



My Montana Kitchen Table Meal Plan August 26 -...

SARAH HARDY, MY MONTANA KITCHEN



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MY MONTANA KITCHEN

Instant Pot Rice & Beans (Low Fat)

One Pan Ricotta & Spinach Stuffed Chicken Breast, Roasted Mini Peppers (Low Carb)

Pan Seared Pork Chops, Buttery Broccolini (Low Carb)

Chicken Ranch Spaghetti Squash, Tossed Salad (Low Carb)

Ginger Chicken Stir-Fry, Brown Rice (Low Fat)

Easy Chicken Casserole with Green Chiles, Steamed Green Beans (Low Carb)



SEEDS, NUTS & SPICES

- 1/2 tsp Cumin
- 2 tsps Dried Chives
- 1/3 tsp Dried Thyme
- 1/2 tsp Garlic Powder
- 1 tsp Onion Powder
- 1 tsp Oregano

VEGETABLES

- 4 cups Baby Spinach
- 1 Bag Frozen Riced Cauliflower
- 10 cups Broccoli
- 2 bunches Broccolini
- 3 stalks Celery
- 1/4 cup Chopped Jalapeno
- 1/2 cup Chopped Onion
- 1 Cucumber
- 2 Garlic
- 1 tbsp Ginger
- 6 cups Green Beans
- 1/2 head Green Lettuce
- 4 cups Kale Leaves
- 1 1/3 lbs Mini Peppers
- 2 Red Bell Pepper
- 1 Spaghetti Squash
- 1 Tomato
- 1/2 Yellow Onion

BOXED & CANNED

- 2 cans Black Beans
- 1 cup Brown Rice
- 1 can Diced Green Chiles
- 1 can Diced Tomatoes
- 1/4 cup Organic Coconut Milk
- 1 can Roasted Green Chilis

BREAD, FISH, MEAT & CHEESE

- 2 3/4 lbs Chicken Breast
- 8 ozs Cream Cheese
- 3 cups Diced Or Shredded Chicken
- 1 1/2 lbs Pork Chop
- 1 cup Ricotta Cheese
- 1 1/4 cups Shredded Cheese Of Choice

CONDIMENTS & OILS

- 2 tsps Apple Cider Vinegar
- 1/3 cup Avocado Oil
- 1 tbsp Coconut Oil
- 3 1/3 tsps Extra Virgin Olive Oil
- 3 tsps Homemade Taco Seasoning
- 1 cup Mayonnaise
- 1 tbsp Red Wine Vinegar
- 1/3 cup Tamari

COLD

- 1/4 cup Butter
- 3/4 cup Sour Cream
- 1/2 cup Unsweetened Coconut Yogurt

OTHER

- 1 cup Uncooked Brown Rice)

Instant Pot Rice and Beans

8 SERVINGS 37 MINUTES



INGREDIENTS

1 cup Uncooked Brown Rice) (Not Instant)
1 can Roasted Green Chilis
1 can Diced Tomatoes
2 cans Black Beans
1 Bag Frozen Riced Cauliflower
1/2 cup Chopped Onion
1/4 cup Chopped Jalapeno (optional,)
3 tbsps Homemade Taco Seasoning (or
your favorite taco seasoning)
1 cup Water

DIRECTIONS

- 01 Place all ingredients in your Instant Pot Liner.
- 02 Close lid and seal steam vent.
- 03 Process on Manual High for 22 Minutes.
- 04 Allow to Natural Pressure Release for 5 - 10 minutes, then Quick Pressure Release.

NOTES

NO INSTANT POT

If you do not have an Instant Pot, you can simmer all the ingredients on the stovetop until the rice is cooked.

One Pan Ricotta & Spinach Stuffed Chicken with Broccoli

4 SERVINGS 35 MINUTES



INGREDIENTS

- 1 lb Chicken Breast (boneless)
- 1/4 cup Avocado Oil (divided)
- 1 cup Ricotta Cheese
- 4 cups Baby Spinach (finely chopped)
- 1 tsp Sea Salt (divided)
- 8 cups Broccoli (chopped into florets)

DIRECTIONS

- 01 Preheat oven to 375°F (190°C).
- 02 Make a slice lengthwise in each chicken breast to create a deep pocket. Coat well with half the oil and set aside.
- 03 In a bowl, mix together the ricotta, spinach and half the sea salt until well combined. Stuff the ricotta mix into each chicken breast. Transfer chicken to the middle of a glass baking dish.
- 04 Add broccoli to the baking dish and coat with the remaining oil. Sprinkle the remaining salt over the broccoli and chicken. Bake for 30 minutes or until chicken is tender and cooked through.
- 05 Remove the chicken from the oven and serve. Enjoy!

