

INTRODUCTION

The dishes within this recipe book have been pieced together with the support of our co-workers, all over the globe as an add on to the first version of “Recipe for Success”.



PREPARE IT



COOK IT



SHARE IT

Zesty Buffalo Chicken Zucchini Boats

Samantha Angermeier | Greenville, SC (USA)

Est. Time: 45 mins. | Servings: 4 – 6



Ingredients

- 1-pound boneless skinless chicken breasts, cooked and shredded
- 1/3 cup hot sauce (like Frank's Red Hot)
- 6 zucchinis, sliced in half lengthwise
- 1 cup shredded cheese of your choice
- Ranch dressing to drizzle on top
- 2/3 cup blue cheese (optional)
- Top with 1/3 cup chopped celery or green onions (optional)

Preparation

1. Line a baking sheet and preheat oven to 400°F.
2. Use a spoon to hollow out each zucchini half and place them on the baking sheet. Cook them for about 15 minutes.
3. While the zucchini is baking, mix the cooked, shredded chicken, shredded cheese, and hot sauce in a bowl.
4. Take out the partially cooked zucchini and fill the zucchini with about 1/4 cup of the spicy shredded chicken mix.
5. Cover and bake for 15-25 minutes.
6. Top each zucchini boat with a tablespoon of cheese and (optional) 2 teaspoons of chopped celery. Once done cooking, drizzle with ranch dressing & ENJOY!

Easy Mexican Casserole

Lynn Keys | Greenville, SC (USA)

Est. Time: 15 mins. | Servings: 6



Ingredients

- 12 yellow corn tortillas
- 1 lb. hamburger (Ok to use ground chicken or turkey if you prefer)
- 1 can crushed tomatoes
- 1 can chili beans
- 1 can Ro-Tel
- 2 tablespoon taco seasoning
- 2 cups shredded cheese
- ½ cup sour cream

Preparation

1. Cook and drain hamburger. Add all the can ingredients into the hamburger and mix well. Once its mixed, set aside.
2. Cut tortillas into quarters. Spray a 9x13 backing pan with cooking spray. Cover bottom of pan with tortillas. Pour half of your meat mixture into pan on top of the tortillas. Add another layer of tortillas and add 1 cup of the cheese on top. Add remaining meat mixture and add 1/2 cup of
3. Bake in oven at 350 degrees for about 20 minutes until the cheese is nice and bubbling. This dish is also good to wrap and put in freezer for later.

Air Fryer Creamy Chicken Quesadillas

Kaylee Misch | Columbus, OH (USA)

Est. Time: 30 mins. | Servings: 2



Ingredients

- 6 oz boneless skinless chicken thighs
- 80 g 2% plain Greek yogurt
- 40 g red enchilada sauce
- 30 g 2% shredded cheddar cheese
- 2 flour tortillas
- Seasonings: taco seasoning, chili

powder, garlic powder, onion powder, paprika, and salt

Preparation

1. Season chicken thighs with taco seasoning and chili powder. Cook in the air fryer at 375 degrees for 12 minutes.
2. While the chicken cooks, mix Greek yogurt, enchilada sauce, cheddar, and a dash of garlic powder, onion powder, chili powder, paprika and salt together in a medium mixing bowl.
3. When chicken is cooked, chop into small pieces and add to the Greek yogurt mixture. Stir until completely combined; this is the quesadilla filling.
4. Scoop half the chicken mixture onto each of your flour tortillas and fold them in half to form a quesadilla. Lightly spray each side of the quesadilla with oil and air fry them at 375 degrees for 8 minutes, flipping them over halfway through.
5. Remove your crispy, creamy quesadillas from air fryer and enjoy! These quesadillas are a favorite in our house. We make them all the time because they are quick, simple, healthy and so delicious!

Source: @stealth_health_life on Instagram

Turkey Taco Lettuce Wraps

Patty Zanghi | Clearwater, FL (USA)

Est. Time: 20 mins. | Servings: 6



Ingredients

- 1 tbsp extra virgin olive oil
- 3/4 c chopped onion
- 1 lb. 99% lean ground turkey
- 2 cloves garlic
- 1 tbsp chili powder
- 1 tsp ground cumin
- 1/2 tsp paprika
- 1/2 cup tomato sauce
- 1/2 cup low sodium chicken broth
- Iceberg or romaine lettuce pulled apart and double-up as the taco shell
- Salsa, salt, and pepper

Preparation

1. Heat extra virgin olive oil in a nonstick skillet over medium high heat.
2. Add onion and sauté for 2 minutes. Add turkey and garlic cloves, season with salt and pepper to taste. Break up turkey occasionally until cooked through about 5 minutes.
3. Add chili powder, cumin, paprika, tomato sauce and chicken broth. Reduce to a simmer and cook about 5 minutes until sauce has reduced.
4. Serve mixture in lettuce leaves with salsa.

