

Brenner FIT[®] Cookbook



QUICK AND EASY
RECIPES FOR
YOUR FAMILY



Atrium Health
Levine Children's

Brenner FIT[®] Recipes



Atrium Health
Levine Children's

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INTRODUCTION

Welcome to the Brenner FIT Family Cookbook!

At Brenner FIT, we believe that family meals are more than just nourishment—they're a celebration of tradition, connection, and the joy of sharing good-tasting food. That's why we've gathered a special collection of our favorite recipes in this cookbook, each one prepared with love in the Brenner FIT kitchen and enjoyed by families who have participated in those classes.

Inside, you'll find:

- **Time-Saving Recipes:** Most dishes can be prepared in 30 minutes or less to help make family meals at home happen more often.
- **Budget-Friendly Options:** Delicious doesn't have to mean expensive. Our recipes are designed to be kind to your wallet while still delivering flavor to help fill your family up and leave meals feeling satisfied.
- **Varying Ingredients and Techniques:** From classic comfort foods to creative new dishes, our recipes feature a variety of ingredients and preparation methods to add variety to family meals when it is desired.

Whether you're browsing for quick meal ideas or looking to explore new culinary adventures, we hope these inspire delight around cooking at home. Here's to the joy of cooking and the pleasure of sharing meals with those we love!

--Brenner FIT Team



Breakfast

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BREAKFAST BURRITO



8 SERVINGS



30 MIN

INGREDIENTS

- 2 tablespoons olive oil
- 1 green pepper
- 1 cup pre-chopped onion
- 1 cup pre-cooked turkey sausage
- 32 ounce container egg whites
- ½ teaspoon salt
- 8 whole wheat burrito-sized tortillas
- 2 cup shredded reduced-fat cheese
- 1 cup salsa
- ½ cup sour cream (optional)

DIRECTIONS

1. Start by heating the olive oil in a large skillet over medium heat.
2. Dice green pepper and measure 1 cup onion.
3. Sauté the green peppers and onions until soft. Add sausage and heat through.
4. Add egg whites and ½ teaspoon salt to pan with vegetables and sausage. Mix well.
5. When ingredients are fully cooked, begin making burrito.
6. Using a slotted spoon (to drain excess liquid), place 1/8 of the egg mixture onto one side of each burrito. Garnish with ¼ cup cheese, 2 tablespoons salsa, 1 tablespoon sour cream (optional). Roll burrito by folding the sides together. Hold sides in place as you begin to roll the burrito from back to front. As you roll, tuck in the back part of the burrito under the egg mixture to hold everything in place.
7. Serve immediately and enjoy!



BREAKFAST BANANA SPLIT



1 SERVING



5 MIN

INGREDIENTS

- 1 banana, peeled, split lengthwise
- Low-fat vanilla Greek yogurt
- Optional toppings:
 - Fresh or dried fruit
 - Granola
 - Honey
 - Nuts
 - Sprinkles
 - Mini chocolate chips

DIRECTIONS

1. Arrange banana halves in a serving bowl.
2. Spoon yogurt over the bananas.
3. Top with preferred optional ingredients. Serve.



MINI EGG QUICHES



12 SERVINGS



30 MIN

INGREDIENTS

- Cooking spray
- 4 pieces whole wheat bread
- 1 cup shredded 2% cheddar cheese
- 7 eggs
- 1 cup low-fat milk
- 2 teaspoons ground mustard
- $\frac{3}{4}$ teaspoon ground pepper
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{8}$ teaspoon garlic powder
- Dried parsley for sprinkling

Choose 3 Fillings:

- 3-4 slices deli ham
- $\frac{1}{4}$ red bell pepper, finely chopped
- $\frac{1}{2}$ cup chopped fresh spinach
- $\frac{1}{4}$ of a small onion, finely chopped
- $\frac{1}{2}$ cup broccoli, cooked, finely chopped

DIRECTIONS

1. Preheat oven to 400°F. Grease muffins tins well with cooking spray.
2. Tear bread into small pieces. Drop bread pieces evenly in muffin tins until they fill about 2/3 of the way up of each muffin space.
3. Choose 3 fillings from the list provided. If you are choosing ham and/or vegetables, chop each into small pieces. Sprinkle your desired pieces evenly in each muffin tin.
4. Sprinkle cheese evenly on top of each tin.
5. Whisk together eggs, milk, ground mustard, pepper, salt and garlic powder in a bowl.
6. Pour egg mixture evenly in each muffin tin.
7. Sprinkle dried Parsley on the top of each one.
8. Bake for 15-18 minutes or until golden brown on top and cooked through the middle.
9. Serve immediately and enjoy!