NOTES

NO RICOTTA CHEESE

Use goat cheese, cashew cheese or tofu ricotta cheese instead.

NO AVOCADO OIL

Use olive oil or coconut oil instead.

LEFTOVERS

Keep refrigerated in an airtight container up to 3 days.

Roasted Mini Peppers

3 SERVINGS 20 MINUTES



INGREDIENTS

1 1/3 lbs Mini Peppers (halved and seeds removed)
1 1/3 tbsps Extra Virgin Olive Oil
1/3 tsp Sea Salt

DIRECTIONS

- 01 Preheat oven to 400°F (204°C) and line a baking sheet with foil or parchment.
- 02 Toss mini peppers in the oil and salt, and transfer to the baking sheet cut side down. Roast for 13 to 15 minutes or until slightly charred.
- 03 Remove from oven and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container up to 3 to 5 days.

Pan Seared Pork Chops

4 SERVINGS 15 MINUTES



INGREDIENTS

1 1/2 lbs Pork Chop (boneless)
1 tsp Oregano
1/3 tsp Dried Thyme
1/2 tsp Garlic Powder
1 tsp Onion Powder
1/4 tsp Sea Salt
2 tsps Avocado Oil

DIRECTIONS

- 01 Season the pork chops with oregano, thyme, garlic powder, onion powder and sea salt.
- 02 Heat a cast iron skillet over medium heat and add the avocado oil. Once the pan is hot, add the pork chops and cook to an internal temperature of 145°F (63°C), roughly 3 to 4 minutes per side.
- 03 Once cooked on both sides, remove and set aside on a plate. Allow the pork chops to rest for 5 minutes before serving. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MAKE IT A MEAL

Serve with your favorite sides, like sweet potato, a green salad and/or green beans.

NO AVOCADO OIL

Use lard, ghee or coconut oil instead.

Buttery Broccolini

4 SERVINGS 10 MINUTES



INGREDIENTS

2 bunches Broccolini (trimmed and stems sliced)
1 cup Water
1/4 cup Butter
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 In a large pan over high heat, add broccolini and water. Bring to a boil and cook uncovered for about 6 to 8 minutes, or until tender.
- 02 Add the butter and season with salt and pepper. Toss well and sautee for an additional 2 minutes.
- 03 Remove the broccolini from the pan, divide onto plates and enjoy!

NOTES

MORE FLAVOUR

Add lemon juice, lemon zest, garlic and/or spices in step 2.

DAIRY-FREE

Use coconut oil, olive oil or avocado oil instead of butter.

NO BROCCOLINI

Use broccoli or rapini instead.

LEFTOVERS

Refrigerate in an airtight container for 3 to 5 days.

Chicken Ranch Spaghetti Squash

4 SERVINGS 30 MINUTES



INGREDIENTS

8 ozs Chicken Breast (boneless, skinless)
1 Red Bell Pepper (halved and seeds removed)
1 Spaghetti Squash (cut in half lengthwise, seeds removed)
2 tbsps Extra Virgin Olive Oil
1 cup Mayonnaise
1/2 cup Unsweetened Coconut Yogurt
2 tsps Apple Cider Vinegar
2 tsps Dried Chives
1/2 tsp Sea Salt
1/4 cup Organic Coconut Milk (full fat, from the can)

DIRECTIONS

- 01 Preheat the oven to 375°F (177°C) and line your baking sheets with aluminium foil.
- 02 Brush the chicken, bell pepper and the inside of the spaghetti squash with oil. Transfer to the baking sheets, placing the bell pepper and squash face down.
- 03 Roast the pepper for about 20 to 25 minutes or until slightly charred. Remove and set aside. Continue cooking the chicken and squash for an additional 10 minutes or until cooked through and tender.
- 04 Meanwhile, combine the mayonnaise, yogurt, apple cider vinegar, chives, salt and coconut milk in a jar. Cover with a lid and shake until well combined.
- 05 When cool enough to handle, use a fork to shred the squash into noodles. Chop the chicken and bell pepper, and transfer to the spaghetti squash bowl. Drizzle with the dressing and enjoy!

