



## Pillars can help improve your quality of life.

### Healthy Eating in 3 Ingredients Recipes

#### Barbecue Chicken Stuffed Sweet Potatoes

Keep in mind you will need to cook and shred the chicken before preparing this dish. A slow cooker is a great way to cook chicken to a tender state without too much effort. (Credit: The Comfort of Cooking)

Ingredients: 2 sweet potatoes, halved, 1 pound chicken thighs, cooked and shredded, 1/3 cup BBQ sauce. 1. Preheat oven to 425 degrees. 2. Roast sweet potatoes, open side up, for 35 minutes or until tender. 3. In a saucepan on medium-low heat, stir chicken and BBQ sauce until mixed and warm, 5-10 minutes. 4. Top roasted sweet potatoes with chicken and sauce mixture.

#### Shopska Salad

(Credit: Wander Cooks) Ingredients: 1 large tomato diced, 1 cucumber diced, Sirene cheese or feta to garnish. 1. Mix tomato and cucumber in a bowl. 2. Grate cheese to garnish.

#### Coconut Lime Quinoa

(Credit: Simply Quinoa) Ingredients: 2 cups coconut milk, 1 cup quinoa, 2 limes juiced and zested. 1. Mix coconut milk, quinoa and lime juice in a small pan. 2. Bring to a boil and simmer until liquid has been absorbed about 15 minutes. 3. Garnish with lime zest