



Dr. Misa

Superbowl Get-Together Recipes

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Honey Chili Meatballs

4 servings
 30 minutes

Ingredients

- 1 lb Extra Lean Ground Chicken
- 1/2 Yellow Onion (medium, chopped)
- 2 Garlic (cloves, minced)
- 1 Egg
- 1 tsp Sea Salt (divided)
- 1/4 tsp Black Pepper
- 2 tbsps Coconut Oil
- 1/2 cup Chicken Broth
- 1/3 cup Tomato Paste
- 1/4 cup Raw Honey
- 1 tbsp Apple Cider Vinegar
- 1 1/2 tsps Chili Powder
- 1/4 tsp Paprika
- 1/4 tsp Ground Mustard

Nutrition

Amount per serving	
Calories	332
Fat	17g
Carbs	24g
Fiber	2g
Sugar	20g
Protein	23g
Sodium	833mg

Directions

- 1 Preheat oven to 350°F (177°C).
- 2 In a large bowl, combine ground chicken, onion, garlic, egg, half the salt, and black pepper. Form mixture into meatballs, about 1 1/2 inches thick.
- 3 Melt coconut oil in a large oven-safe pan or skillet over medium-high heat. Add meatballs and cook until browned, about 5 minutes. Transfer to oven and bake for an additional 20 minutes or until cooked through.
- 4 Meanwhile in a medium saucepan, combine chicken broth, tomato paste, honey, apple cider vinegar, chili powder, paprika, ground mustard and remaining salt. Bring to a boil then reduce heat and simmer for 5 minutes, stirring occasionally. Adjust seasoning if needed.
- 5 Remove meatballs from the oven. Evenly coat meatballs with sauce and divide into bowls. Top with chopped green onions (optional). Enjoy!

Notes

- Likes it Spicy:** Add more chili powder to the tomato sauce or sprinkle with red pepper flakes.
- Serve Them With:** Brown rice pasta, quinoa, couscous, rice or rye bread to make it a meal. Or serve them alone as an appetizer.
- Leftovers:** Refrigerate in an air-tight container up to 3 days or freeze up to 2-4 months (cooked or uncooked).
- Slow Cooker Version:** Add formed meatballs with sauce and cook on low for 6-8 hours.
- Serving Size:** A 4-serving recipe yields about 16 meatballs. This can be stretched to 8 servings if using as an appetizer.



Turmeric Chicken Nuggets

5 servings
30 minutes

Ingredients

- 1 cup Oats (rolled)
- 2 tbsps Turmeric
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 lb Chicken Breast (boneless, cubed)
- 2 tbsps Avocado Oil (divided)

Nutrition

Amount per serving	
Calories	231
Fat	9g
Carbs	13g
Fiber	2g
Sugar	0g
Protein	23g
Sodium	161mg

Directions

- 1 In a food processor blend the rolled oats, turmeric powder, sea salt and black pepper until a flour-like consistency forms.
- 2 In a separate bowl, toss the cubed chicken breast in half of the avocado oil until evenly distributed. Pour the oat mixture over the chicken and toss until the chicken is coated.
- 3 Warm a skillet over medium heat and add the remaining oil. Add the breaded chicken to the pan and cook for 10 minutes per side. For the final 2 minutes, add a lid and cook until the chicken reaches an internal temperature of 165°F (74°C).
- 4 Serve the chicken nuggets with your favorite dipping sauce and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is equal to approximately five nuggets.

Make it Vegan: Use cauliflower florets instead and bake them in the oven for 25 to 30 minutes.



Garlic Chili Lime Chips

6 servings
15 minutes

Ingredients

- 6 Brown Rice Tortilla (thawed)
- 1 tbsp Extra Virgin Olive Oil
- 1 Lime (juiced)
- 1 1/2 tsp Chili Powder
- 1/2 tsp Garlic Powder
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	174
Fat	5g
Carbs	28g
Fiber	3g
Sugar	3g
Protein	3g
Sodium	288mg

Directions

- 1 Preheat oven to 415°F (213°C) and line a baking sheet with parchment paper.
- 2 Combine olive oil, lime juice, chili and garlic powders in a small bowl. Brush one side of each tortilla with olive oil mixture. Season with sea salt and slice tortillas into 1/8's using a pizza cutter. Transfer to the baking sheet and bake for 6 minutes.
- 3 Remove from oven, let cool and enjoy!

Notes

Serve it With: Our Layered Nacho Dip.

Cilantro Lover: Add dried cilantro into the olive oil mixture.

