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# Cookbook

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# ASIAN LETTUCE WRAPS

SERVES 6 • CALORIES: 324 • PROTEIN: 47g • CARBS: 16g

## INGREDIENTS

1¼ lb fat-free lean ground turkey	3 tbsp. hoisin sauce
1 tbsp. olive oil	2 tbsp. lower-sodium soy sauce
1 clove garlic, minced	1 tbsp. rice vinegar
½ tsp. ground ginger	2 tsp. roasted red chili paste
4 green onions, thinly sliced	½ tsp. salt
1 (8 oz.) can sliced water chestnuts, drained and coarsely chopped	12 Boston lettuce leaves

## DIRECTIONS

**This protein packed lunch will give you endless hours of energy!**

1. Heat 1 tablespoon of oil in a large nonstick skillet over med-high heat. Add turkey, garlic and ginger to the pan and cook for about 6 minutes or until turkey is browned. Stir to crumble.
2. Combine turkey mixture, onions and chopped water chestnuts in a large bowl, stirring well, and set aside.
3. Meanwhile in a small bowl, whisk together hoisin, soy sauce, rice vinegar and roasted red chili paste and drizzle over the turkey mixture. Toss to coat completely.
4. Add about ¼ cup turkey mixture to each lettuce leaf, serve and enjoy!





# CHICKEN PITA

2 FILLED PITA HALVES • CALORIES: 428 • PROTEIN: 33g • CARBS: 41g

## INGREDIENTS

### Chicken

½ cup balsamic vinaigrette

1 lb boneless skinless chicken breast halves

### Pitas

8 pita pocket halves

½ cup sliced cucumber

½ cup grape tomatoes, chopped

½ cup sliced red onion

½ cup crumbled feta cheese

### Cucumber Sauce

1 cup plain Greek yogurt

½ cup finely chopped cucumber

¼ cup finely chopped red onion

1 tbsp. minced fresh parsley

1 tbsp. lime juice

1 garlic clove, minced

¼ tsp. salt

⅛ tsp. pepper

## DIRECTIONS

1. Pour vinaigrette into a large resealable bag. Add the chicken; seal bag and turn to coat. Refrigerate for at least 4 hours or overnight. In a small bowl, combine the sauce ingredients; chill until serving.
2. Drain and discard marinade. Broil chicken 4 inches from the heat for 4-7 minutes on each side or until a thermometer reads 170° F.
3. Cut chicken into strips. Fill each pita half with chicken, cucumber, tomatoes, onion and cheese; drizzle with sauce.





# SHRIMP SKEWERS

SERVES 3 • CALORIES: 362 • PROTEIN: 24g • CARBS: 39g

## INGREDIENTS

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| 1 pound large raw shrimp, cleaned and deveined | ¼ tsp. black pepper                        |
| 3 cloves garlic, sliced thin                   | ¼ tsp. paprika                             |
| 2 tbsp. extra-virgin olive oil                 | ¼ cup finely chopped cilantro, for serving |
| ¼ cup fresh squeezed lime juice                | 6 large metal skewers                      |
| ¼ tsp. sea salt                                | 2 cups cooked brown rice                   |

## DIRECTIONS

1. Whisk together olive oil, lime juice, garlic, salt, pepper, and paprika for marinade.
2. Thread shrimp onto skewers, about 12 to 15 minutes, or until cooked through. Place on a plate. Pour marinade over shrimp skewers.
3. Preheat oven to 450° F.
4. Lay skewers on a baking sheet and roast for about 5 minutes, until pink and opaque.
5. Sprinkle with cilantro and serve over brown rice.





# STUFFED PEPPERS

SERVES 4 • CALORIES: 327 • PROTEIN: 25g • CARBS: 31g

## INGREDIENTS

4 large green bell peppers	1½ cups cooked brown rice
1½ tsp. canola oil	1 8 ounce can tomato sauce, divided
1 medium onion, chopped	1 tbsp. chopped fresh parsley
1 clove garlic, minced	¼ tsp. freshly ground pepper
1 lb ground turkey	

## DIRECTIONS

1. Preheat oven to 350° F.
2. Cut out stem ends of bell peppers and discard. Scoop out seeds. Bring 8 cups water to a boil in a large pot and blanch the peppers until tender-crisp, about 1 minute. Drain and cool under cold running water. Set aside.
3. Heat oil in a large nonstick skillet over medium heat. Add onion and garlic and cook, stirring occasionally, until softened, about 3 minutes. Add turkey and cook, crumbling with a wooden spoon, just until it loses its pink color, about 2 minutes. Drain the fat.
4. Transfer the turkey mixture to a medium bowl and mix in rice, ½ cup tomato sauce, parsley, and pepper. Stuff the peppers with the mixture and place them in a 2-quart casserole dish. Spoon the remaining ½ cup tomato sauce over the peppers. Cover and bake until the peppers are tender and the filling is heated through, 30 to 35 minutes.

