

Lunch



Cajun Shrimp & Collard Greens

Servings: 4 **Prep Time:** 10 minutes **Cook Time:** 15 minutes

Ingredients

- 1 pound shrimp, peeled and deveined
- 1 bunch collard greens, washed and chopped
- ½ cup vegetable broth
- 1 teaspoon paprika
- ½ teaspoon garlic powder
- ¼ teaspoon cayenne pepper
- Salt and black pepper, to taste
- Fresh parsley or green onion for garnish (optional)
- Lemon wedges (optional)

Directions

1. Wash and chop the collard greens, removing tough stems if desired.
2. Steam collard greens for 8–10 minutes until tender but still vibrant.
3. In a large skillet, add vegetable broth, paprika, garlic powder, cayenne pepper, salt, and black pepper. Simmer for 2–3 minutes to blend the flavors.
4. Add shrimp to the seasoned broth mixture.
5. Cook shrimp for 3–5 minutes, turning once, until they become pink and opaque.
6. Serve the Cajun shrimp over the steamed collard greens.
7. Garnish with fresh parsley or a squeeze of lemon juice if desired.

Nutrition (Per Serving)

- **Calories:** 170
- **Protein:** 27 g
- **Carbohydrates:** 6 g
- **Fiber:** 3 g

- **Net Carbohydrates:** 3 g
- **Total Fat:** 2 g
- **Saturated Fat:** 0.5 g
- **Cholesterol:** 180 mg
- **Sodium:** 500 mg (*varies depending on shrimp and added salt*)

Serving Suggestions

- Serve with cauliflower rice for a more filling low-carbohydrate meal.
- Add sautéed mushrooms, zucchini, or bell peppers for extra vegetables.
- Top with fresh herbs and lemon zest for brightness.
- Pair with avocado slices for additional healthy fats.



Seafood Lettuce Wraps

Servings: 4 **Prep Time:** 15 minutes **Cook Time:** None (if using cooked seafood)

Ingredients

- 1 pound shrimp or crab meat, cooked and chopped
- 8 large romaine lettuce leaves
- 1 cup cucumber, diced
- 1 cup carrots, shredded
- Juice of 1 lime
- Salt and black pepper, to taste
- Fresh cilantro or parsley (optional)

Directions

1. Prepare the seafood by chopping cooked shrimp or crab into bite-sized pieces.
2. In a bowl, combine seafood, diced cucumber, shredded carrots, and fresh lime juice.
3. Season with salt and black pepper to taste.
4. Wash and dry romaine lettuce leaves.
5. Spoon the seafood mixture evenly into the lettuce leaves.
6. Garnish with fresh herbs if desired.
7. Serve immediately.

Nutrition (Per Serving)

- **Calories:** 150
- **Protein:** 20 g
- **Carbohydrates:** 8 g
- **Fiber:** 2 g
- **Net Carbohydrates:** 6 g
- **Total Fat:** 1 g
- **Saturated Fat:** 0.2 g

- **Cholesterol:** 130 mg
- **Sodium:** 350 mg (*varies depending on seafood used*)

Serving Suggestions

- Add avocado slices for healthy fats and extra creaminess.
- Include chopped celery, watercress, or herbs for more crunch.
- Serve with a lemon garlic sauce or avocado lime dressing.
- Pair with cauliflower rice or a side salad for a complete meal.

Beef Egg Roll Bowl



Servings: 4 **Prep Time:** 10 minutes **Cook Time:** 15 minutes

Ingredients

- 1½ pounds ground sirloin or lean ground beef
- 1 tablespoon sesame oil or avocado oil
- 3 cloves garlic, minced
- 1 tablespoon fresh ginger, grated
- ½ cup onion, diced
- 6 cups shredded cabbage (green or Napa cabbage)
- 1 cup mushrooms, sliced
- 2 tablespoons coconut aminos or low-sodium soy sauce
- 2 teaspoons rice vinegar
- 1 teaspoon sesame seeds
- ½ teaspoon red pepper flakes (optional)
- Salt and black pepper, to taste
- 2 green onions, sliced for garnish

Directions

1. Heat sesame oil in a large skillet over medium-high heat.
2. Add onion and sauté for 2–3 minutes until softened.
3. Add garlic and ginger and cook for 30 seconds until fragrant.
4. Add ground beef and cook until browned and fully cooked, breaking it apart as it cooks.
5. Drain excess fat if needed.
6. Stir in coconut aminos, rice vinegar, red pepper flakes, salt, and pepper.
7. Add shredded cabbage and mushrooms. Cook for 5–7 minutes, stirring frequently, until cabbage is tender-crisp.
8. Sprinkle with sesame seeds and garnish with green onions before serving.

