FREE SAMPLE RECIPES

GLP-1 High-Protein Cookbook for Women Over 35

Three recipes from the cookbook

Maren Fairley · Table & Staple Press

Chicken & Crunchy Vegetable Pitas

Chicken, Mushroom & Brown Rice Soup

Chicken Thighs with Cauliflower & Chickpeas

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MAIN MEALS

Chicken & Crunchy Vegetable Pitas

Thin pan-seared chicken breast is sliced and stuffed into whole wheat pita bread with cabbage-carrot slaw, cucumber, tomato, and a lemony yogurt-dill spread.

Prep 15 min · Cook 10 min · Serves 2 | Makes 4 pita sandwiches | 1 pita sandwich per serving

430	46 g	8 g	47 g
KCAL	PROTEIN	FAT	CARBS

Per serving. Calories are rounded to the nearest 10 kcal.

Ingredients

10½ oz boneless, skinless chicken breast, cut horizontally into 4 thin cutlets

1 tsp olive oil, divided

4 oz green cabbage, thinly shredded

2 oz carrots, coarsely grated

⅓ cup plain 2% Greek yogurt

1 tbsp fresh lemon juice, divided

3 oz cucumber, thinly sliced

4 oz tomato, thinly sliced

4½ small whole wheat pita bread, halved to form pockets

SEASONINGS & HERBS

A pinch of sweet paprika

A pinch of salt

A pinch of black pepper

Fresh dill, finely chopped, for garnish (optional)

Instructions

1. Place the chicken cutlets on a cutting board and season both sides with the paprika, salt, and black pepper.
2. In a mixing bowl, toss the cabbage and carrots with half of the olive oil, lemon juice, salt, and black pepper to make the slaw. For a warm slaw, optionally stew the dressed cabbage and carrots in a skillet over medium heat, stirring occasionally, for about 5 minutes, until lightly softened; transfer to a bowl and wipe the skillet clean before step 4.
3. In a small area of the same mixing bowl, stir the Greek yogurt, dill, lemon juice, salt, and black pepper until combined.
4. Heat the remaining olive oil in a large skillet over medium-high heat. Add the chicken cutlets and pan-sear for 3 to 4 minutes per side, until browned and cooked through. Transfer the chicken to the cutting board and rest for 3 minutes.
5. Slice the rested chicken thinly across the grain. Open the pita pockets and spread the yogurt-dill mixture inside each one.
6. Fill each pita with an equal portion of sliced chicken, cabbage-carrot slaw, cucumber, and tomato. Serve immediately.

Storage. Refrigerate leftovers promptly in a covered container and eat them within 2 to 3 days, or freeze them for later.



SOUPS

Chicken, Mushroom & Brown Rice Soup

Chicken breast, browned mushrooms, carrots, celery, and brown rice simmer in chicken broth with onion, garlic, thyme, and bay leaf. The rice cooks directly in the soup, lightly thickening the broth.

Prep 15 min · Cook 60 min · Serves 2

190	18 g	4 g	21 g
KCAL	PROTEIN	FAT	CARBS

Per serving. Calories are rounded to the nearest 10 kcal.

Ingredients

½ tsp olive oil

2 oz cremini mushrooms, sliced

3½ tbsp yellow onion, diced

2 oz carrots, diced

1 oz celery, diced

1 garlic clove, minced

Bay leaf, to taste

1 oz long-grain brown rice, rinsed

1⅔ cup chicken broth

4½ oz boneless skinless chicken breast, cut into ¾-inch pieces

SEASONINGS & HERBS

Dried thyme, to taste

A pinch of salt

A pinch of black pepper

Instructions

1. Heat the olive oil in a medium pot over medium-high heat. Add the cremini mushrooms and cook, stirring occasionally, for 5 to 6 minutes, until browned and their moisture has evaporated. Transfer the mushrooms to a bowl.
2. Add the yellow onion to the pot and cook over medium heat for 3 minutes, stirring occasionally, until it begins to soften. Add the garlic and dried thyme and cook for 1 minute.
3. Add the rice, chicken broth, bay leaf, salt, and black pepper. Bring to a boil, then reduce to a steady simmer. Cover partially and simmer for 30 minutes, stirring once or twice to keep the rice from sticking.
4. Stir in the carrots and celery. Return to a simmer and cook, partially covered, for 5 minutes.
5. Stir in the browned mushrooms and chicken breast. Simmer, partially covered, for 10 minutes, stirring occasionally, until the brown rice is tender and the chicken reaches an internal temperature of 165°F. If the rice is still firm, keep simmering and stir in a splash of chicken broth if the soup has become too thick.
6. Remove and discard the bay leaf. Ladle the soup into bowls and serve warm.
7. Cool leftover soup promptly, then refrigerate in an airtight container for up to 3 days. Reheat in a pot over medium heat until steaming hot, adding a small amount of chicken broth if the rice has thickened the soup substantially.



MAIN MEALS

Chicken Thighs with Cauliflower & Chickpeas

Paprika-garlic chicken thighs roast on a sheet pan with cauliflower, carrots, red onion, and chickpeas.

Prep 13 min · Cook 33 min · Serves 2

260	20 g	10 g	23 g
KCAL	PROTEIN	FAT	CARBS

Per serving. Calories are rounded to the nearest 10 kcal.

Ingredients

5½ oz chicken thighs, boneless, skinless

4 oz cauliflower, cut into small florets

2½ oz carrots, cut into ⅜ inch thick diagonal slices

1 large slice red onion, cut into ¾-inch wedges

3½ oz cooked chickpeas, drained and patted dry

1 tsp olive oil, divided

1 garlic clove, finely grated or minced

SEASONINGS & HERBS

A pinch of smoked paprika

A pinch of dried oregano

A pinch of salt

A pinch of black pepper

Instructions

1. Heat the oven to 425°F. Line a rimmed sheet pan with parchment paper.
2. In a mixing bowl, combine the cauliflower, carrots, red onion, chickpeas, half of the olive oil, paprika, dried oregano, salt, and black pepper. Spread the vegetables and chickpeas in an even layer on the sheet pan.
3. Roast the vegetable mixture for 15 minutes, stirring once halfway through.
4. While the vegetables roast, cut the chicken into two pieces of similar size, then combine the chicken, remaining olive oil, garlic, smoked paprika, dried oregano, salt, and black pepper in the mixing bowl. Turn the chicken to coat.
5. Remove the sheet pan from the oven and stir the vegetables and chickpeas. Make two spaces among the vegetables and place one piece of chicken in each space. Return the pan to the oven and roast for 15 to 18 minutes, until the carrots are tender and the thickest part of the chicken reaches 165°F.
6. Let the sheet pan stand for 5 minutes. Divide the chicken, roasted vegetables, and chickpeas among 2 servings. To make ahead, refrigerate the portions in covered containers within 2 hours of cooking and eat them within 2 to 3 days, or freeze them for later. Reheat until hot throughout (165°F).

Storage. Refrigerate leftovers promptly in a covered container and eat them within 2 to 3 days, or freeze them for later.

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