

## Freezer Meal Recipes “Figure Friendly”

### **Garlic & Herb Pork Chops (#1)**

- 2 lbs. pork chops
- 2 Tablespoons Wildtree Roasted Garlic Grapeseed Oil
- 2 teaspoons Wildtree Garlic & Herb Blend

Measure all ingredients in a freezer bag and mix together. Remove air and freeze. Defrost bag in fridge. Grill or skillet sauté for 7-10 min/side until cooked through. Serve with steamed veggies and roasted red potatoes tossed with Garlic Grapeseed Oil and Garlic and Herb Blend. Serves 6.

*Calories 230; Fat 10 g; Saturated Fat 2 g; Carbohydrate 0 g; Fiber 0 g; Protein 33 g; Cholesterol 105 mg; Sodium 90 mg*

### **Italian Chicken Tenders (#2)**

- 2 lbs. chicken tenders or breasts sliced in strips
- 2 Tablespoons Wildtree Roasted Garlic Grapeseed Oil
- 2 teaspoons Wildtree Garlic & Herb blend
- salt & pepper if desired

Measure all ingredients in a freezer bag and mix together. Remove air and freeze. Defrost bag in fridge. Grill/Bake at 350° for 15-20 minutes depending on thickness, or pan fry until cooked thoroughly. Serve with rice and grilled or roasted veggies. OR, for a lighter fare, serve over lettuce as a salad. Serves 6.

*Calories 210; Fat 6 g; Saturated Fat 1 g; Carbohydrate 0 g; Fiber 0 g; Protein 35 g; Cholesterol 90 mg; Sodium 100 mg*

### **Herb Crusted Tilapia (#3)**

- 6 (6 oz.) tilapia filets
- 2 Tablespoons Wildtree Natural Grapeseed Oil
- 1 ½ Tablespoons Wildtree Lemon Rosemary Blend

Have on hand for day of meal:

- ½ cup breadcrumbs (panko)
- ½ cup grated Parmesan cheese

Measure all ingredients in a freezer bag and mix together. Remove air and freeze. Defrost bag in fridge. Mix together breadcrumbs & Parmesan cheese; coat each filet with mixture and place on greased baking sheet. Bake for 15 minutes @ 400°, or pan fry in 2-3 Tbsp Wildtree Natural Grapeseed Oil about 3-4 min per side. Serves 6.

*Calories 260; Fat 10 g; Saturated Fat 3 g; Carbohydrate 5 g; Fiber 0 g; Protein 37 g; Cholesterol 90 mg; Sodium 380 mg*

### **Lemon Rosemary Pork Tenderloin (#4)**

- 2 lbs. Pork Tenderloin
- 3 Tablespoons Wildtree Lemon Rosemary Blend (or less if you don't want it as strong)
- 2 Tablespoons Wildtree Natural Grapeseed Oil

In a separate bag

- 2 each zucchini and yellow squash sliced lengthwise then sliced
- 1 medium red onion cut into chunks

Mix protein, oil and dry blend in one freezer bag. Chop vegetables and place in separate freezer bag. While double bagging your meal, place the veggie bag between the outside bag and the bag of protein. Remove air and freeze. When ready to serve, defrost bag in fridge, pan sear tenderloin in skillet to seal in juices (about 2 min per side). Transfer to oven safe roasting dish (like Pyrex), arrange veggies alongside of roast and bake at 375° for about 35-40 minutes – until internal temperature reaches 170. Slice to serve. Serve with sweet potatoes and/or a side Caesar salad. Serves 6.

