



BY JENNA WATSON

COOKBOOK

— *simply recipes* —

HEALTHY LIFESTYLE BOOK





JENNA

I specialise in delicious, nutritious low-carb dishes and am a health advocate. With over a decade of culinary experience, I can create tasty, dietary-compliant food. My quest for wellness turned into a desire to share the joy of good eating with others. This adventure led to my current publication, *Low-Carb Turkey and Chicken Recipes*, a testimonial to my healthy cooking expertise.[1][2][3].



Discover delicious, wholesome food with my latest ebook, *Low-Carb Turkey & Chicken Recipes*. This comprehensive guide offers over 20 delicious and easy-to-follow dishes that use turkey and chicken to provide nutritional advantages while controlling carb intake. Each recipe is hearty, filling, and full of flavorful ingredients. Beyond recipes, this booklet discusses the health benefits of a low-carb diet, the nutritional profiles of turkey and chicken, and how to include these lean meats into your regular diet. This ebook offers a holistic approach to healthy living, not just a recipe collection, making it essential for anybody trying to live healthier.[1][2][3].

*From jenna with
love*





Herb-Roasted Turkey Recipe



2 servings



3-4 hours

INGREDIENTS

- 1. One 12-14 pound turkey, defrosted if solidified
- 2. 1 glass or cup unsalted butter, melted
- 3. 2 tablespoons new fresh rosemary, chopped
- 4. 2 tablespoons new fresh sage, chopped
- 5. 2 tablespoons new fresh thyme, chopped
- 6. Salt and dark pepper to taste
- 7. 2 onions, peeled and quartered
- 8. 4 garlic cloves, peeled and divided
 - 9. 2 lemons, split
- 10. 4 glasses or cups chicken broth

1. **Seasoning:

Season or bast the turkey each 45 minutes with the juices on the bottom of the dish to keep it wet and flavourful.

2. *enting:

** On the off chance that the skin is browning as well rapidly, tent the fowl with aluminum foil.

3. Aromatics:

Feel free to experiment with distinctive aromatics within the turkey's cavity, like fresh herbs, apples, or carrots.

4. Sauce:

** Do not squander the drippings at the bottom of the container! Utilise them to form a flavourful gravy sauce.

Appreciate your flavourful and juicy herb-roasted turkey!

DIRECTIONS

1. Preheat your stove to 325 degrees Fahrenheit (165 degrees Celsius)

Get ready the Herb Butter.

In a little bowl, blend the mollified butter, chopped rosemary, sage, and thyme. Include salt and pepper to taste.

Prepare the Turkey

Wash- rinse the turkey and pat it dry with paper towels. Release the skin over the breast and thigh meat. Spread half of the herb butter beneath the skin, and the rest over the turkey's outside—season with salt and pepper.

Stuff the Turkey

Stuff the turkey's depression with quartered onions, split garlic cloves, and lemons.

Cook the Turkey

1. Put the turkey on a rack in a broiling roasting skillet, breast-side up. Pour out the chicken broth into the bottom of the container. Cook within the preheated stove for 2.5 to 3 hours, or until an instant-read thermometer embedded into the thickest portion of the thigh peruses 165 degrees Fahrenheit (74 degrees Celsius).

Let the Turkey Rest

1. Expel the turkey from the oven and let it rest for at slightest 20 minutes before carving. This permits the juices to redistribute all through the bird, resulting in a moister turkey.



Turkey and Avocado Salad



2 servings



10-15

INGREDIENTS

- 2 cups cooked turkey breast, diced
- 2 ripe avocados, sliced
- 4 cups mixed greens (e.g., spinach, arugula, and lettuce)
- 1/2 cup cherry tomatoes, halved
- 1/4 red onion, thinly sliced
- 1/4 cup feta cheese, crumbled
- 1/4 cup balsamic vinaigrette
- Salt and pepper to taste
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• DIRECTIONS

1. In a large salad bowl, combine the mixed greens, cherry tomatoes, red onion, and diced turkey.
2. Arrange the sliced avocados on top of the salad.
3. Sprinkle crumbled feta cheese over the salad.
4. Drizzle balsamic vinaigrette over the salad.
5. Season with salt and pepper to taste.
6. Toss gently to combine all the ingredients.



