

Food + Recipes > Easy Weeknight Dinner Recipes

Chicken Kebabs

BY WOMAN'S DAY KITCHEN

PUBLISHED: JUN 29, 2020

YIELDS:

4 serving(s)

TOTAL TIME:

25 mins

INGREDIENTS

FOR CHICKEN

1 1/2 lb. boneless, skinless chicken breasts, trimmed and cut into 1 1/2-in. pieces

1 lemon

2 scallions, finely chopped

1/4 c. fresh flat-leaf parsley

3 tbsp. olive oil, divided

Kosher salt and pepper

VEGGIE COMBOS

12 cherry or grape tomatoes + 1 small zucchini, cut into thick half-moons

1 red bell pepper + 8 oz fresh pineapple (both cut into 1-in. chunks)

1 sweet potato, cut into 1 1/2-in. chunks + 1 medium red onion, cut into 8 wedges, each halved crosswise

DIRECTIONS

STEP 1

Heat grill to medium-high. Place chicken in large bowl. Finely grate zest of lemon over chicken. Add scallions, parsley, 2 Tbsp oil, 1/2 tsp salt, and 1/4 tsp pepper and toss to combine. Squeeze lemon juice over top and toss again.

STEP 2

Choose a veggie combo and, in second bowl, toss vegetables with remaining Tbsp oil and 1/4 tsp each salt and pepper.

STEP 3

Thread chicken and veggies onto skewers. Grill, turning occasionally, until chicken is just cooked through, 8 to 10 minutes.

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Slow-Cooker Turkey Chili

by [LAUREN MIYASHIRO](#) UPDATED: AUG 24, 2022**YIELDS:**

8

PREP TIME:

20 mins

TOTAL TIME:

4 hrs 20 mins

CAL/SERV:

263

Ingredients

1 **tblsp.** extra-virgin olive oil

1 red onion, finely chopped

1 green Bell Pepper, chopped

1 **1/2 lb.** ground turkey

Kosher salt

Freshly ground black pepper

2 cloves garlic, minced

2 **tblsp.** tomato paste

1 (28-oz.) can chopped tomatoes

1 (15-oz.) can black beans, rinsed and drained

1 (15-oz.) can kidney beans, rinsed and drained

1 **1/2 c.** low-sodium chicken broth

2 **tsp.** chili powder

1 **tsp.** ground cumin

1 **tsp.** dried oregano

Shredded cheddar, for garnish

Thinly sliced green onions, for garnish

Directions

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Step 1

In a large skillet over medium-high heat, heat oil. Add onion and pepper and cook until beginning to soften, about 4 minutes. Add ground turkey and cook, stirring occasionally, until turkey is golden (it doesn't have to be completely cooked through at this point). Season with salt and pepper, then stir in garlic and tomato paste and cook until fragrant, about 2 minutes. Transfer mixture to a slow cooker.

Step 2

To the slow cooker, add tomatoes, black beans, kidney beans, chicken broth, chili powder, cumin and oregano. Cook on high for 4 hours, until chili has thickened. Check for seasoning and season with salt and pepper to taste.

Step 3

[Get recipe ingredients](#)

Garnish with cheese and green onion, if desired.

Nutrition (per serving): 263 calories, 23 g protein, 22 g carbohydrates, 6 g fiber, 4 g sugar, 10 g fat, 2 g saturated fat, 533 mg sodium



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15-Minute Go-To Healthy Beef and Broccoli



It's no surprise this Healthy Beef and Broccoli recipe is a family fave, since it's easy to make, absolutely delicious, and ready in just 30 minutes! This Beef and Broccoli also makes great meal prep, and is easily altered for GF diets. This recipe is clean-eating, paleo, Whole 30, and keto friendly!

Categories	Easy Dinner
Difficulty	Easy
Keyword	healthy beef and broccoli, healthy beef broccoli recipe, healthy beef recipes
Prep Time	5 minutes
Cook Time	15 minutes
Total Time	20 minutes
Servings	4
Calories	350 kcal
Author	Lacey Baier

Ingredients

- 1 tbsp olive oil, divided
- 1 1/2 lbs flank steak, very thinly sliced across the grain
- 3 cloves garlic, minced
- 1 shallot, finely chopped
- 4 green onions, thinly sliced
- 4 cups broccoli florets, about 2 small crowns
- 2 tbsp arrowroot starch
- 3/4 cup water
- 1/3 cup low-sodium soy sauce
- 2 tbsp coconut sugar
- 1 tsp fresh ginger, minced
- 1/8 tsp crushed red pepper flakes

Instructions

1. Heat the oil in a skillet over medium-high heat. Add the beef and cook until well-browned, about 6-8 minutes. Once well-browned, remove from pan and set aside.
2. In the same pan, add garlic, shallot and green onions to the beef drippings. Cook one minute, stirring frequently. Add broccoli and cover for 5 minutes.
3. In a small mixing bowl, combine water and arrowroot starch and mix until no longer lumpy. Combine soy sauce, coconut sugar, ginger and red pepper flakes in a medium bowl. Add arrowroot starch mixture and stir to combine. Set aside.
4. Remove cover from pan and add sauce. Cook until sauce starts to thicken, about 3-5 minutes. Add beef and stir to combine, cooking an additional 2-3 minutes.
5. Serve over brown rice, if desired.

Recipe Notes

Nutritional info provided does not include brown rice. Including 1/2 cup steamed brown rice would increase calories by 108 calories, 2 g fiber, and 2.5 g protein.

Nutrition Facts

15-Minute Go-To Healthy Beef and Broccoli

Amount Per Serving (1.5 cups)

Calories 350 Calories from Fat 108

% Daily Value*

Fat 12g	18%
Saturated Fat 3g	15%
Polyunsaturated Fat 1g	
Monounsaturated Fat 6g	
Cholesterol 104mg	35%
Sodium 854mg	36%
Potassium 972mg	28%
Carbohydrates 20g	7%
Fiber 3g	12%
Sugar 7g	8%
Protein 41g	82%
Vitamin A 706IU	14%
Vitamin C 85mg	103%
Calcium 112mg	11%
Iron 4mg	22%

* Percent Daily Values are based on a 2000 calorie diet.