Note: These can also be cooked in advance and frozen for a quick way to grab breakfast, heat it up and go!



EGG SANDWICH



6 SANDWICHES



5 MIN

INGREDIENTS

- **Egg Sandwich Ingredients:**
- 12 slices 100% whole wheat sandwich bread
- Ricotta spread (recipe below)
- 1 teaspoon olive oil
- 6 slices Canadian bacon
- 6 eggs
- 6 slices tomato



DIRECTIONS

1. Lightly toast the whole wheat sandwich bread in the toaster.
2. Spread 1 tablespoon of ricotta spread onto each slice of bread (Total of 2 tablespoons spread per sandwich.)
3. Heat a non-stick pan over medium heat. Add the oil.
4. Briefly warm the Canadian bacon. Remove bacon from pan and place 1 slice on each sandwich.
5. In a small bowl, gently whisk the eggs. Pour eggs into the pan using the remaining oil in the pan. Cook, stirring frequently. Once the eggs have cooked, divide them equally between the 6 sandwiches.
6. Place the tomato on top of the scrambled egg and then top the sandwich with the other slice of bread.
7. Serve immediately and enjoy!

RICOTTA SPREAD



1 CUP



15 MIN

INGREDIENTS

- **Ricotta Spread Ingredients:**
- 1 cup low-fat ricotta cheese
- 1 teaspoon salt
- 1/8 teaspoon black pepper
- 1/4 teaspoon nutmeg
- 1 tablespoon dried parsley
- 1 garlic clove, minced
- 1 teaspoon red wine vinegar
- 1 teaspoon Dijon mustard
- 1/4 cup parmesan cheese, grated
- 1 tablespoon olive oil

DIRECTIONS

1. Combine all ingredients in a mixing bowl and mix until combined. (To store, place in airtight container in the refrigerator.)

Note: This spread can be used to make breakfast sandwiches as well as lunch or dinner sandwiches! Mix it up by combining it with different protein sources and sandwich breads.

VEGETABLE OMELET



1 SERVING



10 MIN

INGREDIENTS

- 3 eggs
- ¼ red or green pepper
- 1 shallot
- ¼ cup shredded cheddar cheese, reduced fat
- Salt
- Pepper
- Cooking spray



DIRECTIONS

1. Heat a medium-sized pan over medium heat.
2. Dice bell pepper and shallot.
3. Spray pan with cooking spray and sauté vegetables until soft.
4. Remove vegetables from pan and return pan to the burner over medium heat.
5. Crack 3 eggs in a bowl. Beat the eggs with a fork until mixed.
6. Spray pan with cooking spray. Pour eggs into hot pan.
7. Use the back of a fork to mix and spread eggs evenly over the pan.
8. When eggs are set, add vegetables and cheese over half of the eggs.
9. With a plate beside of the pan, lift the pan and slide the filled side of the eggs out onto the plate. Fold unfilled side over on top using the pan.
10. Serve immediately.

CHEESY SCRAMBLED SPINACH EGGS



4 SERVINGS



10 MIN

INGREDIENTS

Scrambled Egg Ingredients:

- Cooking spray
- 8 large eggs
- 2 cups fresh spinach
- ¼ cup milk
- ½ cup reduced fat shredded cheese
- 1/8 teaspoon black pepper
- 1/8 teaspoon salt (optional)

DIRECTIONS

1. Start by cracking eggs in a medium bowl.
2. Add milk, cheese, pepper and salt (optional) to the bowl. Beat ingredients until blended. Set bowl aside.
3. Tear spinach into pieces. On medium heat, cook the spinach for 1-2 minutes, until soft and reduced. Add scrambled egg mixture to the hot skillet with spinach.
4. As eggs begin to set, gently pull the eggs across the pan with a spatula to scramble them.
5. Continue cooking – pulling, lifting and folding eggs – until thickened and no visible liquid egg remains. *Do not stir constantly.*
6. Once there is no visible liquid egg, remove from heat.
7. Serve immediately and enjoy!

