

# BUFFALO CHICKEN DIP

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- Prep & Cook Time: 35 min
- Servings: approx. 6

## *Ingredients*

- 2 cups cooked, shredded chicken
- 1 cup cheese, shredded
- 1 cup plain yogurt
- 1/2 cup cottage cheese
- 1/4 cup sour cream
- 1/2 cup hot sauce (ex. Frank's Red Hot)



## *Directions*

1. Preheat oven to 350°
2. Mix all ingredients until combined
3. Pour into 8x8 baking dish and bake in oven @ 350° for 25 minutes (or until slightly brown and bubbly)
4. Serve with cut vegetables (ex. celery, carrots) or chips. Enjoy!

- Prep & Cook Time:  
60 min
- Servings: approx. 4

# CHICKEN MEATBALLS WITH ROASTED APPLES AND POTATOES

## *Ingredients*

- 1 package (or 1 lb) chicken meatballs
- 1 lb (2-3 med. size) potatoes
- 1 onion
- 1 lb (3-4 med. size) apples
- 2 tbsp. olive oil
- salt, pepper, and garlic powder to taste

## *Directions*

1. Preheat oven to 400°
2. Prep potatoes, onion, and apples
3. Put potatoes, onion, apples, and chicken meatballs on a baking sheet
4. Drizzle olive oil and toss with pinch of salt, pepper, and garlic powder
5. Bake in oven @400° for 40 min, tossing and flipping halfway to get even cooking. Enjoy with toasted bread, cooked pasta, or cooked rice!

### PREPPING INSTRUCTIONS

#### *Potatoes*

1. Cut in quarters, length-wise
2. Dice into similar sized pieces

#### *Onion*

1. Cut off the stems on both ends
2. Set onion on flat side of onion on the cutting board
3. Cut in half and remove skin
4. Place one half, cut side down, and cut into slices
5. Repeat with other half of onion

#### *Apples*

1. Cut in quarters
2. Cut out stem and seeds
3. Slice each apple quarter in half length-wise
4. Dice into similar sized pieces

# SAUTEED CINNAMON APPLES WITH COTTAGE CHEESE

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- Prep & Cook Time: approx. 15 min
- Servings: 2

## *Ingredients*

- 2 apples, peeled and diced into cubes
- 1 tbsp cooking oil (e.g. coconut oil, butter, olive oil)
- 1/2 tbsp brown sugar (or white sugar)
- 1/2 tsp cinnamon
- 1 cup cottage cheese
- Optional toppings: toasted nuts, honey

## *Directions*

1. In a medium-sized pan, melt cooking oil over medium heat
2. Add diced apples and cook for 8-10 minutes (until soft), stirring occasionally to prevent burning
3. Add brown sugar and cinnamon to apples, stirring and cooking for another 2-3 minutes
4. Turn off stove and serve apples on top of cottage cheese
5. Optional: Top dish with toasted nuts and honey