Nutrition (Per Serving)

(Estimated based on 4 servings using lean ground sirloin)

- **Calories:** 390
- **Protein:** 36 g
- **Carbohydrates:** 12 g

- **Fiber:** 4 g
- **Net Carbohydrates:** 8 g
- **Fat:** 24 g
- **Saturated Fat:** 8 g

Serving Suggestions

- Serve over cauliflower rice for a complete low-carbohydrate bowl.
- Add bok choy, broccoli, or water chestnuts for extra vegetables.
- Top with fresh cilantro, sesame seeds, or sliced green onions.
- Add a fried egg on top for an extra protein boost.

Mussels with Garlic, Herbs & Lemon



Servings: 4 **Prep Time:** 15 minutes **Cook Time:** 15 minutes

Ingredients

- 2 pounds mussels, cleaned and debearded
- 1 cup vegetable broth or seafood broth
- 5 cloves garlic, minced
- 1 medium shallot, finely chopped
- 1 cup spinach, fresh
- ½ cup fresh parsley, chopped
- 2 tablespoons fresh lemon juice
- 1 teaspoon dried oregano
- 1 cup artichoke hearts, chopped
- Salt and black pepper, to taste

Directions

1. In a large pot, add broth, garlic, shallot, oregano, salt, and pepper.
2. Bring to a gentle simmer and cook for 4 minutes to allow the flavors to develop.
3. Add the artichoke hearts and cleaned mussels to the pot.
4. Cover and steam for 5–7 minutes, or until the mussel shells open.
5. Discard any mussels that do not open after cooking.
6. Stir in spinach, parsley, and lemon juice. Cook for an additional 1–2 minutes until the greens wilt.
7. Spoon the herb broth over the mussels and serve warm.

Nutrition (Per Serving)

- **Calories:** 230
- **Protein:** 30 g
- **Carbohydrates:** 12 g
- **Fiber:** 3 g
- **Net Carbohydrates:** 9 g
- **Total Fat:** 5 g
- **Saturated Fat:** 1 g
- **Cholesterol:** 95 mg
- **Sodium:** 600 mg (*varies depending on mussels and broth used*)

Serving Suggestions

- Serve with cauliflower rice to absorb the garlic herb broth.
- Pair with roasted Brussels sprouts, zucchini, or asparagus.
- Add fresh dill or basil for additional Mediterranean flavor.
- Serve with a side salad of romaine, cucumber, and olives.

Mediterranean Chicken with Artichokes & Feta



Servings: 2 **Prep Time:** 10 minutes **Cook Time:** 15–20 minutes

Ingredients

- 2 boneless, skinless chicken breasts
- 1 cup artichoke hearts, chopped
- ¼ cup feta cheese, crumbled
- 2 cups romaine lettuce, chopped
- 2 cloves garlic, minced
- 2 tablespoons fresh lemon juice
- 1 teaspoon dried oregano
- Salt and black pepper, to taste
- Fresh parsley (optional garnish)

Directions

1. Season chicken breasts with salt, pepper, oregano, and a small amount of garlic.
2. Heat a skillet over medium heat and cook chicken until fully cooked, about 6–8 minutes per side depending on thickness.
3. Remove chicken from heat, allow it to rest for a few minutes, then slice into strips.
4. In the same skillet, warm the artichoke hearts with minced garlic for 2–3 minutes.
5. In a large bowl, combine romaine lettuce, warmed artichokes, feta cheese, and lemon juice.
6. Top the salad mixture with sliced chicken.
7. Garnish with fresh parsley and additional lemon juice if desired.
8. Serve immediately.