Mexican Turkey and Rice Bowl

Tiffany Humphrey | Clearwater, FL (USA)

Est Time: 35 mins. | Servings: 5



Ingredients

- 2 cups water
- 2 cups instant rice
- olive oil
- 1 cup chopped red bell pepper
- 1 cup chopped green bell pepper
- ¼ teaspoon minced garlic
- 1 pound ground turkey
- 1 (15 ounce) can dark red kidney beans, drained and rinsed
- 1 (15 ounce) can tomato sauce
- ½ (14.5 ounce) can diced tomatoes
- ½ tablespoon chili powder, or more to taste
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- Salt and ground black pepper to taste

Preparation

1. Stir water and rice together in a microwave-safe bowl. Cover and cook in the microwave on high for 8 minutes. Remove from the microwave, wait until water is fully absorbed, about 5 minutes, then fluff with a fork.
2. While rice is cooking, heat a large skillet over medium-high heat. Pour in just enough olive oil to coat the skillet.
3. Add both bell peppers and garlic. Cook, stirring every so often, until the peppers are no longer hard and crunchy, about 10 minutes.
4. Add ground turkey to the skillet and reduce heat to medium. Cook turkey, crumbling it up as you stir, until no longer pink, 7 to 10 minutes.
5. Add cooked peppers, kidney beans, tomato sauce, diced tomatoes, chili powder, garlic powder, cumin, salt, and pepper to the skillet. Mix until everything is incorporated and heated through. Serve over rice.

Creamy Whipped Feta Dip

Jonathan Cowen | Texas, USA

Est. Time: 5 mins. | Servings: 3-4



Ingredients

- Feta cheese – Use a block of good quality feta that’s been refrigerated in the brine.
- Plain Greek yogurt – whole milk Greek yogurt will give you extra smooth, creamy dip.
- Lemon zest
- Extra virgin olive oil – For a recipe like this, I like to use more robust EVOO with a peppery finish.
- Herbs & spices to finish (I used a combination of Aleppo pepper, fresh mint and fresh parsley to add some bright and fresh flavors).
- Nuts (optional) – I used toasted pine nuts and crushed pistachios, added before serving for crunch and flavor.

Preparation

1. Whip the feta.
2. Combine the feta, Greek yogurt and lemon zest in a food processor and blend. While the processor is running, drizzle the olive oil through the top opening, until the feta is whipped to a smooth texture.
3. Garnish and serve! Transfer the feta dip to a serving plate and smooth the top of the feta, making a well in the middle. Drizzle more olive oil all over and add the

Aleppo pepper, herbs, and nuts. Serve with pita chips or pita wedges.

Easy Chicken and Dumplings

Anthony Maneen | Greenville, SC (USA)

Est. Time: 1 hour 15 mins. | Servings: 6



Picture Source: Allrecipes.com

Ingredients

- 2 (10.5 ounce) cans condensed cream of chicken soup
- 3 (14 ounce) cans chicken broth
- 3 cups shredded cooked chicken meat
- 2 (10 ounce) cans refrigerated biscuit dough

Preparation

1. Gather all ingredients.
2. Stir condensed soup, chicken broth, and shredded chicken together in a large saucepan over medium-high heat until it begins to simmer.
3. Cut each biscuit into quarters, and gently stir into the simmering soup.
4. Reduce heat to medium-low, cover, and simmer until biscuits are no longer doughy in the center, 10 to 15 minutes.
5. Serve and enjoy!

Source: Allrecipes.com

White Bean Sweet Potato Tacos

Kristen Peterson | Florida, USA

Est. Time: 1 hour | Servings: 4-6



Ingredients

- 8 -10 tortillas
- 1 large sweet potato, about 2 cups diced
- 1 can (15 oz) cannellini beans, drained
- 1 yellow onion
- 1 cup finely shredded kale
- 2 tsp paprika
- 1 1/2 tsp cumin
- 1 tsp smoked paprika
- 1 tsp salt
- 1/2 tsp black pepper
- 2 -3 tbsp olive oil
- 1 cup shredded cheese of choice

Preparation

1. Preheat the oven to 400 F.
2. Dice the sweet potato and chop the onion and add it to a large sheet pan with the drained white beans. Toss the veggies with about 2 tbsp of olive oil and all of the spices.
3. Roast the seasoned vegetables for 30-40 minutes, tossing halfway through.
4. Once they're cooked, remove the pan from the oven and toss in the kale while the veggies are still warm.
5. Remove the vegetables from the sheet pan and add your tortillas to the pan. Layer a handful of cheese onto one half of the tortilla followed
6. Lightly spray the tortillas with cooking spray and place them back into the oven for 10-12 minutes on the top rack. You can also air-fry the folded tacos on 375 F for about 8 minutes
7. Top with your favorite sides when ready to serve.