Likes it Spicy: Add cayenne pepper into the olive oil mixture.



Spicy Cashews

8 servings
 25 minutes

Ingredients

- 2 cups Cashews (raw)
- 1 tsp Smoked Paprika
- 1/2 tsp Red Pepper Flakes
- 1 tsp Chili Powder
- 1/2 Lime (juiced and zested)
- 2 tsps Raw Honey
- 1 tsp Avocado Oil
- 1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	210
Fat	17g
Carbs	13g
Fiber	1g
Sugar	3g
Protein	5g
Sodium	163mg

Directions

- 1 Preheat the oven to 325°F (163°C) and line a baking sheet with parchment paper.
- 2 Add the cashews, smoked paprika, red pepper flakes, chili powder, lime juice, honey, avocado oil and sea salt to a large bowl and mix until all the cashews are fully coated.
- 3 Place on the baking sheet, making sure to have them spread out evenly. Bake for 10 minutes, then remove from the oven and toss. Put them back in the oven for an additional 10 to 12 minutes, or until slightly crispy.
- 4 Remove the cashews from the oven and let them cool on the pan for 5 to 10 minutes. Garnish with lime zest if desired and serve. Enjoy!

Notes

Leftovers: Store in a sealed container for up to one week. Freeze for longer.

No Honey: Use maple syrup instead.

No Cashews: Use almonds, walnuts or pecans instead.



Grilled Portobello Mushroom Pizzas

4 servings
30 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Sweet Onion (diced)
- 2 Garlic (cloves, minced)
- 2 cups Cherry Tomatoes
- 1 1/2 tbsps Balsamic Vinegar
- 2 cups Baby Spinach
- Sea Salt & Black Pepper (to taste)
- 12 ozs Portobello Mushroom Caps
- 1/2 cup Goat Cheese (crumbled)

Nutrition

Amount per serving	
Calories	136
Fat	7g
Carbs	15g
Fiber	3g
Sugar	8g
Protein	7g
Sodium	99mg

Directions

- 1 Preheat oven to 420°F (216°C).
- 2 Add olive oil to a large skillet and heat over medium heat. Add onion and saute for about 5 minutes or until translucent. Add garlic, cherry tomatoes and balsamic vinegar and saute for another 5 minutes or until tomatoes start to burst.
- 3 Turn off heat and add baby spinach. Stir just until spinach is wilted. Season the mix with sea salt and pepper to taste.
- 4 Line a baking sheet with parchment paper. Sprinkle the inside of each mushroom cap with goat cheese and top with a few spoonfuls of the tomato mix. Place on baking sheet and bake for 10 to 12 minutes.
- 5 Remove from oven and slice into halves or quarters with a pizza cutter. Serve immediately alone or over a plate of baby spinach drizzled with olive oil and lemon juice. Enjoy!



Spinach & Sweet Potato Egg Muffins

4 servings
 35 minutes

Ingredients

- 1 1/2 tps Avocado Oil
- 1 Sweet Potato (medium, peeled and chopped into cubes)
- 1 tbsp Extra Virgin Olive Oil
- 6 cups Baby Spinach
- 8 Egg
- 1/4 cup Water
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper

Nutrition

Amount per serving	
Calories	228
Fat	15g
Carbs	9g
Fiber	2g
Sugar	2g
Protein	14g
Sodium	491mg

Directions

- 1 Preheat oven to 350°F (177°C). Lightly grease a muffin pan with avocado oil.
- 2 Steam sweet potato in a double boiler for 8 to 10 minutes, or until tender when pierced with a fork. Let cool slightly.
- 3 While the sweet potato is steaming, heat extra virgin olive oil in a large pan over medium heat. Sauté the spinach until wilted and tender. Let cool slightly.
- 4 When spinach and sweet potatoes are cool enough to handle, divide evenly into the muffin cups of the prepared pan.
- 5 In a mixing bowl whisk eggs until well scrambled. Whisk in water and salt and pepper.
- 6 Pour the whisked eggs into the muffin cups to cover the sweet potato and spinach.
- 7 Bake for 15 to 18 minutes or just until the egg is cooked through and no longer liquid on top. Remove from oven, let cool and enjoy!

Notes

Serving Size: One serving is equal to three egg cups.

Leftovers: Store in the fridge in an airtight container up to three days. Due to the moisture in the sweet potato and spinach, these egg cups do not freeze well.

No Baby Spinach: Use finely sliced kale or swiss chard instead.