Nutrition (Per Serving)

- **Calories:** 365
- **Protein:** 43 g
- **Carbohydrates:** 9 g
- **Fiber:** 3 g
- **Net Carbohydrates:** 6 g
- **Total Fat:** 16 g
- **Saturated Fat:** 5 g
- **Cholesterol:** 125 mg

- **Sodium:** 520 mg (*varies depending on feta and artichoke hearts used*)

Serving Suggestions

- Add cucumber, olives, or roasted red peppers for additional Mediterranean flavor.
- Serve over spinach, watercress, or mixed greens instead of romaine.
- Pair with cauliflower rice or roasted vegetables for a more filling meal.
- Add fresh dill, basil, or parsley for extra herbs.

Ginger Salmon & Bok Choy



Servings: 2 **Prep Time:** 10 minutes **Cook Time:** 15 minutes

Ingredients

- 12 ounces salmon fillets
- 4 cups bok choy, chopped
- 1 cup mushrooms, sliced
- 1 tablespoon fresh ginger, grated
- 2 cloves garlic, minced
- 2 tablespoons fresh lemon juice
- Salt and black pepper, to taste
- Optional: sesame seeds or green onions for garnish

Directions

1. Preheat oven to 400°F (200°C).
2. Season salmon with salt, pepper, and a small amount of fresh ginger.
3. Place salmon on a baking sheet and bake for 14 minutes, or until cooked through and flakes easily with a fork.
4. While the salmon cooks, steam bok choy for 3–5 minutes until tender-crisp.
5. Heat a skillet over medium heat and add mushrooms, garlic, and ginger.
6. Sauté mushrooms using a small amount of water, stirring until softened and fragrant, about 5 minutes.
7. Add lemon juice to the mushroom mixture and stir to combine.
8. Plate the bok choy and mushrooms, then top with baked salmon.
9. Garnish with sesame seeds or green onions if desired.

Nutrition (Per Serving)

- **Calories:** 390
- **Protein:** 38 g
- **Carbohydrates:** 8 g
- **Fiber:** 3 g
- **Net Carbohydrates:** 5 g
- **Total Fat:** 23 g
- **Saturated Fat:** 5 g

- **Cholesterol:** 95 mg
- **Omega-3 Fatty Acids:** High

Serving Suggestions

- Serve over cauliflower rice to absorb the ginger garlic flavors.
- Add spinach, watercress, or broccoli for additional greens.
- Top with fresh cilantro, parsley, or scallions.
- Add a drizzle of coconut aminos for an Asian-inspired variation.

Herb Halibut with Roasted Brussels Sprouts



Servings: 2 **Prep Time:** 10 minutes **Cook Time:** 20–25 minutes

Ingredients

- 12 ounces halibut fillets
- 4 cups Brussels sprouts, trimmed and halved
- 2 cloves garlic, minced
- Juice of 1 lemon
- 1 teaspoon fresh thyme (or ½ teaspoon dried thyme)
- Salt and black pepper, to taste
- 1 tablespoon avocado oil

Directions

1. Preheat oven to 400°F (200°C).
2. Trim and halve Brussels sprouts. Season with garlic, thyme, salt, and pepper.
3. Place Brussels sprouts on a baking sheet and roast for 20–25 minutes, turning halfway through, until tender and lightly browned.
4. Season halibut with garlic, thyme, salt, and pepper.
5. Place halibut on a separate baking dish and bake for 12–15 minutes, or until the fish flakes easily with a fork.
6. Remove from oven and finish with fresh lemon juice.
7. Serve halibut alongside roasted Brussels sprouts.

Nutrition (Per Serving)

- **Calories:** 320
- **Protein:** 43 g
- **Carbohydrates:** 12 g
- **Fiber:** 5 g
- **Net Carbohydrates:** 7 g
- **Total Fat:** 10 g
- **Saturated Fat:** 2 g
- **Cholesterol:** 75 mg
- **Omega-3 Fatty Acids:** Moderate

Serving Suggestions

- Add cauliflower rice or sautéed spinach for a more complete meal.

- Pair with a cucumber and herb salad for a Mediterranean-style plate.
- Add roasted mushrooms or artichoke hearts for additional vegetables.