*Calories 230; Fat 8 g; Saturated Fat 1.5 g; Carbohydrate 4 g; Fiber 1 g; Protein 33 g; Cholesterol 100 mg; Sodium 430 mg*

### **Opa! Greek Kabobs (#5)**

- 2 lbs. cubed chicken breast, lamb or steak
- 2 teaspoons Wildtree Opa! Greek Seasoning Blend
- 2 Tablespoons Wildtree Natural Grapeseed Oil
- ½ Tablespoon lemon juice
- 1 teaspoon salt

Have on hand for day of meal:

- Assorted chopped vegetables (1 red onion, 2 peppers, 1 8oz package mushrooms)
- Skewers
- Rice

Measure all ingredients in a freezer bag and mix together. Remove air and freeze. Defrost bag in fridge. Remove from bag and place on skewer with assorted vegetables. Heat grill or broiler to med/high heat. Grill turning once, until cooked through (chicken- 4 min/ side., other meat to desired taste) Serve over rice (per package instructions) & your favorite salad. Serves 6.

*Calories 240; Fat 7 g; Saturated Fat 1 g; Carbohydrate 7 g; Fiber 2 g; Protein 37 g; Cholesterol 90 mg; Sodium 490 mg*

### **Greek Chicken Burgers (#6)**

- 2 lbs. ground chicken
- 3 teaspoons Wildtree Opa! Greek Seasoning Blend
- 1 Tablespoon lemon juice
- ¼ teaspoon ground black pepper

Have on hand for day of meal:

- 6 whole wheat burger buns or pita pockets
- 1 egg
- ½ c. breadcrumbs (panko)
- 2 oz. Feta Cheese

Measure all ingredients in a freezer bag and mix together. Remove air and freeze. Defrost bag in fridge. Add breadcrumbs & egg to meat mixture & form 10-12 thin patties, place feta on 5-6 patties and top with remaining patties, press together along edges to seal cheese in the middle. Preheat well-oiled grill or skillet to med/high heat. Grill patties for roughly 4 min on each side or until patties are 165° internal temp. Serve with Greek Salad (recipe included) or side dish of your choice. Serves 6.

*Calories 470; Fat 25 g; Saturated Fat 2 g; Carbohydrate 28 g; Fiber 4 g; Protein 33 g; Cholesterol 155 mg; Sodium 440 mg (using buns, not pita)*

### **Shrimp Scampi (#7)**

- 2 lbs. raw shrimp (peeled and de-veined with tails removed)
- 2 Tablespoons Wildtree Roasted Garlic Grapeseed Oil
- 3 teaspoons Wildtree Scampi Blend

Have on hand for day of meal:

- 1 lb. of Angel Hair pasta (or favorite kind)

Measure all ingredients in a freezer bag and mix together. Remove air and freeze. Defrost bag in fridge. Boil pasta & when pasta is almost done, dump contents of bag into a cold skillet. Sauté shrimp over med/high heat about 4 minutes and then remove from heat. Take ¼ cup pasta water and add to skillet with 1 -2 teaspoons of Wildtree Scampi Blend and 1 Tablespoon Wildtree Roasted Garlic Grapeseed oil. Drain Pasta and mix with Shrimp. Serve immediately. Serves 6.

*Calories 480; Fat 8 g; Saturated Fat 1 g; Carbohydrate 57 g; Fiber 1 g; Protein 40 g; Cholesterol 230 mg; Sodium 270 mg*

*If you'd like to lower your cholesterol for this recipe, use 1 pound of shrimp and 1 pound of steamed broccoli, instead of the 2 pounds of shrimp (which is high in cholesterol). The nutritionals below reflect a recipe that serves 6, containing 1 pound of shrimp, and 1 pound broccoli.*

*Calories 420; Fat 7 g; Saturated Fat .5 g; Carbohydrate 60 g; Fiber 4 g; Protein 27 g; Cholesterol 115 mg; Sodium 180 mg*

### **Baked Chicken Scampi (#8)**

- 2 lbs. skinless chicken thighs (Optional: boneless or other chicken)
- 3 teaspoons Wildtree Scampi Blend
- 2 Tablespoons Wildtree Roasted Garlic Grapeseed Oil

Measure all ingredients in a freezer bag and mix together. Remove air and freeze. Defrost bag in fridge. Dump all ingredients into a greased 9x13 pan and bake for 35-45 minute @ 350° or until meat is cooked through. Serve with Garlic & Herb Rice (recipe included). Serves 6.