NOTES

NO BELL PEPPERS

Use mushrooms, peas or broccoli instead.

NO COCONUT YOGURT

Use any alternative plain yogurt or sour cream.

EGG-FREE

Use sour cream or yogurt instead of mayonnaise.

LEFTOVERS

Refrigerate in an airtight container up to 3 days.

Tossed Salad

4 SERVINGS 10 MINUTES



INGREDIENTS

- 1 tbsp Red Wine Vinegar
- 1/2 head Green Lettuce (roughly chopped)
- 1 Tomato (medium, sliced)
- 1 Cucumber (sliced)

DIRECTIONS

- 01 Add lettuce, tomato and cucumber to a large bowl and drizzle the vinegar over top. Toss until well coated. Divide onto plates and enjoy!

NOTES

NO RED WINE VINEGAR

Use apple cider vinegar or white vinegar instead.

NO LETTUCE

Use spinach, kale or mixed greens instead.

MORE TOPPINGS

Add sliced red onion, olives, crumbled feta, bell peppers and/or avocado.

SERVE IT WITH

Our Roasted Chicken, Marinated Baked Tofu, 15-Minute Grilled Steak, or any of our burger recipes.

ON-THE-GO

Keep dressing in a separate container on the side. Add just before serving.

Ginger Chicken Stir Fry

4 SERVINGS 30 MINUTES



INGREDIENTS

- 1/3 cup Tamari
- 2 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 tbsp Coconut Oil
- 1 1/4 lbs Chicken Breast (sliced into cubes)
- 1/2 Yellow Onion (diced)
- 3 stalks Celery (sliced)
- 1 Red Bell Pepper (diced)
- 2 cups Broccoli (chopped into florets)
- 4 cups Kale Leaves (chopped)

DIRECTIONS

- 01 Mix together tamari, garlic and ginger in a jar. Put on a lid and shake well. Set aside.
- 02 Add coconut oil to a large frying pan and place over medium heat. Add chicken and yellow onion. Saute for 8 to 10 minutes or until chicken is mostly cooked through. Add in celery, red pepper and broccoli. Saute for another 5 minutes. Pour in sauce from jar. Stir well to mix. Once everything is well combined, turn off the heat and stir in your kale. Continue to stir just until kale is wilted.
- 03 Plate stir fry. Garnish with sesame seeds and hot sauce if you like. Enjoy!

NOTES

ALTERNATIVE VEGGIES

Use mushrooms, snap peas, carrots or any other vegetables you have on hand.

SERVE IT WITH

Brown rice, pasta or quinoa.

LEFTOVERS

Keeps well in the fridge up to 3 days.

VEGAN AND VEGETARIAN

Use chickpeas or tofu instead of chicken.

MAKE IT FASTER

Use pre-sliced veggies from the bag.

Brown Rice

4 SERVINGS 45 MINUTES



INGREDIENTS

1 cup Brown Rice (uncooked)
2 cups Water

DIRECTIONS

- 01 Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 40 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

Easy Chicken Casserole with Green Chiles

6 SERVINGS 40 MINUTES



INGREDIENTS

8 ozs Cream Cheese (Softened,)
3/4 cup Sour Cream
1 can Diced Green Chiles
1/2 tsp Cumin
1/4 tsp Salt
3 cups Diced Or Shredded Chicken
1 1/4 cups Shredded Cheese Of Choice
(Divided,)

DIRECTIONS

- 01 Preheat oven to 350.
- 02 In a large bowl, mix all ingredients together, reserving 1/4 cup shredded cheese.
- 03 Spread mixture into an 8x8 glass dish.
- 04 Sprinkle reserved 1/4 cup of cheese over top of casserole.
- 05 Bake for 35-40 minutes, or until cheese is golden, and casserole is bubbly.

Steamed Green Beans

4 SERVINGS 10 MINUTES



INGREDIENTS

6 cups Green Beans (trimmed, fresh or frozen)

DIRECTIONS

- 01 Bring a 1/2-inch of salted water to boil in a large pan. Add green beans, cover and cook for about 5 to 7 minutes or until desired tenderness is reached.
- 02 Remove green beans with a slotted spoon and serve.

NOTES

USE A STEAMER BASKET

Add green beans to the steamer basket and set over a pot of boiling water. Cover and cook for about 5 minutes or until tender.

MORE FLAVOUR

Toss the beans in butter, coconut oil or olive oil. Season with your favourite spices.