Turkey & Swiss Stuffed Mushrooms with Spinach



Servings: 2 **Prep Time:** 10 minutes **Cook Time:** 20 minutes

Ingredients

- 8 ounces ground turkey
- 8 large mushrooms, stems removed
- 2 ounces Swiss cheese, shredded
- 2 cups fresh spinach, chopped
- 2 cloves garlic, minced
- 1 shallot, finely chopped
- Salt and black pepper, to taste
- Fresh parsley or herbs for garnish (optional)

Directions

1. Preheat oven to 375°F (190°C).
2. Clean mushrooms and remove stems. Place mushroom caps in a baking dish.
3. Heat a skillet over medium heat and cook ground turkey with garlic and shallots until browned and fully cooked.
4. Add chopped spinach and cook until wilted, about 1–2 minutes.
5. Season turkey mixture with salt and pepper.
6. Spoon the turkey and spinach mixture evenly into each mushroom cap.
7. Top each stuffed mushroom with Swiss cheese.
8. Bake for 20 minutes, or until mushrooms are tender and cheese is melted.
9. Garnish with fresh herbs and serve warm.

Nutrition (Per Serving)

- **Calories:** 335
- **Protein:** 38 g
- **Carbohydrates:** 8 g
- **Fiber:** 2 g
- **Net Carbohydrates:** 6 g
- **Total Fat:** 16 g
- **Saturated Fat:** 7 g
- **Cholesterol:** 115 mg
- **Sodium:** 420 mg (*varies depending on Swiss cheese and seasoning*)

Serving Suggestions

- Serve with a side of roasted Brussels sprouts, asparagus, or cauliflower rice.
- Add mushrooms such as cremini or baby Bella for a deeper flavor.
- Garnish with fresh thyme, parsley, or chives.
- Pair with a simple romaine salad with lemon herb dressing.

Dirty Cabbage with Ground Sirloin & Mushrooms



Servings: 2 **Prep Time:** 10 minutes **Cook Time:** 15–20 minutes

Ingredients

- 12 ounces ground sirloin
- 4 cups cabbage, shredded
- ½ cup onion, diced
- 2 cloves garlic, minced
- 1 cup mushrooms, sliced
- Salt and black pepper, to taste
- 1 teaspoon smoked paprika (optional)
- Fresh parsley or green onions for garnish (optional)

Directions

1. Heat a large skillet over medium heat.
2. Add ground sirloin and cook until browned and fully cooked, breaking it apart as it cooks.
3. Add diced onion, garlic, and mushrooms. Sauté for 3–5 minutes until vegetables begin to soften.
4. Add shredded cabbage and stir well to combine.
5. Cook for 5–8 minutes, stirring occasionally, until cabbage is tender but still slightly crisp.
6. Season with salt, pepper, and smoked paprika if desired.
7. Garnish with fresh herbs and serve warm.

Nutrition (Per Serving)

- **Calories:** 365
- **Protein:** 36 g
- **Carbohydrates:** 10 g
- **Fiber:** 3 g
- **Net Carbohydrates:** 7 g
- **Total Fat:** 18 g
- **Saturated Fat:** 7 g
- **Cholesterol:** 95 mg
- **Sodium:** 300 mg (*varies depending on seasoning*)

Serving Suggestions

- Serve over cauliflower rice for a more filling low-carbohydrate meal.
- Add bok choy, spinach, or kale for extra greens.
- Top with fresh herbs, sesame seeds, or a drizzle of coconut aminos for an Asian-inspired variation.
- Pair with roasted Brussels sprouts or a cucumber salad.

Garlic Scallops with Cauliflower Goat Cheese Mash



Servings: 2 **Prep Time:** 10 minutes **Cook Time:** 20 minutes

Ingredients

- 12 ounces scallops, cleaned and patted dry
- 1 medium head cauliflower, chopped into florets
- 2 cloves garlic, minced
- 2 tablespoons goat cheese
- 2 tablespoons fresh chives, chopped
- Salt and black pepper, to taste
- Lemon juice (optional)

Directions

1. Steam cauliflower florets for 10–12 minutes until very soft and tender.
2. Transfer steamed cauliflower to a blender or food processor.
3. Add goat cheese, garlic, salt, and pepper. Blend until smooth and creamy.
4. Pat scallops dry and season with salt and pepper.
5. Heat a skillet over medium-high heat and sear scallops for about 3 minutes per side until golden brown and cooked through.
6. Spoon cauliflower mash onto plates and top with seared scallops.
7. Garnish with fresh chives and a squeeze of lemon juice if desired.
8. Serve warm.

