



Hey there! I'm
Felesha, the cook and
photographer over at
Say Grace food blog.

I believe you can make delicious food even if you're
**short on time AND conscious about the health of
your family.**

This cookbook contains 7 healthy recipes that have
DELICIOUS FLAVOR and are ready in **30 MINUTES.**

Made from all natural ingredients and mostly gluten
free, this variety of recipes is sure to please the entire
family or even if you're just cooking for a few.

I have also included a shopping list for your
convenience. This list should make it easy to plan and
prep for your entire work week.

I hope you find this cookbook helpful and conducive to
your lifestyle! Say Grace and enjoy!

- *Felesha*

For more recipes, please visit Say Grace.

www.saygraceblog.com

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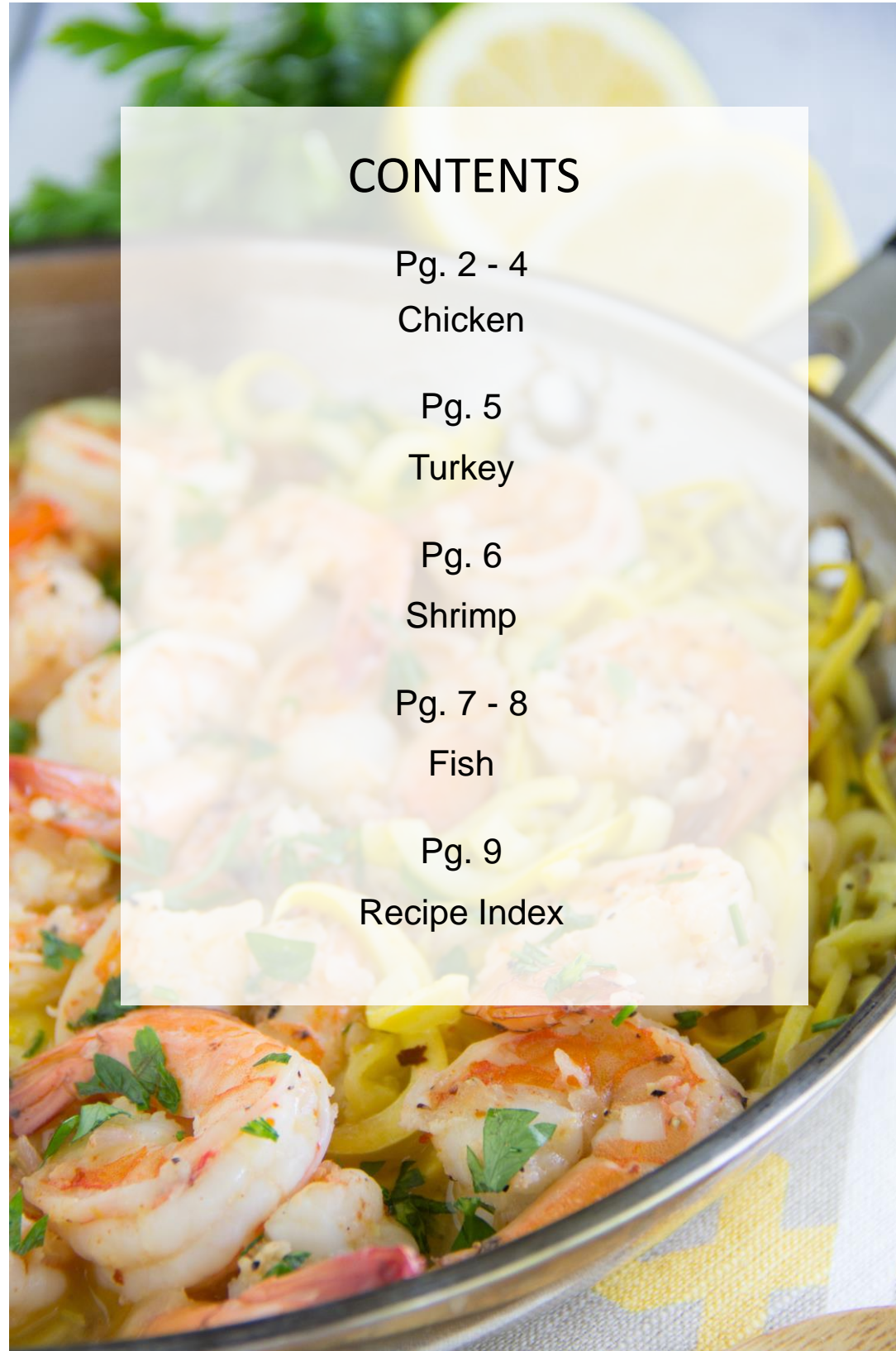
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Chicken Lettuce Wraps



This PF Chang's copycat dish will keep the family begging for more in the comfort of your own home!