*Calories 220; Fat 10 g; Saturated Fat 2 g; Carbohydrate 1 g; Fiber 0 g; Protein 30 g; Cholesterol 125 mg; Sodium 170 mg*

### **Zesty Lime Fajitas (#9)**

- 2 lbs. chicken or steak cut into strips
- 3 Tablespoons Wildtree Taco Seasoning
- 2 Tablespoons Wildtree Natural Grapeseed Oil
- 1 Tablespoon lime juice

In a separate bag

- 1 each red, green, yellow peppers cut into strips
- 1 medium red onion sliced

Have on hand for day of meal:

- 8 (8 inch) flour tortillas, cheese, salsa or guacamole

Mix protein, seasoning, oil, and lime juice in freezer bag and mix together. Remove air and freeze. Defrost bag in fridge. Heat skillet and place contents of protein bag into skillet. Cook until meat is done. While meat is cooking, snip a hole in the bottom corner of the vegetable bag and drain water (if any). When meat is finished cooking, scoop out of skillet and add 1 Tablespoon WT Garlic Grapeseed Oil to skillet, sauté veggies until heated through (about 5 min). Serve with tortillas, sour cream and cheese. Great with Wildtree Guacamole or Fiesta Salsa. Serves 8.

*Calories 330; Fat 9 g; Saturated Fat 1.5 g; Carbohydrate 30 g; Fiber 4 g; Protein 31 g; Cholesterol 65 mg; Sodium 440 mg*

### **Easy Tacos (#10)**

- 2 lbs. ground Beef or Turkey
- 3 Tablespoons Wildtree Taco Seasoning
- ½ Tablespoon lime juice
- 1 Tablespoon Wildtree Natural Grapeseed oil

Have on hand for day of meal:

- 8 (8 inch) flour tortillas, shredded lettuce, cheese, sour cream, salsa or guacamole

Measure all ingredients in a freezer bag and mix together. Remove air and freeze. Defrost bag in fridge. Brown meat in skillet over med/high heat until cooked through. Serve with tortillas, cheese, sour cream or any favorite taco garnishes. Great with Black Bean & Corn Salsa, recipe included. Serves 8.

*Calories 370; Fat 17 g; Saturated Fat 6 g; Carbohydrate 25 g; Fiber 2 g; Protein 27 g; Cholesterol 75 mg; Sodium 440 mg*

## ADDITIONAL RECIPES

### Black Bean & Corn Salsa

Drain:

- 2 (15.5 ounce) cans black beans, drained and rinsed
- 2 (1 5.2 ounce) cans white corn, drained

Chop & Add...

- 3/4 cup red onion, diced
- 1 bunch green onions, sliced
- 1 bunch cilantro, chopped
- 3 large tomatoes, diced

Add to the above ingredients:

- 1 (4.5 ounce) can mild diced green chiles

Dressing

- 2/3 cup red wine vinegar
- 2/3 cup Wildtree Natural Grapeseed Oil
- 2 tsp. sugar
- 4 tsp. Wildtree Taco Seasoning
- 2 Tbsp. lime juice
- 1 tsp. salt
- 1/2 tsp. pepper

Combine black beans, corn, red onion, green onion, cilantro, and tomato in one bowl. Whisk together the ingredients for the dressing. Pour over the ingredients in the bowl; toss to coat. Enjoy as a salsa or salad!

This Recipe makes a LARGE bowl of salsa. It can be cut in half. Serves 16.

### Tangy Sour Cream

Add 1-2 tsp. Wildtree Taco Seasoning to sour cream. Makes a new exciting topping for fajitas or tacos!

### Garlic & Herb Rice

Add 1-2 tsp. Wildtree Garlic & Herb blend to water and rice as it cooks – Voila!