Nutrition (Per Serving)

- **Calories:** 300
- **Protein:** 37 g
- **Carbohydrates:** 11 g
- **Fiber:** 3 g
- **Net Carbohydrates:** 8 g
- **Total Fat:** 10 g
- **Saturated Fat:** 4 g
- **Cholesterol:** 90 mg
- **Sodium:** 450 mg (*varies depending on scallops and added salt*)

Serving Suggestions

- Add sautéed spinach, kale, or asparagus for extra vegetables.
- Top cauliflower mash with fresh herbs such as parsley or dill.
- Add mushrooms sautéed with garlic for a richer flavor.
- Serve with a lemon herb sauce for a Mediterranean-style meal.

Salmon & Asparagus Foil Packets with Garlic Butter



Servings: 4 **Prep Time:** 10 minutes **Cook Time:** 15–20 minutes

Ingredients

- 4 salmon fillets (4–6 ounces each)
- 1 bunch asparagus, trimmed
- 3 cloves garlic, minced
- 2 tablespoons butter, melted
- 1 lemon, sliced
- Salt and black pepper, to taste
- Fresh parsley or dill (optional garnish)

Directions

1. Preheat oven to 375°F (190°C).
2. Cut four large pieces of foil and place one salmon fillet in the center of each piece.
3. Season salmon with minced garlic, salt, and pepper.
4. Drizzle melted butter over each salmon fillet.
5. Place asparagus spears and lemon slices on top of and around the salmon.
6. Fold and seal the foil packets tightly to trap the steam.
7. Place packets on a baking sheet and bake for 15–20 minutes, until salmon flakes easily with a fork and asparagus is tender.
8. Carefully open packets and garnish with fresh herbs before serving.

Nutrition (Per Serving)

(Estimated based on 4 servings using 5-ounce salmon fillets)

- **Calories:** 340
- **Protein:** 38 g
- **Carbohydrates:** 5 g
- **Fiber:** 2 g

Philly Cheesesteak Skillet



Servings: 4 **Prep Time:** 15 minutes **Cook Time:** 15 minutes

Ingredients

- 1½ pounds flank steak or round steak, thinly sliced against the grain
- 1 tablespoon butter
- 1 medium onion, thinly sliced
- 1 green bell pepper, thinly sliced
- 8 ounces mushrooms, sliced
- 3 cloves garlic, minced
- 1 teaspoon Worcestershire sauce (*optional*)
- 1 teaspoon garlic powder
- ½ teaspoon onion powder
- Salt and black pepper, to taste
- 1 cup Swiss cheese, shredded or sliced
- Fresh parsley, chopped (*optional*)

Directions

1. Place the sliced steak in the freezer for 15–20 minutes before slicing if needed. This makes it easier to cut into thin strips.
2. Heat butter in a large skillet over medium-high heat.
3. Add onions, bell peppers, and mushrooms. Cook for 5–6 minutes until softened and lightly caramelized.
4. Stir in the garlic and cook for 30 seconds until fragrant.
5. Push the vegetables to one side of the skillet. Add the steak and cook for 3–4 minutes, stirring occasionally, until browned.
6. Season with garlic powder, onion powder, Worcestershire sauce (if using), salt, and pepper.
7. Mix the steak and vegetables together.
8. Sprinkle Swiss cheese evenly over the top. Cover the skillet for 1–2 minutes, until the cheese is melted.
9. Garnish with fresh parsley and serve immediately.

Nutrition (Per Serving)

- **Calories:** 410
- **Protein:** 42 g
- **Carbohydrates:** 9 g
- **Fiber:** 2 g
- **Net Carbohydrates:** 7 g
- **Total Fat:** 24 g
- **Saturated Fat:** 10 g
- **Cholesterol:** 110 mg
- **Sodium:** 450 mg (*varies by cheese and seasoning*)

Serving Suggestions

- Serve over cauliflower rice for a hearty, low-carbohydrate meal.
- Spoon into Portobello mushroom caps and bake for 10 minutes.
- Wrap in romaine or butter lettuce leaves for a handheld version.
- Pair with roasted broccoli, asparagus, Brussels sprouts, or zucchini.

