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**Instant Pot Artichokes with Red Pepper Vinaigrette**

**Serves: 4 - 6**

**by: Chef Hillori**

**Ingredients:**

**Artichokes**

2 - 3 large artichokes, stem and leaves trimmed and top cut off.

1 cup cold water

Lemon juice to reduce oxidation

**Red Pepper Vinaigrette**

1 (7 oz.) jar roasted red peppers

1 tablespoon lemon juice

1 tablespoon balsamic vinegar

2 tablespoon thick yogurt or mayonnaise

1 teaspoon garlic, minced

2 tablespoons shallots, minced

2 tablespoons olive oil

1 teaspoon fresh rosemary

1 pinch red pepper flakes

Salt and pepper, to taste

**Directions:**

**For the artichokes:**

Place one cup of cold water in the instant pot and place rack in the bottom of the pot.

Brush artichokes with lemon juice and place them on top of the rack.

Using the Instant Pot manual function, set the time to 20 minutes. Place lid on top and lock in place, making sure to seal with the sealing knob.

When artichokes are finished cooking, let sit in warming mode for about 5 minutes.

Pull artichokes and let cool.

**For the Red Pepper Vinaigrette:**

Place all remaining ingredients in a blender and blend until smooth. Serve with artichokes and extra lemon if desired.

**NOTE:** You can also cut artichokes in half, brush with a little olive oil and grill briefly for extra delicious flavor!!

**Shredded Mexican Chicken**

**By Chef Hillori**

**Serves: - 6**

**Ingredients:**

1 tablespoon avocado oil

2 lb. chicken thighs or breasts

1 cup chicken stock

2 Tablespoons Taco Seasoning (see for recipe below)

1 ½ tsp sea salt, ½ tsp pepper

**Directions:**

Season your chicken on both sides with taco seasoning, salt and pepper.

In a skillet with a lid, add your oil and cook chicken browning on both sides.

Add in 1 cup of chicken stock, place a lid on, reduce heat to simmer and cook until chicken is tender and cooked through.

Remove the chicken and shred with two forks.

Place the shredded chicken back into the sauce and cook another 10 minutes to incorporate the flavors.

This is a great protein source that you can keep in the fridge and grab quickly when you need something delicious to serve alongside your salad, veggies, taco bowls or just as a snack.

To make a Mexican Shredded Chicken Bowl:

Add lettuce, celery, cucumber

Toss on some black beans

Add your shredded chicken.

Top with pico de gallo and guacamole

**Taco Seasoning**

**By chef Hillori**

**Yields: about ½ cup**

**Ingredients:**

1/4 cup chili powder

1 ½ Tbsp. ground cumin

2 tsp dried oregano (Mexican or regular)

1 tsp garlic powder

½ tsp smoked paprika

**Directions:**

Mix all ingredients together and store in an airtight container with a tight-fitting lid.

Sprinkle on veggies, chicken, ground beef, eggs or fish for a delicious taco flavor.

Note: if you want more spice, add ¼ - ½ tsp cayenne pepper or as much as your taste will allow!

**Green Apple French Toast with Yogurt, Walnuts and Maple Drizzle**

**Serves: 1 - 2**

**By Chef Hillori**

**Ingredients:**

2 tablespoons butter or ghee

1 green apple, sliced into rounds, seeds removed

¼ cup vanilla protein powder

1 egg

2 tablespoons cream or milk alternative (use nut milk, not oat)

½ tsp cinnamon

1 tsp vanilla

Pinch salt

1 handful Walnuts, toasted

¼ cup Greek yogurt or your favorite full fat dairy free yogurt (Coconjune or Harmless Harvest are good)

Pure Maple Syrup to drizzle (for a sugar free version, use Lakanto Maple Syrup)

**Directions:**

Place your Vanilla Protein powder into a shallow bowl and in another shallow bowl add your egg, cream, cinnamon, vanilla, salt and whisk together.

Heat your skillet and add butter or ghee.

Dip your sliced apples into the egg mixture, then dip into the protein powder, then egg mixture again.

Place these into your skillet and cook until golden brown on one side, then flip and cook until golden brown on the other side (I like to add the rest of the egg wash to the center holes of the cored apples if I have extra).

Remove from the pan and arrange on a plate.

Top the apples with the yogurt, chopped walnuts and a drizzle of maple syrup.