

Meals with Teal #8

Menu:

Thai chicken peanut pizza
Salad

Bonus: Chocolate Moose!

Recipes:

Thai chicken peanut pizza:

Ingredients

1-2 pizza crusts (regular or cauliflower)

Sauce:

2/3 c peanut butter (smooth or crunchy)

1/2 c Thai sweet red chili sauce

1/2 c teriyaki sauce

1/2 tsp crushed red pepper

1 lb browned ground chicken or turkey (optional)

-mix with 2 TBSP soy sauce

1 finely diced red bell pepper

6 scallions thinly sliced

1 bunch chopped cilantro

2 c shredded mozzarella

*Spread sauce on top of crust. Spread ground chicken/turkey on top. Or skip this step for a vegetarian option.

*Top with diced red pepper, scallions, and cilantro. Spread shredded mozzarella on top.

*Bake at 400 about 20-25 min until the cheese is melted and browned.

Bonus – Chocolate Moose:

Ingredients

1 1/2 c heavy whipping cream

¼ c sifted unsweetened cocoa powder

½ c sifted confectioners sugar

½ tsp vanilla extract (optional)

*Add whipping cream to a chilled mixing bowl and beat on medium speed with electric mixers or a stand mixer. Once there are peaks developing slowly add sugar and cocoa and (extract), continue to beat until peaks are stiff.

Meals with Teal Video#8:

<https://www.youtube.com/watch?v=5pJb0iQ4yJM>

The "Bonus" video:

<https://www.youtube.com/watch?v=25w7t7Nfgoo>

All Meals with Teal done so far:

<https://gwdocs.com/specialties/breast-surgery>

Grocery List from Safeway:

Condiments, Spice & Bake

Signature SELECT Peanut Butter Chunky - 28 Oz \$3.99

Signature SELECT Powdered Sugar Confectioners - 16 Oz \$1.79

Signature SELECT Teriyaki Sauce And Marinade - 10 Fl. Oz. \$2.99

Signature SELECT Crushed Red Pepper - 1.5 Oz \$2.00

Signature SELECT Sweet Chili Sauce - 10.1 Fl. Oz. \$3.49

Signature SELECT Cocoa Powder Unsweetened - 8 OZ \$3.99

Dairy, Eggs & Cheese

Lucerne Heavy Whipping Cream - 16 Fl. Oz. (packaging may vary) \$3.99

Lucerne Cheese Shredded Low-Moisture Part-Skim Mozzarella - 8 Oz \$2.79

Fruits & Vegetables

Green Onions - 1 Bunch \$1.29

Cilantro - 1 Bunch \$1.19

Red Bell Pepper \$1.07

Fresh Express Salad Greens Hearts Of Romaine - 9 Oz \$3.79

Taylor Farms Thai Chili Mango Chopped Salad Kit Bag - 11.25 Oz \$4.29

Meat & Seafood

PERDUE Ground Chicken No Antibiotics Ever Traypack - 16 Oz \$7.49

Grains, Pasta & Sides

Signature SELECT Pizza Crust Thin Bag - 10 Oz \$3.99

Total: \$46.95

Safeway gift card: \$50

Nutritional Information for Pizza regular crust:

Title Thai Pizza

Servings 8

Nutrition Facts (per 1 Serving)

Calories 543

Total Fat 30.2 g

Saturated 10.3 g

Trans 0.1 g

Polyunsaturated 5.5 g

Monounsaturated 10.7 g

Cholesterol 82.2 mg

Sodium 1,571.9 mg

Total Carbohydrates 35.8 g

Dietary Fiber 2.6 g

Sugar 14.2 g

Added Sugars 0 g

Sugar Alcohols 0 g

Net Carbs 

Protein 29.4 g

Vitamin D 2.3 %

Calcium 24.5 %

Iron 18.7 %

Potassium 492.3 mg

Vitamin A 9.6 %

Vitamin C 51.6 %

Nutritional Information for cauliflower crust (6 servings due to smaller crust size):

Nutrient	Amount per serving	% Daily Value*
Calories	410	—
Total Fat	23g	29%
Saturated Fat	6g	30%
Trans Fat	0g	—
Cholesterol	55mg	18%
Sodium	780mg	34%
Total Carbohydrates	30g	11%
Dietary Fiber	2g	7%
Total Sugars	9g	—
Includes Added Sugars	6g	12%
Protein	22g	44%
Vitamin D	0mcg	0%
Calcium	220mg	17%
Iron	1.8mg	10%
Potassium	380mg	8%