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| 1 T. extra virgin olive oil | 8 oz. chestnuts, chopped |
| 1 lb. ground chicken | 1 c. diced mushrooms |
| 2 garlic cloves, minced | ½ c. diced red bell pepper |
| ¼ c. hoisin sauce | ½ c. diced carrots |
| 2 T. soy sauce or coco aminos | 2 scallions, sliced |
| 1 T. rice wine vinegar | ¼ c. cashews, chopped |
| 2 inch piece ginger, grated | 1 head Boston lettuce |
| 1 tsp. crushed red pepper flakes | Kosher salt and pepper, to taste |

- 1 In a large skillet over medium high heat, add the olive oil and crumbled ground chicken; saute until browned for about 4 minutes. Drain excess oil.
- 2 Add garlic, ginger, chestnuts, mushrooms, scallions, red bell pepper, carrots and saute for a few minutes or until tender.
- 3 Add hoisin sauce, soy sauce or coco aminos, rice wine vinegar and crushed red pepper. Cook for a minute.
- 4 Remove from the heat and stir in the cashews.
- 5 Season with kosher salt and pepper to taste.
- 6 Serve warm wrapped in Boston lettuce cups. Say Grace and enjoy!!

Serves 4

Chicken Sausage Pasta



This light and delicious one pan pasta dish combines whole wheat penne with tasty chicken sausage, spinach and parmesan.

12 oz. sweet and smoky chicken sausage links, sliced	1 c. chicken broth
10 oz. spinach (about 4.5 cups)	8 oz. mushrooms, sliced
8 oz. whole wheat or gluten free penne	5 cloves garlic, minced
1 c. grape tomatoes, halved	1 c. diced onion
¼ c. grated parmesan	1 T. extra virgin olive oil
3 T. flour	½ tsp. kosher salt
1 c. milk	½ tsp. pepper
	Crushed red pepper flakes, to taste (optional)

- 1 Boil salted water and penne until al dente.
- 2 In a large skillet, add olive oil and sausage. After browned, remove sausage from skillet.
- 3 Add the onions and mushrooms to the same skillet and cook until tender.
- 4 Add garlic until fragrant.
- 5 Sprinkle flour and cook for about a minute.
- 6 Add milk and chicken broth; whisking until smooth; stir in kosher salt, pepper, and crushed red pepper flakes.
- 7 Add spinach and stir to wilt.
- 8 Toss in sausage and cooked pasta.
- 9 Stir in and melt grated parmesan.
- 10 Garnish with tomatoes. Say Grace and enjoy!!

Serves 4

Chicken, Kale & Broccoli Salad



This Chick Fil-A copy cat recipe is loaded with vitamins and is a great source of protein, folate, calcium and fiber.

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| 2 small bone-in, skin-on roasted chicken breasts, diced | 2 T. apple cider vinegar |
| 4 c. kale | 1 T. balsamic vinegar |
| 1 bunch broccolini, chopped | ½ tsp. soy sauce/coco aminos |
| ¼ c. maple syrup | ¼ tsp. pepper |
| ½ c. extra virgin olive oil | 2 tsp. lemon juice |
| ½ tsp. brown sugar | ¼ c. dried cherries |
| 1 T. grated onion | Mixed roasted walnuts, almonds and pecans, garnish |

- 1 In a large bowl, combine kale, broccolini and dried cherries.
- 2 Make the dressing – In a small bowl, combine maple syrup, brown sugar, onion, apple cider vinegar, balsamic vinegar, soy sauce, pepper and lemon juice. Slowly drizzle in olive oil while whisking until combined.
- 3 Toss kale, broccolini and dried cherries with amount of dressing to taste.
- 4 Top dressed salad with roasted chicken breast and garnish with nuts. Add more dressing if needed. Say Grace and enjoy!

Serves 2

Tex-Mex Turkey Burgers



This healthy turkey burger is loaded with all of the traditional flavors of tasty Tex-Mex.

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| 1 lb. ground turkey | 6 slices pepper jack cheese |
| ½ medium onion, grated | Diced tomatoes, garnish |
| 2 T. taco seasoning | Shredded lettuce, garnish |
| 2 T. salsa | ¾ c. prepared guacamole |
| 1 small can diced chiles, drained | ¾ c. light sour cream |
| 15 oz. can pinto beans, slightly crushed | Taco sauce, garnish |
| 1 T. grapeseed oil | Fresh jalapeno, sliced |
| | 6 Brioche buns |

- 1 In a large bowl, combine turkey, onion, pinto beans, salsa, chiles, and pinto beans.
- 2 Form the meat mixture into 6 patties.
- 3 In a large skillet over medium-high heat, add grapeseed oil and cook patties for 5-6 minutes on each side. Melt cheese slices after flipping to melt.
- 4 While the burgers cook, combine guacamole with sour cream.
- 5 Place burgers on bottom buns and garnish with taco sauce, lettuce, tomatoes and jalapeno slices.
- 6 Spread ¼ c. of guacamole/sour cream mixture onto top bun and place on the bottom half of sandwich. Say Grace and enjoy!

