large slice of beef steak tomato on a plate, top with a pile of shredded lettuce, the burger, 2 tablespoons of the balsamic caramelized onions, and top with sliced avocado {I put half an avocado on each burger}.
9. Serve with gluten-free mustard.

Cajun Shrimp with Smoked Gouda Grits

serves: 4
cook time: 25 minutes



1. Heat a medium skillet to medium high heat. Add diced bacon and cook until crispy, about 4-6 minutes. Remove and place bacon on a paper towel lined plate. Set aside.
2. To make the cajun shrimp: add smoked paprika, garlic powder, sea salt, and chipotle chili powder to a medium bowl. Mix and add shrimp to the bowl with the spice mixture, toss to coat the shrimp in the mixture.
3. Heat a medium skillet to medium high heat. Add butter to the skillet, once melted add seasoned shrimp. Make sure the shrimp is in a single layer in the skillet. Saute shrimp on one side for 2-3 minutes, flip and cook an additional 1-2 minutes. Add lemon juice, fresh thyme, roasted red pepper, and bacon. Saute for 30 seconds, stir and remove from heat.
4. To make the Smoked Gouda Grits: add water to a sauce pan and bring to a boil. Slowly whisk in the grits. Reduce heat to medium low, cover and let cook for 5-7 minutes stirring throughout until the grits are thick. Add in the cheese, $\frac{1}{4}$ teaspoon garlic powder, and salt to taste. Continue to stir until the cheese is melted.
5. Evenly divide grits and shrimp mixture among 4 dishes. Serve.

4 strips smoked bacon, diced
 $\frac{1}{2}$ lb. jumbo shrimp, deveined & peeled
1 teaspoon smoked paprika
 $\frac{1}{2}$ teaspoon sea salt
 $\frac{1}{4}$ teaspoon chipotle chili powder
 $\frac{1}{4}$ cup green onions, diced
2 cups water
 $\frac{3}{4}$ cup grated smoked gouda cheese

1 teaspoon fresh thyme
2 tablespoons lemon juice
 $\frac{1}{2}$ teaspoon garlic powder
2 tablespoons unsalted butter
 $\frac{1}{8}$ cup roasted red pepper, diced
 $\frac{1}{2}$ cup quick cooking grits
 $\frac{1}{4}$ teaspoon garlic powder
salt to season

Chimichurri Avocado Pasta with Shrimp

serves: 6
cook time: 25 minutes



1. To prepare the shrimp, in a small bowl add shrimp, garlic powder, $\frac{1}{4}$ teaspoon of smoked paprika, $\frac{1}{4}$ teaspoon of sea salt, and chipotle chili powder. Using a spoon, toss the shrimp to coat with the spices. Set aside.
2. To prepare the Avocado Chimichurri Sauce, add fresh cilantro, fresh oregano, garlic clove, red pepper flakes, $\frac{1}{2}$ teaspoon of sea salt, $\frac{1}{4}$ teaspoon of smoked paprika, red wine vinegar, fresh lime juice, and 1 tablespoon of olive oil to a food processor. Pulse 5-10 times until the herbs are chopped up.
3. Add avocado to the food processor. Blend until the sauce is extremely smooth. Add more salt as needed. Set aside.
4. Bring a large pot of water to a bowl. Add Rotini pasta to the water and cook until al dente. (about 10 minutes)
5. In the meantime, heat a large skillet to medium high heat.
6. Add 1 tablespoon of olive oil to the pan and then add the seasoned shrimp. Sear shrimp for 2-3 minutes per side.
7. Remove from the shrimp from the pan, place on a plate. Then add cherry tomatoes into the pan. Cook for 3-4 minutes, just until the tomatoes have a slight char on them.
8. Drain the pasta and add the al dente pasta to a large bowl.
9. Then add Avocado Chimichurri sauce to pasta bowl. Toss the noodles to coat them in the sauce. Add the shrimp and cherry tomato to the bowl. Mix everything together and serve!

1 lb. large shrimp, peeled & deveined
 $\frac{1}{4}$ teaspoon garlic powder
 $\frac{1}{4}$ teaspoon smoked paprika
 $\frac{1}{4}$ teaspoon sea salt
 $\frac{1}{8}$ teaspoon chipotle chili powder
 $\frac{1}{4}$ teaspoon smoked paprika
3 tablespoon red wine vinegar
3 tablespoons fresh lime juice
1 cup cherry tomatoes

$\frac{1}{2}$ teaspoon sea salt
1 garlic clove
 $\frac{1}{4}$ cup fresh oregano
 $\frac{1}{2}$ tsp red pepper flakes
 $\frac{3}{4}$ cup fresh cilantro
1 tablespoon olive oil
3 avocados
1 tablespoon olive oil
1 box Rotini Pasta

Cilantro Lime Chicken with Avocado Salsa

serves: 4
cook time: 27 minutes

CILANTRO LIME CHICKEN:

1.5 lb. boneless chicken breast
¼ cup lime juice
½ teaspoon ground cumin

2 tablespoons olive oil
¼ cup fresh cilantro
¼ teaspoon salt

AVOCADO SALSA:

4 avocados, diced
½ cup fresh cilantro, diced
½ tablespoon red wine vinegar
½ teaspoon red pepper flakes

3 tablespoons lime juice
1 garlic clove, minced
salt to taste

1. To a small bowl, add ¼ cup of lime juice, olive oil, ¼ cup of fresh cilantro, ground cumin, and ¼ teaspoon of salt. Whisk until mixed.
2. Add chicken and marinade to a large ziplock bag. Let chicken marinate for 15 minutes.
3. Preheat grill to medium high heat (about 400 degrees). Place chicken on grill and grill each side for 4-6 minutes, until chicken is no longer pink. Remove and let sit.
4. To make the avocado salsa: add avocado, ½ cup fresh cilantro, 3 tablespoons lime juice, red wine vinegar, red pepper flakes, garlic clove, and salt to a small bowl. Gently toss to mix.
5. Top Cilantro Lime Chicken with fresh Avocado Salsa.

Mini Portobello Margherita Pizzas

serves: 6 mini pizzas
cook time: 17 minutes

6 large portobello mushrooms, stems removed
6 teaspoons of olive oil
12 slices of fresh mozzarella
1 cup of cherry tomatoes, halved
3-4 garlic cloves, minced
 $\frac{1}{2}$ cup of basil, chiffoned
pinch of salt on each portobello

1. Preheat oven to 400.
2. Place portobello mushrooms bottom side up on a baking sheet.
3. Brush each portobello mushroom with 1 teaspoon of olive oil.
4. Evenly sprinkle minced garlic cloves on each portobello mushroom.
5. Place two fresh mozzarella slices on each portobello mushroom.
6. Evenly distribute cherry tomatoes between portobello mushrooms. Add a pinch of salt to each mushroom.
7. Bake for 10-12 minutes, until cheese is melted.
8. Remove from oven and sprinkle even mushroom with basil. Serve!



Light Lemon Chicken Orzo Soup

serves: 6-8
cook time: 30 minutes



1. Heat a large dutch oven to medium high heat.
2. Add olive oil and chicken cubes. Saute until chicken is cooked through, about 4-6 minutes.
3. Add leeks, garlic, and carrots. Stir ingredients and cook for about 3-4 minutes.
4. Next add lemon juice, lemon zest, and chicken broth. Bring to a slow simmer.
5. Add in orzo, thyme, rosemary, and salt to season. Cook pasta for 8 minutes. Add in kale and cook for 1 minute.
6. Remove soup from heat and serve!

Optional: garnish with freshly grated parmesan cheese

1.5 lbs. boneless skinless chicken breasts, cut into cubes	3 garlic cloves, minced
2 tablespoons olive oil	1 lb. carrots, sliced
2 leeks, halved and sliced	2 teaspoons lemon zest
1/3 cup lemon juice	1 cup dry orzo
7 cups low sodium chicken broth	1 tablespoon rosemary
2 tablespoons thyme	salt to season
4 cups kale, roughly chopped	

NOTES: To Prepare the leeks, cut off the ends right before the dark green part of the leek starts. Next, cut the leeks in half lengthways so you have two long pieces. Flip them over so both flat parts are lying face down on the cutting board. Thinly slice through the leeks. Place all sliced leeks into a bath of cold water and swirl leeks around a little bit. (leeks tend to hid alot of dirt in them so let the leeks sit for a while, dirt will fall off and gather in the bottom of the cold water bowl.) Drain well and you can start cooking with them!

Thai Chicken Lettuce Wraps & Spicy Peanut Sauce

serves: 6-8 lettuce cups
cook time: 20 minutes

THAI CHICKEN:

2 tablespoons olive oil
1 teaspoon fresh ginger, minced
¼ teaspoon ground cloves

1 lb. ground chicken
2 garlic cloves, minced
¼ teaspoon sea salt

SPICY PEANUT SAUCE:

4 tablespoons peanut butter
3 tablespoons coconut aminos or tamari
2 tablespoons fresh cilantro, diced
½ teaspoon red pepper flakes
minced

1 tablespoon raw honey
juice of 1 lime
1 garlic clove, minced
1 teaspoon fresh ginger,

LETTUCE WRAP:

2 carrots, cut 1" matchsticks
½ cucumber, cut 1" matchsticks
6 mini bell peppers, sliced
¼ cup fresh cilantro, diced
optional: sriracha sauce for topping

¼ cup green onions, sliced
8-10 leaflets of boston lettuce

1. To make the Spicy Peanut Sauce: In a small bowl, add peanut butter, coconut aminos, cilantro, honey, lime juice, ginger, garlic, and red pepper flakes. Mix ingredients until the sauce is smooth. Set aside.
2. Heat a large skillet to medium high heat. Add olive oil to the pan with garlic and minced ginger. Saute for 30 seconds, add ground chicken. Cook chicken, stir frequently, until pink is gone, approximately 6-8 minutes. Add in ground cloves and sea salt. Stir mixture and set aside.
3. Assemble Lettuce Wraps: Using one lettuce cup add ¼ cup of the ground chicken mixture, cucumbers, carrots, & red pepper slices. Top with 1 tablespoon of the Spicy Peanut Sauce and garnish with green onions and fresh cilantro. Serve.