Turkey Lettuce Wraps Recipe

SERVINGS: 4

PREPPING TIME: 15-20 MIN

COOKING TIME: 20 MIN

Ingredients

- 1 pound (450g) ground turkey
- 1 tablespoon vegetable oil
- 2 cloves garlic, minced
- 1 small onion, finely chopped
- 1 red bell pepper, finely diced
- 1 cup water chestnuts, finely chopped
- 1/4 cup soy sauce
- 2 tablespoons hoisin sauce
- 1 teaspoon ginger, grated
- 1/2 teaspoon red pepper flakes (adjust to taste)
- Salt and pepper to taste
- Large lettuce leaves (such as iceberg or butter lettuce)
- Sliced green onions
- Chopped cilantro
- Chopped peanuts (optional)
- Sriracha or hot sauce (optional)



Directions

Cut the onion, red bell pepper, and water chestnuts finely. Mince garlic and grate ginger.

Cook Turkey:

Heat vegetable oil in a large skillet or wok on medium-high. Add the ground turkey and break it up with a spatula until browned and cooked through (5-7 minutes).

Add Vegetables and Aromatics:

With the cooked turkey, add minced garlic, diced onion, and grated ginger to the skillet. Stir-fry until onion is transparent, 2-3 minutes.

Add Bell Peppers and Water Chestnuts:

Mix finely diced red bell pepper and chopped water chestnuts in the skillet. Stir sauté for 3-4 more minutes to tenderize veggies.

Sauce, seasoning:

Mix soy sauce hoisin sauce, and red pepper flakes in a small bowl. Pour this sauce over the fried turkey and vegetables. Ensure everything is coated by stirring. Add salt and pepper to taste. Cook another 2-3 minutes.

Serve.



Turkey and Broccoli Frittata

SERVINGS: 4

PREPPING TIME: 15 - 20 MIN

COOKING TIME: 10 - 15 MIN

Ingredients

- 4 large eggs
- 2 cups cooked turkey, diced
- 1 cup broccoli florets, blanched and chopped
- 1/2 cup shredded cheddar cheese
- 1/4 cup milk
- 1/2 onion, finely chopped
- 2 cloves garlic, minced
- Salt and pepper to taste
- Olive oil for cooking



Directions

Preheat your oven's broiler.

1. Heat olive oil in an ovenproof skillet over medium heat. Add chopped onion and minced garlic, and sauté until they are soft and translucent.
2. In a bowl, whisk together the eggs, milk, salt, and pepper.
3. Pour the egg mixture into the skillet and add the diced turkey and chopped broccoli.
4. Cook for a few minutes on the stovetop until the edges start to set.
5. Sprinkle shredded cheddar cheese on top of the frittata.
6. Transfer the skillet to the oven under the broiler for 2-3 minutes, or until the frittata is set and the cheese is melted and golden.
7. Carefully remove the skillet from the oven and let it cool slightly before slicing and serving.



Turkey and Almond Stir-Fry

SERVINGS: 4

PREPPING TIME: 15 - 20 MIN

COOKING TIME: 10 - 15 MIN

Ingredients

- 2 cups cooked turkey, sliced or diced
- 2 cups broccoli florets
- 1 cup snow peas
- 1/2 cup sliced almonds
- 1 red bell pepper, thinly sliced
- 2 cloves garlic, minced
- 1/4 cup low-sodium soy sauce
- 2 tablespoons honey
- 2 tablespoons rice vinegar
- 1 teaspoon sesame oil
- 1 tablespoon cornstarch
- Olive oil for cooking
- Cooked rice or noodles for serving

Directions



1. In a small bowl, whisk together soy sauce, honey, rice vinegar, sesame oil, and cornstarch to create the stir-fry sauce.
2. Heat olive oil in a wok or large skillet over high heat. Add the sliced turkey and cook until it's heated through.
3. Remove the turkey from the pan and set it aside.
4. In the same pan, add a bit more olive oil if needed. Stir-fry the broccoli, snow peas, and red bell pepper until they are tender-crisp, about 3-4 minutes.
5. Add minced garlic and cook for an additional 30 seconds until fragrant.
6. Return the cooked turkey to the pan and pour the stir-fry sauce over the turkey and vegetables. Stir well until the sauce thickens and coats the ingredients.
7. Serve the turkey and almond stir-fry over cooked rice or noodles.