### Greek Pasta Salad

*Serves: 4*

- 1/2 cup diced red bell pepper
- 1 small can sliced black olives drained
- 3 cups cooked bow tie pasta
- 1 cup grape tomato halved
- 1/2 cup feta cheese crumbled
- 2 Tablespoons fresh lemon juice
- 3 1/2 Tablespoons Wildtree Roasted Garlic Grapeseed oil
- 2 Tablespoons Wildtree Opa! Greek Seasoning

Whisk Greek seasoning, oil and lemon together and season with salt & pepper as needed. Combine the rest of the ingredients in a bowl and toss with the lemon juice/oil mixture.

### **Greek Style Potatoes**

2 pounds baking potatoes, each cut into 4 wedges  
2 teaspoons Greek Seasoning Blend  
½ teaspoon salt  
3 Tablespoons Wildtree Roasted Garlic Grapeseed Oil  
½ cup low sodium chicken broth  
Preheat oven to 450 degrees.

Toss potatoes, Greek seasoning and garlic oil on a rimmed baking sheet and spread potatoes out into an even layer. Bake the potatoes for 20 minutes. Add the broth, toss and bake until cooked through and golden brown, about 20 minutes.

### **Garlic and Herb Mashed Potatoes (Serves: 4)**

also awesome with Wildtree Onion and Chive Blend or Scampi Blend

2 pounds red potatoes peeled if desired, cut into 1" pieces  
1 cup milk  
2 Tablespoons butter (optional)  
1 Tablespoon Wildtree Garlic and Herb blend  
1 cup softened fat free cream cheese  
Salt and pepper

Mix 1 tablespoon of Wildtree Garlic & Herb Blend into 1 cup of softened cream cheese. Mix well and let stand for one hour for flavors to develop.

Next, place potatoes into a saucepan with cold water and bring to a boil. Boil until potatoes are soft and tender, about 15 to 20 minutes. Drain potatoes and return to pan. Mash potatoes with milk, butter, garlic herb cream cheese mixture, and salt and pepper over low heat until they are smooth and mixture is heated through.

### **Quick Spanish Rice**

- 1 cup white rice
- 1 ½ cups water
- 1 tsp. Wildtree Chicken Bouillon base (or use 1 ½ cups chicken broth instead of water)
- 1 tsp. Wildtree Taco Seasoning
- 1 Tbsp. butter
- 1 can diced tomatoes

This one is a dump and combine – add all ingredients into the pan, stir, bring to boil, cover and simmer 20 min. DONE!

### **Squash Dressing**

- 3 large yellow squash, diced
- 1 small onion, diced
- 3 Tbsp. butter
- 1 tsp. salt
- Dash of pepper
- 2 cups cornbread crumbs
- 3 eggs, beaten
- 1 Tbsp. sage
- Shredded parmesan cheese or Colby cheese

Preheat oven to 350 degrees. Puncture outside of squash with fork and microwave for 3- 5 min let cool, peel and dice. In a saucepan, sauté onion in one tbsp of butter. Add the rest of the butter, squash, salt and pepper and enough water to cover and cook until squash is tender. Drain. Mix squash mixture with cornbread, eggs and sage. Grease a 9X12 pan or two loaf pans. Pour dressing into pan and sprinkle cheese on top. Bake about 25 to 30 min. Serves 6-8.

### **Greek Cucumber Salad**

- 1 ½ Cucumbers (Seeds removed) Sliced
  - ¾ cup Crumbled Feta Cheese
  - ½ cup Kalamata Olives, pits removed
  - 1 ½ cup Diced Roma Tomatoes
  - ¼ cup Red Onion, sliced
- Dressing:
- 2Tbsp. Wildtree Garlic Grapeseed Oil
  - 1Tbsp. Red Wine Vinegar
  - 1tsp. Wildtree Opa! Greek Seasoning

Wisk together dressing ingredients and toss over veggies in a large bowl. Top with feta cheese & chill before serving. Serves 4.