SPINACH FRITTATA



4 SERVINGS



30 MIN

INGREDIENTS

- 1, 10-ounce package frozen spinach (thawed)
- 10 eggs (5 whole eggs, 5 egg whites)
- 1 small shallot or onion
- 2 teaspoons minced garlic
- ¼ cup fat-free half and half (may substitute milk)
- ¼ cup parmesan cheese
- 5 ounces sun-dried tomatoes
- 2 ounces feta cheese
- Salt and pepper to taste
- 1 tablespoon olive oil
- 2 tablespoons fresh basil, chopped

DIRECTIONS

1. Preheat oven to 400°F.
2. Prepare ingredients by mincing the shallot, chopping the sun-dried tomatoes and chopping the fresh basil. Set each of these aside.
3. Drain water from frozen spinach, set aside.
4. In a mixing bowl, whisk together eggs (5 whole eggs, 5 egg whites), fat-free half and half, parmesan cheese, sundried tomatoes, and basil.
5. Sauté minced shallot and garlic in olive oil in an oven-proof skillet on medium heat. (If skillet is not oven proof, have a pie dish ready.)
6. Add drained spinach and ¼ cup water to garlic mixture. Cook spinach.
7. Spread spinach mixture evenly on bottom of skillet. Pour egg mixture over spinach.
8. Using a spatula, lift the mixture along the sides of the pan to let egg mixture flow underneath. Be patient with the food and try to minimize the amount you touch it with the spatula.
9. Sprinkle bits of feta cheese over the top of the frittata mixture. When mixture is about half set, put the pan in the oven and bake for 12-15 min.
10. Cut frittata into 4-5 slices and serve immediately.



OATMEAL CHOCOLATE CHIP BANANA MUFFINS



6 MUFFINS



25 MIN

INGREDIENTS

- Cooking spray
- 1 large, ripe banana
- 6 tablespoons butter
- 1/3 cup brown sugar
- 3 tablespoons milk
- 1 egg
- 1 teaspoon vanilla
- 1 cup all-purpose flour
- 1/3 cup old-fashioned rolled oats (not quick cooking)
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt



DIRECTIONS

1. Preheat oven to 350°F. Lightly spray muffin tin with cooking spray & set aside.
2. Mash banana in a small bowl until there are no more big lumps.
3. Cut butter into pieces. Place butter pieces in a microwave-safe dish. Microwave, uncovered, until butter is melted, about 30 to 45 seconds.
4. In a large bowl, beat together melted butter and sugar. Add milk and mashed bananas. Using a hand mixer, mix on low for 30 seconds.
5. Add egg and vanilla, mix until just combined.
6. In a separate small mixing bowl, combine dry ingredients including flour, oats, baking soda, and salt. Whisk together with a fork.
7. Add dry ingredients to the large bowl and mix until combined.
8. Add chocolate chips and mix until combined.
9. Using an ice cream scoop, fill each muffin tin 3/4 of the way full.
10. Place in the oven and bake for 18-22 minutes. Tops of muffins should be lightly golden brown and muffins should be nice and firm.
11. Remove from oven and allow to cool in pan for 2-3 minutes before removing and transferring to a wire rack to cool completely.
12. Serve immediately or store in a container to enjoy throughout the week.

CHOCOLATE FRENCH TOAST



4-5 SERVINGS



30 MIN

INGREDIENTS

- 3 large eggs, divided
- 3/4 cup low-fat milk
- 3 tablespoons sugar
- 2 tablespoons cocoa
- 1/4 teaspoon vanilla
- 1/4 teaspoon salt
- 1/4 teaspoon ground cinnamon
- 10 slices whole wheat bread
- Cooking spray
- Lite or sugar free pancake syrup

DIRECTIONS

1. Beat eggs, milk, sugar, cocoa, vanilla, salt and cinnamon in large bowl until smooth.
2. Spray large non-stick griddle or skillet with cooking spray. Heat over medium heat.
3. Dip bread in egg mixture for a few seconds on each side until coated.
4. Place coated bread on griddle or skillet (as many pieces that will fit with not overlapping), cooking 2 to 4 minutes on each side, until lightly brown.
5. Serve immediately and enjoy!



FRUIT & YOGURT PARFAIT



4 PARFAITS



10 MIN

INGREDIENTS

- 1/2 pint strawberries
- 1, 11 ounce can mandarin oranges, in light syrup or 100% juice
- 1 mango
- 4 kiwis
- 1 pint blueberries
- 1, 32 ounce container non-fat vanilla Greek yogurt

DIRECTIONS

1. Prepare fruit:
 - Hull and slice strawberries
 - Drain mandarin oranges
 - Peel and dice mango
 - Peel and dice kiwi
2. In a cup or bowl, layer parfait:
 - 1/4 cup yogurt
 - Strawberries
 - 1/4 cup yogurt
 - Mandarin oranges
 - Diced mango
 - 1/4 cup yogurt
 - Diced kiwi
 - 1/4 cup yogurt
 - Blueberries
3. Serve immediately and enjoy!



