LOSE TO WIN HEALTHY RECIPES

MEATLOAF yield 4 servings

1 tablespoon coconut oil

½ yellow or red onion, finely chopped or ½ tablespoon onion powder

3 garlic cloves, minced

1 teaspoon chili powder (turkey-smoked paprika)

½ teaspoon dried oregano

¼ teaspoon black pepper

¼ teaspoon cinnamon (optional) (turkey- poultry seasoning)

½ teaspoon salt

1 cup zucchini, grated

1 pound ground beef, bison or ground turkey

1 egg

1/3 cup ground flaxseed (optional) will help bind the meatloaf, plus its good for you :)

**PREHEAT** oven to 400\*F. Heat a large skillet over medium -high heat and add the coconut oil. Add the onions, chili powder, oregano, salt, black pepper, and (optional seasoning if using). Cook 3-4 minutes, stirring often until the onions soften. Add garlic.

Add the zucchini, egg and optional flaxseed. Add meat and mix well. Transfer to a baking dish. Glaze (optional). Bake 45-50 minutes until the meatloaf is firm. OR divide into equal portions and bake half the time.

GLAZE 1 teaspoon mustard

 ¼ cup tomato sauce

 3 tablespoons water

 1 tablespoon Worcestershire sauce

HOT BACON KALE yield 2 servings (2 ½ cups per serving)

4 slices bacon, chopped

2 bunches kale, chopped into bite-sized pieces (1 bag organic kale; Aldi)

2 tablespoons apple cider vinegar

2 teaspoons Dijon mustard

Place bacon in a cold large pot over medium heat. Cook 2-3 minutes, until bacon browns. Add the kale and cook an additional 2-3 minutes, turning often until the kale reduces in size and is tender.

Turn the heat to low and add apple cider vinegar, mustard, and 2 tablespoons water. Toss well.

SEASONAL FRUIT CRISPS (PEACH) yield 8 servings

2 cups rolled oats

1 ½ cups gluten free flour or all-purpose flour

¾ cup firmly packed brown sugar

½ teaspoon ground cinnamon

¼ teaspoon ground nutmeg

¼ teaspoon kosher salt

½ cup unsalted butter, cut into 8 pieces

2 to 3 pounds seasonal fruit, peeled, cored, and chopped ( frozen w/o added sugar)

1 to 2 tablespoons cane sugar

**PREHEAT** oven to 350\*F. Combine the oats flour, brown sugar, cinnamon, nutmeg, and salt in a large bowl. Add the butter and use a pastry blender or fork to cut it into pea-size pieces. Refrigerate until to ready to use.

Place the fruit in a medium bowl and taste, adding the sugar if necessary to sweeten. Place in baking dish and sprinkle with the oat mixture. Bake until the top is brown and bubbly, 30 to 40 minutes. Let cool.