Serves 6

Shrimp Scampi Squoodles



This Shrimp Scampi takes a ride on the healthier side when served with delicious summer squash.

4 large summer squash	1 tsp. pepper
1 lb. large raw shrimp, deveined, tails intact	½ tsp. Cajun seasoning
2 T. butter	¼ c. lemon juice
1 shallot, diced	¼ c. white wine
4 garlic cloves, minced	Grated Parmesan cheese, garnish
½ tsp. crushed red pepper	Flat leaf parsley, chopped, garnish
½ tsp. kosher salt	

- 1 Make squash squoodles with spiralizer veggie slicer.
- 2 In a large saute pan, melt butter over medium-high heat. Add shallots and garlic and saute until tender.
- 3 Add shrimp, red pepper, salt, pepper, Cajun seasoning and saute for about 4 minutes or until opaque/pink.
- 4 Add the lemon juice, white wine and stir to combine. Bring to a boil and allow to cook for a minute. Remove from heat.
- 5 Wilt squoodles in the mixture and combine well.
- 6 Sprinkle with parmesan and parsley. Say Grace and enjoy!

Serves 4

Salmon Over Mashed Cauliflower



Now that I've discovered Wild Pacific Salmon, I am convinced it is best for the health of your family.

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| 2 lbs. wild salmon (4 fillets) | 1 ½ tsp. wasabi powder |
| grapeseed oil, for searing | salt & pepper, to taste |
| salt & pepper, to taste | 4 oz. arugula |
| 1 c. balsamic vinegar | 1 T. lemon juice |
| 1 head cauliflower, cut into florets | 3 T. extra virgin olive oil |
| 2 T. butter | 1 tsp. honey |
| 2 T. grated parmesan | 1 tsp. apple cider vinegar |
| 1 T. whipping cream | 1/8 tsp. crushed red pepper |
| ½ tsp. garlic powder | ¼ tsp. salt |
| | 1/8 tsp. pepper |

- 1 Pour balsamic vinegar in a medium saucepan over medium-high heat. Boil then reduce heat and simmer over medium-low heat until sauce has thickened and reduced. Stirring occasionally.
- 2 While vinegar is reducing, place a steamer insert into a saucepan. Add water and bring to a boil. Add cauliflower, cover, and steam until tender, about 10 minutes.
- 3 While cauliflower is steaming, mix lemon juice, extra virgin olive oil, honey, apple cider, crushed red pepper, salt & pepper in a small bowl. Whisk until combined. Pour over arugula and refrigerate.
- 4 Transfer half the cauliflower to a food processor; cover & blend on high. Add remaining cauliflower florets, one at a time, until vegetables are creamy. Blend in garlic powder, wasabi, butter, Parmesan cheese, whipping cream, salt, and pepper.
- 5 Season both sides of salmon with salt & pepper. Heat grapeseed oil in a large non-stick skillet over medium-high heat. Add salmon & cook, until salmon has nicely browned. Flip salmon and continue to cook 3 - 5 minutes longer until browned & salmon has cooked through. Plate salmon over cauliflower and pour balsamic glaze over. Top with arugula. Say Grace and enjoy!

Serves 4

Mahi Mahi Tacos



Mahi Mahi is quickly marinated in Tex-Mex flavors and then seared to perfection to make these tacos a pure delight.

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| 1 lb. Mahi-Mahi filets | ¼ c. whipping cream |
| ¼ c. canola oil | ¼ tsp. salt |
| 1 lime, juiced | Salsa, garnish |
| 1 T. ancho chili powder | Diced tomato, garnish |
| 1 jalapeno, chopped | Cojita cheese, garnish |
| ¼ c. cilantro | Shredded Red cabbage, garnish |
| Salt, to taste | Rice wine vinegar, condiment |
| 8 Corn tortillas | Hot sauce, garnish |
| ¼ c. sour cream | Cilantro, garnish |
- 1 Place fish in a medium size dish. Whisk together the oil, lime juice, ancho, jalapeno, and cilantro and pour over the fish. Let marinate for 15 to 20 minutes.
 - 2 Combine sour cream, whipping cream and ¼ tsp. salt in a small bowl. Stir well.
 - 3 Preheat grill pan on medium-high heat. Sprinkle both sides of fish with salt. Grill fish for 4 minutes on first side. Flip and grill for another minute or until cooked through.
 - 4 Place tortillas in a dry skillet until lightly browned on both sides.
 - 5 Assemble tacos with filets, sour cream mixture and desired garnishes. Say Grace and enjoy!

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I HOPE YOU ENJOYED THIS COOKBOOK!

Here is a small sample of other healthy recipes I have shared on my blog.

Please visit me at [Say Grace](http://www.saygraceblog.com) for more recipes!

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- Felesha

