

Your Kitchen Gnome

Healthy Options Meal Inspirations



Grilled Alaskan Salmon
With Citrus Ginger Reduction
Wild Rice
Lemon Butter Roasted Brussels Sprouts

Baked Teriyaki Chicken
Roasted Sweet Potatoes
Garlic Sauteed Vegetables

Shrimp Fajitas
Seasoned Black Beans
Avocado Salad and Mango Salsa

Ginger Pineapple Glazed Pork Tenderloin
Roasted Red Potatoes
Sauteed Spinach with Lemon & Garlic

Stuffed Peppers
Herb Mashed Potatoes
Spinach Salad