Turkey and Kale Soup

SERVINGS: 4

PREPPING TIME: 25 - 30 MIN

COOKING TIME: 10 - 15 MIN

Ingredients

- 2 cups cooked turkey, shredded
- 4 cups kale, stems removed and chopped
- 1 onion, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 2 cloves garlic, minced
- 8 cups chicken or vegetable broth
- 1 teaspoon dried thyme
- Salt and pepper to taste
- Olive oil for cooking



Directions

1. In a large soup pot, heat olive oil over medium heat. Add chopped onion, carrots, celery, and minced garlic. Sauté until the vegetables are softened.
2. Pour in the chicken or vegetable broth and bring to a boil.
3. Add the shredded turkey and dried thyme to the soup.
4. Reduce the heat to a simmer and cook for about 15-20 minutes, allowing the flavours to meld and the vegetables to become tender.
5. Stir in the chopped kale and cook for an additional 5 minutes, or until the kale wilts and becomes tender.
6. Season the soup with salt and pepper to taste.
7. Serve hot.
- 8.



Turkey and vegetable stir-fry

SERVINGS: 4

PREPPING TIME: 15-20 MIN

COOKING TIME: 15-30 MIN

Ingredients

2 tablespoons vegetable oil
 1 red bell pepper, thinly sliced
 1 yellow bell pepper, thinly sliced
 1 cup snow peas, ends trimmed
 1 cup broccoli florets
 1 carrot, julienned
 1 cup mushrooms, sliced
 2 green onions, chopped
 1/2 cup chicken or vegetable broth
 2 tablespoons soy sauce
 1 tablespoon oyster sauce (optional)
 1/2 teaspoon sugar Salt and pepper to taste

- 1 pound (450g) turkey breast, cut into thin strips
- 2 tablespoons soy sauce
- 2 cloves garlic, minced
- 1 teaspoon ginger, grated
- 1 tablespoon cornstarch For the stir-fry:



Directions

1. Mix turkey strips,
 2 tablespoons soy sauce, chopped garlic, grated ginger, and cornflour in a bowl

Mix well to coat turkey evenly. Let it marinate for 15 minutes while you prepare the remaining ingredients.

Prepare Vegetables: Wash and chop all vegetables listed in the ingredient list while the turkey marinates. Keep them ready for stir-frying.

Heat the Wok or Pan: A large wok or deep frying pan should be heated on high. Stir in 1 tablespoon of vegetable oil to coat the bottom and sides.

Stir-Fry Turkey: Put marinated turkey in the heated wok. Stir-fry until turkey is white and no longer pink in the centre. 2-3 minutes. Remove the turkey from the wok and put aside.

Stir-Fry the Vegetables: Add the remaining 1 tablespoon vegetable oil to the wok. Add sliced bell peppers, snow peas, broccoli, carrots, and mushrooms. Stir-fry veggies for 4-5 minutes until tender-crisp.

Combine Everything: Return the cooked turkey to the wok with the vegetables. Add the green onions and toss everything together.

Prepare the Sauce: Mix chicken or vegetable broth, 2 tablespoons soy sauce, oyster sauce (if using), and sugar in a small bowl. Pour sauce over turkey and veggies. **Final Stir-Fry:** In the wok, add the remaining 1 tablespoon vegetable oil. Chime peppers, snow peas, broccoli, carrot, and mushrooms should be sliced. Simmer veggies for 4-5 minutes to tender-crisp.



Turkey and spinach stuffed bell peppers

SERVINGS: 4

PREPPING TIME: 15- 20 MIN

COOKING TIME: :35- 40 MIN

Ingredients

- 4 large bell peppers (red, green, or yellow)
- 1 pound (450g) ground turkey
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 cup fresh spinach, chopped
- 1 cup cooked rice (white or brown)
- 1 can (14 oz) diced tomatoes, drained
- 1 cup shredded mozzarella cheese
- 1 teaspoon dried oregano
- 1/2 teaspoon dried basil
- Salt and pepper to taste
- Olive oil for drizzling
- Fresh basil or parsley for garnish (optional)



Directions

Prepare the Bell Peppers:

Preheat your oven to 375°F (190°C). Cut the tops off the bell peppers and remove the seeds and membranes. Rinse them under cold water and set them aside.

