

Triple Switch Dinner Ideas

Winter Salad: Roasted Broccoli with Blanched Almonds & Chicken

Serves: 4

Steps:

1. Preheat the oven to 220c
 2. Slice broccoli stems to about ¼ inch thick. Transfer to a baking tray, toss with oil and season with salt and pepper. Roast for 15-20 minutes until brown around the edges
 3. Finely chopped the florets left on your chopping board
 4. Heat a cast iron frying pan over medium to high flame, add the florets, season, and cook with regular stirring until bright green with light charred spots, about 5 minutes
 5. Reduce heat to low, add almonds and cook until nuts are browned
 6. Toss your broccoli stems in the vinegar
 7. Combine the cooked broccoli stems, florets, and roasted chicken
- 1 bunch of broccoli: ends trimmed and stems peeled
 - 3 tbsp olive oil
 - Gros Sel Guerande salt and frashly ground black pepper
 - 2 tbsp of rice wine vinegar
 - ¼ cup of blanched almonds: finely chopped
 - Roasted rotisserie chicken

Winter Salad: Sauteed Kale 'Caesar'

Serves: 4

Steps:

1. Heat 1 tbsp of coconut oil in a large heavy frying pan over a medium heat
 2. Add onion and sauté until soft and translucent
 3. Stir in ¼ tsp smoked paprika and crushed black pepper, sprinkle with salt
 4. Add kale and heat until the kale is cooked through, about 5-6 minutes
 5. Check seasoning and add more paprika if required
 6. Transfer to serving bowl; drizzle with olive oil, toss with parmesan and add additional protein serving of your choice (white fish and chicken)
- 8 cups of kale: remove stems and center ribs, chop coarsely
 - 1 tbsp coconut oil
 - 1tbsp olive oil
 - 1 ½ onions finely chopped
 - ¼- 1/2 tsp of smoked paprika
 - ¼ cup finely shredded parmesan cheese
 - Generous pinch of black pepper
 - Optional add ins: chicken or white fish

Italian Chicken with Dried Oregano

Serves: 2 at quantity listed

Steps:

1. Mix all of the ingredients in a shallow dish. Turn chicken to coat well. Cover and refrigerate for 8 to 12 hours, remembering to turn it over occasionally.
2. One hour before serving, heat oven to 450 degrees F. Line a baking sheet with foil, and put chicken on it. Pan in oven, reduce heat to 325 degrees F. Bake 35 to 45 minutes.

- 4 pieces of chicken
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 1 clove garlic, crushed
- ¼ teaspoon dried oregano
- Freshly ground black pepper, to taste

Rosemary Roasted Turkey Breast

Serves: 8 at quantity listed

Steps:

1. Preheat oven to 325 degrees F.
2. Brush the olive oil over the turkey breast and sprinkle with the fresh rosemary and pepper. Put the turkey breast in a roasting pan and place in the oven.
3. Roast for about 25 minutes per pound or until an instant-read thermometer reads 170 degrees F.
4. Allow turkey to rest for 10 minutes prior to slicing and serving.

- 2 tbsp olive oil
- 6 pounds organic turkey breast
- 2 tbsp fresh rosemary, chopped
- Freshly ground black pepper, to taste

Grilled Salmon with Grilled Veggies

Serves: 4 at quantity listed

Steps:

1. Preheat the grill. Place the salmon fillets on the grill and dust them with pepper, lemon juice, and zest. Cook for 5 to 8 minutes, turning halfway through. Transfer to a plate.
2. Place the remaining ingredients in a grill basket and spray with cooking spray. Cook 12 to 15 minutes, or until tender. Stir frequently so the onion doesn't burn. Allow to rest for 5 minutes before serving.

- 4 salmon fillets
- Freshly ground pepper, to taste
- Juice and zest from 1 lemon
- 1 cup zucchini, cut in rounds
- ½ cup red bell pepper, chopped
- ½ cup red onion, sliced
- ½ cup carrots, sliced