

Black bean quesadillas

Source: <https://loveandgoodstuff.com/black-bean-quesadillas/>

Prep time: 5 minutes

Cook time: 10 minutes

Servings 2 quesadillas

Ingredients:

1 TBSP olive oil

2 cup chopped spinach

0.5 cup diced onion

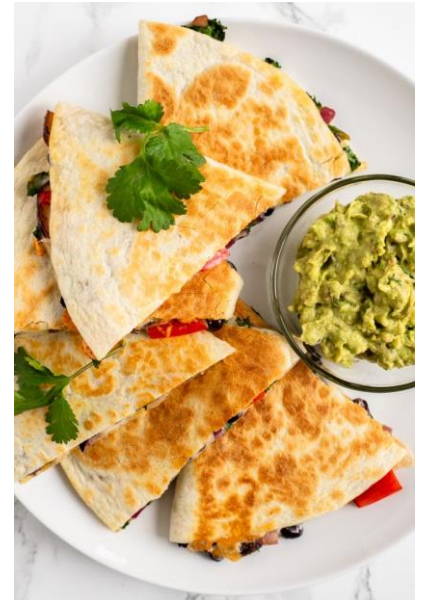
1 red pepper – diced

1 tsp chilli powder

4 large tortillas

2 cup shredded cheese

1 cup cooked black beans



Instructions:

1. Heat a large non-stick skillet to medium heat and add a tablespoon of olive oil.
2. When the skillet is hot, add the diced red pepper and onion, chopped spinach and chili powder then sauté for a couple of minutes until the veggies have softened.
3. Add the black beans into the skillet and heat.
4. Remove the veggies from the skillet and wipe clean with a paper towel, then place back on the burner.
5. Spread out 1/4 of the cheese across one half of the tortilla. Top with half the veggies and half the black beans then spread another 1/4 of the cheese on top of it all.
6. Fold over the empty half of the tortilla and press gently to close the quesadilla.
7. Repeat for the second quesadilla.
8. Place both the quesadillas in the skillet and cook for 3-4 minutes per side or until the cheese has melted and the exterior of the quesadillas has crisped and browned.

Tip: To reduce the amount of fat choose cheese that is lower in saturated fat.

Nutrition Amount Per Serving: Calories 498kcal, carbohydrates 33g (2 quesadilla), protein 29g, fiber 6g, saturated fat 17g

15 minute pesto chicken cauliflower rice recipe

Source: <https://hh-hm.com/pesto-chicken-cauliflower-rice-recipe/>

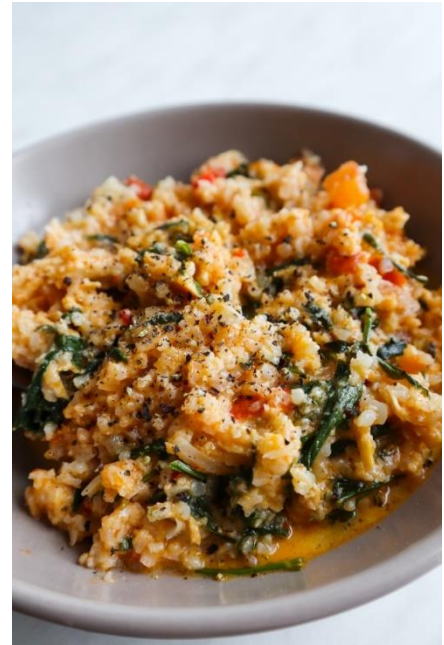
Prep time: 7 minutes

Cook time: 8 minutes

Serves 2

Ingredients:

1 cup or breast shredded chicken
2 1/2 cups cauliflower rice
1 tomato, chopped
2 garlic cloves, minced
1/2 cup grated mozzarella (optional)
1 cup rocket or spinach leaves
2 TBSP thinly chopped dill
1 TBSP olive oil
1/2 cup milk
1 TBSP tomato paste
2 TBSP red pesto
Salt and black pepper to taste



Instructions:

1. Sauté the tomato with olive oil for around 1-2 minutes. Then stir in the cauliflower rice and half the garlic for another minute.
2. Stir in the chicken, tomato paste and pesto, add salt and cover the pan to cook until chicken is cooked.
3. Add the milk and half the shredded cheese. Cover for another few minutes.
4. Stir in the rest of the cheese and the rest of the garlic. Then add the dill and rocket or spinach leaves and cook for 1-2 more final minutes.
5. Serve immediately, add the other half of the cheese and black pepper on top to taste.

Tip: To keep this meal lower in fat skip the grated cheese or add half the amount listed in this recipe.

Nutrition Amount Per Serving: Calories 488, carbohydrates 19g, fibre 4g, sugar 6g, protein 35g, total fat 32g, saturated fat 11g.

Fried Cauliflower Rice

Source: <https://www.gestationaldiabetes.co.uk/special-fried-cauliflower-rice/>

Prep time: 5 minutes

Cook time: 10 minutes

Serves 4



Ingredients:

400g cauliflower rice

1 TBSP olive oil

1 TBSP sesame seed oil (optional)

0.5cm ginger (finely grated)

1 whole clove garlic (crushed)

2 large eggs

1 small white onion

2 slices ham (optional)

100g cooked chicken pieces (or rotisserie chicken)

50g frozen vegetables

2 TBSP dark soy sauce (reduced salt)

Instructions:

1. Heat the olive oil in a pan until hot, then add the ginger and garlic to cook for a minute.
2. Add the cauliflower rice, then add the chicken and combine well.
3. Add the onion to soften.
4. Crack in the eggs, allow them to heat and firm, then stir to break them up throughout the rice.
5. Add in the frozen vegetables and ham (optional).
6. Pour in the soy sauce, stir, taste and add more as needed.
7. Serve on it's own or with a salad.

Nutrition Amount Per Serving: Calories 206kcal, carbohydrates 8g, fibre 3g, protein 15g, total fat 13g, saturated fat 3g.

How to make your own cauliflower rice

You can buy ready to use cauliflower rice from the supermarket, but if you'd like to make your own, simply use a food processor – pulse the cauliflower florets 2-3 times, make sure to not overprocess.



Your “rice” can get too small and mushy if you do. You want bigger chunks for the same texture that rice has, not flakes.

Another option if you don't have a food processor is to use a grater to grate the cauliflower into rice like pieces. This will take a bit longer but use less equipment.