Cook the Ground Turkey:

In a large skillet, heat a bit of olive oil over medium heat. Add the chopped onion and minced garlic. Sauté for about 2 minutes until they become fragrant and the onion is translucent.

Brown Turkey:

Add the ground turkey to the skillet and cook, breaking it into small pieces with a spatula, until it's browned and no longer pink. Drain any excess fat.

Combine Ingredients:

Stir in the chopped spinach, cooked rice, drained diced tomatoes, dried oregano, dried basil and season with salt and pepper. Cook for an additional 2-3 minutes to blend the flavours.

Stuff the Bell Peppers:

Place the hollowed-out bell peppers in a baking dish. Stuff each pepper with the turkey and rice mixture until they are full. Drizzle a little olive oil over the tops of the stuffed peppers.



Turkey and spinach stuffed bell peppers recipe Continue.

Prep Time : 15-20 MIN

Cook Time : 30-40

Servings : 4

Bake:

Cover the baking dish with foil and bake in the preheated oven for about 25-30 minutes, or until the peppers are tender.

Add Cheese and Finish:

Remove the foil and sprinkle shredded mozzarella cheese on top of each stuffed pepper. Return the dish to the oven, and bake for an additional 5-10 minutes, or until the cheese is melted and bubbly, and the peppers are slightly browned.

Garnish and Serve:

Once the stuffed peppers are out of the oven, you can garnish them with fresh basil or parsley if desired. Serve hot.

Tips and Variations:

Feel free to add other vegetables or herbs to the turkey and rice mixtures, such as diced zucchini, mushrooms, or fresh herbs like thyme or rosemary for added flavour.

You can experiment with different types of cheese, like cheddar or feta, for unique flavour profiles.

For a spicier kick, add red pepper flakes or diced jalapeños to the turkey mixture.

To make this dish low-carb or keto-friendly, you can substitute cauliflower rice for regular rice.

NOTES :

Enjoyed best when shared.



Chicken and Cauliflower Rice Paella

SERVINGS: 4

PREPPING TIME: 15 - 20 MIN

COOKING TIME: :20 - 25 MIN

Ingredients

- 1 pound (450g) boneless, skinless chicken breasts, cut into bite-sized pieces
- 2 cups cauliflower rice
- 1 onion, chopped
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- 2 cloves garlic, minced
- 1 teaspoon smoked paprika
- 1/2 teaspoon saffron threads (optional)
- 1/2 teaspoon turmeric
- 1 cup chicken broth
- 1 cup diced tomatoes
- 1 cup frozen peas
- Salt and pepper to taste
- Olive oil for cooking
- Fresh parsley for garnish (optional)

Directions

1. Heat olive oil in a large skillet or paella pan over medium heat. Add chicken pieces and cook until browned, then remove and set aside.
2. In the same pan, add more oil if needed and sauté the chopped onion and garlic until translucent.
3. Add the diced bell peppers and cauliflower rice. Cook for a few minutes until the cauliflower rice is slightly tender.
4. Stir in the smoked paprika, saffron threads (if using), and turmeric.
5. Pour in the chicken broth and diced tomatoes. Mix well.
6. Return the cooked chicken to the pan and add frozen peas. Season with salt and pepper. Cook for a few more minutes until everything is heated through and the cauliflower rice is tender.
7. Garnish with fresh parsley and serve





Chicken and Avocado Salad

SERVINGS: 4

PREPPING TIME: 15- 20 MIN

COOKING TIME: :20- 30 MIN

Ingredients

- 2 boneless, skinless chicken breasts
- 2 ripe avocados, sliced
- 2 cups mixed greens (e.g. spinach, arugula, and lettuce)
- 1/2 cup cherry tomatoes, halved
- 1/4 red onion, thinly sliced
- 1/4 cup feta cheese, crumbled
- 1/4 cup balsamic vinaigrette
- Salt and pepper to taste
- Olive oil for cooking
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Directions

1. season the chicken breasts with salt and pepper. Heat olive oil in a skillet over medium heat and cook the chicken until it's cooked through, about 6 - 7 minutes per side. Let it rest for a few minutes before slicing it.
2. In a large salad bowl, combine the mixed greens, cherry tomatoes, red onion, and avocado slices.
3. Arrange the sliced chicken on top of the salad.
4. Sprinkle crumbled feta cheese over the salad.
5. Drizzle balsamic vinaigrette over the salad.
6. Toss gently to combine all the ingredients.
- 7.





