

One Pan Maple Glazed Asian Chicken Legs

Prep Time 15 mins
 Total Time 50 mins
 Meal Type Dinner



Servings 4

Ingredients

lb,c g,ml

- 1/3 cup Soy Sauce, lower sodium
- 1/4 cup Maple Syrup
- 1/4 cup Rice Wine Vinegar
- 2 tsp Sesame Oil
- 2 tsp Sriracha, *optional*
- 3 Cloves Garlic, *Minced*
- 2 tsp Sesame Seeds
- 1 Tbs Ginger, *Grated* (or 1 1/2 tsp ground dried ginger)
- 1/4 cup Water
- 1 1/2 lb Chicken Legs Bone in, skin on
- 12 oz Baby Bok Choy, *Separated*
- 2 Bell Pepper, red, *Sliced*
- 12 oz Mushroom, *Sliced*

Directions

Prep

1. Remove excess skin from chicken legs and pat dry with paper towel.

Make

1. In a small bowl mix together soy sauce, maple syrup, rice vinegar, sesame oil, sriracha, garlic cloves, sesame seeds, ginger, and water.
2. Place the chicken legs in a resealable plastic bag and pour 1/2 the sauce over the chicken. Let the chicken marinate while cutting up the vegetables, or up to 24 hours.
3. Preheat oven to 400°F. Line a baking sheet with parchment paper. Place the chicken skin side up in the middle of the baking sheet and pour most of the marinade from the bag over the chicken. Bake for 10 minutes.
4. Toss the vegetables with the remaining marinade. After the 10 minutes, arrange the vegetables around the chicken (under is ok as well if the pan is too small). Bake for 20-25 minutes or until chicken is cooked through and vegetables are tender.
5. Pour the remaining sauce over the chicken and vegetables and serve warm

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	512	Total Fat 30.8g	47%	Total Carbohydrates 27g	8%
		Saturated Fat 7.9g	39%	Dietary Fiber 4g	14%
		Trans Fat 0.1g		Total Sugars 19g	
		Cholesterol 158mg	52%	Protein 33g	
		Sodium 812mg	35%		
Vitamin D 0mcg 4% · Calcium 153mg 15% · Iron 3mg 15% · Potassium 1661mg 35%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Blackberry Chard Smoothie

Prep Time 5 mins
 Total Time 10 mins
 Meal Type Breakfast,Snack



Servings 2

Ingredients

lb,c g,ml

- 1 1/2 cup water
- 1/2 cup Swiss chard, *chopped* (about 2 leaves))
- 1 banana, *frozen*
- 1/2 tsp ginger, *minced*
- 1 cup blackberries, *frozen* blueberries work well too!
- 1/2 avocado
- stevia, *to taste*

Directions

Prep

1. Chop chard.
2. Mince ginger.
3. Remove flesh from avocado.

Make

1. Add ingredients to blender and process until smooth.
2. Sweeten with stevia to taste.

Notes

Chard is similar in flavor to spinach, so feel free to substitute if desired. Add a serving of your favorite protein powder.

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Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	166	Total Fat 7.9g	12%	Total Carbohydrates 25g	8%
		Saturated Fat 1.1g	5%	Dietary Fiber 9g	35%
		Trans Fat 0.0g		Total Sugars 11g	
		Cholesterol 0mg	0%	Protein 3g	
		Sodium 24mg	1%		
Vitamin D 0mcg 0% · Calcium 35mg 3% · Iron 1mg 5% · Potassium 608mg 12%					

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Arugula Fennel Salad With Oranges and Quinoa

Prep Time 20 mins
 Total Time 20 mins
 Meal Type Lunch,Dinner



Servings 4

Ingredients

lb,c g,ml

- 1 fennel bulb, *thinly sliced*
- 6 cup baby arugula
- 3 oranges, *segmented*
- 1/2 cup pistachios
- 2 Tbs olive oil
- 1/2 tsp Dijon mustard
- 2 tsp apple cider vinegar
- 1 1/2 tsp maple syrup
- salt, *to taste*
- pepper
- 1 cup quinoa

Directions

Prep

1. Thinly slice fennel bulb, or use a mandolin.
2. Segment oranges.
3. In a small bowl, whisk olive oil, apple cider vinegar, Dijon mustard, maple syrup, salt, and pepper.
4. Cook quinoa according to package directions.

Make

1. On a plate, place arugula, slices of fennel, slices of orange, quinoa, and pistachios.
2. Top with dressing.

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Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	384	Total Fat 16.9g	25%	Total Carbohydrates 51g	16%
		Saturated Fat 2.2g	11%	Dietary Fiber 9g	37%
		Trans Fat 0.0g		Total Sugars 15g	
		Cholesterol 0mg	0%	Protein 11g	
		Sodium 48mg	2%		
Vitamin D 0mcg 0% · Calcium 161mg 16% · Iron 4mg 19% · Potassium 937mg 19%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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