Beef Potsticker Soup



Servings: 4 **Prep Time:** 15 minutes **Cook Time:** 25 minutes

Ingredients

- 1½ pounds ground sirloin or lean ground beef
- 1 tablespoon avocado or sesame oil
- 1 small onion, diced
- 3 cloves garlic, minced
- 1 tablespoon fresh ginger, grated
- 6 cups low-sodium beef or chicken broth
- 4 cups green cabbage, shredded
- 2 cups bok choy, chopped
- 1 cup mushrooms, sliced
- 2 tablespoons coconut aminos or low-sodium soy sauce
- 1 teaspoon rice vinegar
- ½ teaspoon black pepper
- ¼ teaspoon red pepper flakes (optional)
- 2 green onions, sliced
- 1 tablespoon sesame seeds (optional)

Directions

1. Heat the oil in a large soup pot over medium-high heat.
2. Add the onion and cook for 3–4 minutes until softened.
3. Stir in the garlic and ginger and cook for 30 seconds until fragrant.
4. Add the ground beef and cook for 5–7 minutes, breaking it into small pieces until browned. Drain excess fat if necessary.
5. Pour in the broth and bring to a gentle boil.
6. Stir in the coconut aminos, rice vinegar, and black pepper.
7. Add the cabbage, bok choy, and mushrooms. Reduce heat and simmer for 10–12 minutes, until the vegetables are tender.
8. Taste and adjust seasoning if needed.
9. Garnish with sliced green onions, sesame seeds, and red pepper flakes before serving.

Nutrition (Per Serving)

- **Calories:** 345

- **Protein:** 34 g
- **Carbohydrates:** 10 g
- **Fiber:** 3 g
- **Net Carbohydrates:** 7 g
- **Total Fat:** 19 g
- **Saturated Fat:** 7 g
- **Cholesterol:** 85 mg
- **Sodium:** 690 mg (*varies depending on broth and coconut aminos*)

Serving Suggestions

- Serve as is for a light, protein-rich meal.
- Add cauliflower rice to make it more filling.
- Garnish with fresh cilantro, chopped chives, or additional green onions.
- Finish with a squeeze of lime for a bright, fresh flavor.
- Add water chestnuts if your food plan allows for extra crunch.

Carne Asada Bowl



Servings: 4 **Prep Time:** 20 minutes (*plus 30 minutes marinating*) **Cook Time:** 10–12 minutes

Ingredients

Carne Asada

- 1½ pounds flank steak
- 2 tablespoons avocado oil
- Juice of 2 limes
- 3 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1 teaspoon smoked paprika
- 1 teaspoon dried oregano
- ½ teaspoon onion powder
- Salt and black pepper, to taste

Bowl

- 4 cups cauliflower rice
- 2 cups shredded romaine lettuce
- 1 avocado, sliced
- 1 cup bell peppers, sliced
- ½ cup red onion, thinly sliced
- 1 cup mushrooms, sliced
- ¼ cup fresh cilantro, chopped
- Lime wedges for serving

Directions

1. In a bowl, whisk together avocado oil, lime juice, garlic, cumin, chili powder, paprika, oregano, onion powder, salt, and pepper.
2. Marinate the flank steak for 30 minutes (or up to 8 hours in the refrigerator).
3. Heat a grill or cast-iron skillet over medium-high heat.

4. Cook the steak for 4–6 minutes per side, depending on thickness and desired doneness.
5. Transfer the steak to a cutting board and let it rest for 5–10 minutes before slicing thinly against the grain.
6. While the steak rests, sauté the mushrooms and bell peppers until tender, about 5 minutes.
7. Heat the cauliflower rice according to package directions or sauté in a skillet for 5–6 minutes.
8. Divide the cauliflower rice and romaine lettuce among four bowls.
9. Top with sliced carne asada, sautéed vegetables, avocado, red onion, and cilantro.
10. Serve with fresh lime wedges.

Nutrition (Per Serving)

(Estimated)

- **Calories:** 445
- **Protein:** 41 g
- **Carbohydrates:** 13 g
- **Fiber:** 6 g
- **Net Carbohydrates:** 7 g
- **Total Fat:** 27 g
- **Saturated Fat:** 6 g
- **Cholesterol:** 95 mg
- **Sodium:** 420 mg *(varies with seasoning)*

Serving Suggestions

- Add grilled zucchini or asparagus for more vegetables.
- Garnish with chopped green onions and extra cilantro.
- Serve with guacamole or a squeeze of fresh lime juice.
- Pair with a crisp cabbage slaw dressed with lime and cilantro.