Chicken and Mushroom Stuffed Zucchini Boats

SERVINGS: 4

PREPPING TIME: 15 - 20 MIN

COOKING TIME: :20 - 30 MIN

Ingredients

- 4 large zucchinis
- 2 boneless, skinless chicken breasts, diced
- 1 cup mushrooms, chopped
- 1/2 onion, finely chopped
- 2 cloves garlic, minced
- 1 cup shredded mozzarella cheese
- Olive oil for cooking
- Salt and pepper to taste



Directions

1. Preheat your oven to 375°F (190°C).
2. Slice the zucchinis in half lengthwise and scoop out the centres to create boat-like shapes. Reserve the scooped-out zucchini flesh.
3. Heat olive oil in a skillet over medium heat. Add chopped chicken, mushrooms, onion, and minced garlic. Sauté until the chicken is cooked through and the vegetables are tender.
4. Chop the reserved zucchini flesh and add it to the skillet. Cook for a few more minutes.
5. Season the chicken and mushroom mixture with salt and pepper.
6. Stuff each zucchini boat with the chicken and mushroom mixture and top with shredded mozzarella cheese.
7. Place the stuffed zucchini boats in a baking dish and bake in the preheated oven for about 20 - 25 minutes, or until the zucchinis are tender and the cheese is melted and golden.
- 8.



Chicken and Spinach Stuffed Bell Peppers

SERVINGS: 4

PREPPING TIME: 15-20 MIN

COOKING TIME: :25-30 MIN

Ingredients

- 4 large bell peppers (red, green, or yellow)
- 2 boneless, skinless chicken breasts, diced
- 1 cup fresh spinach, chopped
- 1 cup cooked rice (white or brown)
- 1 cup diced tomatoes
- 1/2 cup shredded mozzarella cheese
- Olive oil for cooking
- Salt and pepper to taste
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Directions

1. Preheat your oven to 375°F (190°C).
2. Slice the tops off the bell peppers and remove the seeds and membranes. Rinse them under cold water and set them aside.
3. Heat olive oil in a skillet over medium heat. Add the diced chicken and cook until it's browned and no longer pink.
4. In the same skillet, stir in the chopped spinach and cooked rice. Cook for a few more minutes.
5. Season the chicken and spinach mixture with salt and pepper.
6. Stuff each bell pepper with the mixture and top with shredded mozzarella cheese.
7. Place the stuffed bell peppers in a baking dish and bake in the preheated oven for about 20-25 minutes, or until the peppers are tender and the cheese is melted and golden.
- 8.





Chicken and Broccoli Frittata

SERVINGS: 4

PREPPING TIME: 15- 20 MIN

COOKING TIME: :10-15 MIN

Ingredients

- 4 large eggs
- 1 cup cooked chicken, diced
- 1 cup broccoli florets, blanched and chopped
- 1/2 cup shredded cheddar cheese
- 1/4 cup milk
- 1/2 onion, finely chopped
- 2 cloves garlic, minced
- Salt and pepper to taste
- Olive oil for cooking



Directions

1. Preheat your oven's broiler.
2. Heat olive oil in an ovenproof skillet over medium heat. Add chopped onion and minced garlic, and sauté until they are soft and translucent.
3. In a bowl, whisk together the eggs, milk, salt, and pepper.
4. Pour the egg mixture into the skillet and add the diced chicken and chopped broccoli.
5. Cook for a few minutes on the stovetop until the edges start to set.
6. Sprinkle shredded cheddar cheese on top of the frittata.
7. Transfer the skillet to the oven under the broiler for 2-3 minutes, or until the frittata is set and the cheese is melted and golden.
8. Carefully remove the skillet from the oven and let it cool slightly before slicing and serving.



