Beefy Rice Skillet

**Ingredients**

* 1 pound lean beef
* 1 can of diced tomatoes (undrained)
* 2 cups of frozen mixed vegetables
* 1 cup of instant brown or white rice (uncooked)
* 2 cups of beef broth
* 1/2 tsp of salt & pepper
* 1/2teaspoon garlic powder

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**Directions**

1. Cook ground beef with salt/pepper and garlic powder in a deep 12 inch skillet, until beef is no longer pink.
2. Add all remaining ingredients to skillet, and stir to combine.
3. Bring to a boil.
4. Cover and reduce heat to medium-low.
5. Cook 5 minutes or less or until the rice is tender and mixture if of desired consistency.
6. Enjoy

# Parmesan Crusted Chicken

**Ingredients**

* 4 boneless/skinless chicken breasts
* 1 cup plain Greek yogurt
* 1/2 cup parmesan cheese – shredded
* 1 teaspoon garlic powder
* 1 1/2 teaspoon seasoned salt
* 1/2 teaspoon pepper

**Directions**

1. Preheat oven to 375 degrees.
2. Combine Greek yogurt, parmesan cheese, garlic powder, seasoned salt, and pepper in a bowl.
3. Line baking sheet with foil and spray lightly with cooking spray.
4. Coat each chicken breast in Greek yogurt mixture and place on foiled baking sheet.
5. Bake for 45 minutes.
6. Enjoy

# Mashed Cauliflower

**Ingredients**

* 1 large head cauliflower
* 3 cloves garlic
* 1/3 cup plain non-fat greek yogurt
* ½ cup Cheddar cheese-shredded(reduced fat optional)
* Salt and pepper

**Directions**

1. Place a steam basket into a large saucepan and fill with a few inches of water.
2. Cut cauliflower into florets and rinse with water.
3. Place in pot along with garlic cloves and steam until tender, about 7 to 10 minutes.
4. Drain and transfer to the bowl of a food processor, including garlic cloves.
5. Puree until smooth.
6. Return to empty pot and stir in greek yogurt and grated cheese until creamy and smooth.
7. Season with salt and pepper and sprinkle with cheese.

# Slow Cooker BBQ Pulled Pork

**Ingredients**

* 1 pkg of McComick Seasoning mix
* 3 lbs of pork shoulder roast or 2.5 lbs of chicken breast
* ½ cup reduced sugar ketchup
* ½ cup firmly packed Splenda brown sugar
* 1/3 cup Apple cider vinegar
* \*Optional slow cooker liners\*

**Directions**

1. \* read below or follow instructions on packet \*
2. Place liner in crockpot
3. Place pork or chicken in slow cooker
4. Mix up seasoning, ketchup, brown sugar, and vinegar
5. Pour over pork or chicken and cover with lid
6. Cook 8 hours on LOW or 4 hours on HIGH
7. Shred meat using 2 forks
8. Enjoy