Lemon Garlic Roasted Chicken

SERVINGS: 4

PREPPING TIME: 15- 20 MIN

COOKING TIME: :10-15 MIN

Ingredients

- 4 large eggs
- 1 cup cooked chicken, diced
- 1 cup broccoli florets, blanched and chopped
- 1/2 cup shredded cheddar cheese
- 1/4 cup milk
- 1/2 onion, finely chopped
- 2 cloves garlic, minced
- Salt and pepper to taste
- Olive oil for cooking

Directions



1. Preheat your oven to 375°F (190°C).
2. Rinse the chicken inside and out and pat it dry with paper towels.
3. In a small bowl, combine the minced garlic, dried thyme, dried rosemary, salt, and pepper.
4. Rub the chicken inside and out with the garlic and herb mixture.
5. Place the lemon halves inside the chicken's cavity.
6. Truss the chicken (tie the legs together) for even cooking if desired.
7. Drizzle olive oil over the chicken and rub it to coat the skin.
8. Place the chicken in a roasting pan and roast in the preheated oven for approximately 1 hour and 15 minutes, or until the internal temperature reaches 165°F (74°C) and the skin is golden and crispy.
9. Remove the chicken from the oven and let it rest for about 10-15 minutes before carving.



Chicken and Almond Stir-Fry

SERVINGS: 4

PREPPING TIME: 15 - 20 MIN

COOKING TIME: :20 - 25 MIN

Ingredients

- 2 boneless, skinless chicken breasts, thinly sliced
- 1 cup broccoli florets
- 1 cup snow peas
- 1/2 cup sliced almonds
- 1 red bell pepper, thinly sliced
- 2 cloves garlic, minced
- 1/4 cup low-sodium soy sauce
- 2 tablespoons honey
- 2 tablespoons rice vinegar
- 1 teaspoon sesame oil
- 1 tablespoon cornstarch
- Olive oil for cooking
- Cooked rice or noodles for serving



Directions

1. In a small bowl, whisk together soy sauce, honey, rice vinegar, sesame oil, and cornstarch to create the stir-fry sauce.
2. Heat olive oil in a wok or large skillet over high heat. Add the sliced chicken and cook until it's no longer pink. Remove the chicken from the pan and set it aside.
3. In the same pan, add a bit more olive oil if needed. Stir-fry the broccoli, snow peas, and red bell pepper until they are tender-crisp, about 3-4 minutes.
4. Add minced garlic and cook for an additional 30 seconds until fragrant.
5. Return the cooked chicken to the pan and pour the stir-fry sauce over the chicken and vegetables. Stir well
- 6.



Chicken and Asparagus Stir-Fry

SERVINGS: 4

PREPPING TIME: 15 - 20 MIN

COOKING TIME: :20 - 25 MIN

Ingredients

- 1 pound boneless, skinless chicken breast, cut into thin strips
- 1 bunch asparagus, trimmed and cut into 2-inch pieces
- 2 cloves garlic, minced
- 1-inch piece of ginger, grated
- 1/4 cup low-sodium soy sauce
- 2 tablespoons honey
- 1 tablespoon cornstarch
- 2 tablespoons vegetable oil
- Salt and pepper to taste
- Cooked rice or noodles for serving



Directions

1. In a small bowl, whisk together the soy sauce, honey, and cornstarch to make the stir-fry sauce.
2. Heat 1 tablespoon of vegetable oil in a wok or large skillet over high heat.
3. Add the chicken strips and stir-fry until they're no longer pink. Remove the chicken from the pan and set it aside.
4. Add the remaining 1 tablespoon of vegetable oil to the pan. Stir-fry the asparagus, garlic, and ginger for about 3-4 minutes until the asparagus is tender-crisp.
5. Return the cooked chicken to the pan and pour the stir-fry sauce over the chicken and asparagus.
6. Stir well until the sauce thickens and coats the ingredients.
7. Season with salt and pepper to taste.
8. Serve the chicken and asparagus stir-fry over cooked rice or noodles.
- 9.