OVERNIGHT OATS



4-5 SERVINGS



15 MIN

INGREDIENTS

- 1/3 cup rolled oats
- 1/4 cup yogurt (Greek or other)
- 1/4 cup milk (low-fat or skim)

Toppings:

- 1 tablespoon chia seeds
- 1 teaspoon sweetener: honey, agave, maple syrup or brown sugar
- 1/2 teaspoon cinnamon
- 1/4 cup diced nuts: almonds, walnuts or pecans
- 1/4 cup diced fruit: bananas, peaches, apples, blueberries, raspberries, blackberries or sliced strawberries

DIRECTIONS

1. Combine oats, yogurt, milk, sweetener of your choice, chia seeds and cinnamon in a mason jar or container and mix well.
2. Fold in nuts and fruit.
3. Cover the jar/container with a lid and refrigerate overnight.
4. The next morning, stir well and enjoy cold or, stir well and microwave for 2 minutes to enjoy warm.



OATMEAL BOWL



4-5 SERVINGS



15 MIN

INGREDIENTS

- 1 cup oats, old fashioned, dry
- 2 cups skim milk
- 4 teaspoons vanilla extract
- 1 apple
- 1/4 cup raisins
- 1/2 cup nut pieces
- 1 cup bran cereal
- 1/4 teaspoon cinnamon
- 1/8 cup brown sugar or honey

DIRECTIONS

1. Add oats, milk, and vanilla in medium saucepan on medium heat. Stir occasionally.
2. As oats are cooking, chop apple into pieces and set aside.
3. Measure dried fruit, nuts, and cereal. Set aside.
4. Cook oats to desired consistency, about 5-7 minutes.
5. Add fruit, nuts, and cereal.
6. Add cinnamon and sweetener of your choice.
7. Serve immediately and enjoy!



Lunch

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Pesto Chicken Wrap



6 SERVINGS



20 MIN

INGREDIENTS

- 2 boneless skinless chicken breasts
- 1 tablespoon olive oil
- 6 Lite Flat Out Italian wraps
- 6 tablespoons pre-made pesto
- 2 cups spinach
- 4 Roma tomatoes
- 1/2 red onion
- Shredded part-skim mozzarella cheese

DIRECTIONS

1. Dice raw chicken into bite size pieces. Add olive oil to a large skillet. Turn heat to medium-high. Cook chicken until no longer pink inside. Remove chicken from heat once cooked.
2. While chicken is cooking, slice tomatoes and chop onion. Lay wraps on a flat surface and spread 1 tablespoon of pesto on one long end of each wrap.
3. Place desired amount of spinach and tomatoes on top of pesto.
4. Divide the chicken into 6 equal servings and place on top of the spinach and tomatoes for each wrap.
5. Sprinkle desired amounts of mozzarella cheese and onions on top of chicken.
6. Roll the wrap up by starting with the ingredient end.
7. Cut wrap in half and enjoy!



CILANTRO-LIME CHICKEN PASTA



4-5 SERVINGS



30 MIN

INGREDIENTS

- 8 ounces dried whole wheat rotini pasta
- Red onion, ½ cup finely chopped
- 1 mango
- 1 red bell pepper
- 1 Rotisserie chicken, pre-cooked

Dressing:

- Fresh cilantro leaves
- ½ cup lime juice
- 1/8 cup olive oil
- 1 tablespoon sugar
- ½ teaspoon salt
- ½ teaspoon garlic powder
- ½ teaspoon ground cumin
- 1/8 teaspoon cayenne pepper

DIRECTIONS

1. Cook pasta according to package directions.
2. While pasta is cooking, finely chop red onion, chop red bell pepper and cut mango.
3. Drain pasta once it is finished cooking and run under cold water.
4. Put cold pasta into medium-sized bowl. Add red onion, red bell pepper and mango to the pasta.
5. Prepare dressing by chopping cilantro into fine pieces until you have ½ cup.
6. Combine cilantro, lime juice, oil, sugar, salt, garlic powder, cumin and cayenne pepper in a small bowl. Mix well. Pour dressing over pasta, toss gently to coat.
7. Break down the rotisserie chicken. Serve chicken pieces alongside pasta.
8. Refrigerate until ready to eat. Enjoy!

Note: Cilantro-lime chicken pasta can be refrigerated for up to 5 days.



BAGEL BITES



2-3 SERVINGS



25 MIN

INGREDIENTS

- 5 mini whole wheat bagels
- 1/3 package of turkey pepperoni slices
- 1 cup shredded part-skim mozzarella cheese
- 1/2 cup pizza sauce



DIRECTIONS

1. Preheat oven to 425°F.
2. Line two baking sheets with parchment paper. Split the mini bagels in half and place cut side up on baking sheets.
3. On a cutting board, finely chop pepperoni slices and shredded cheese with a knife. Transfer to a bowl and mix together.
4. Add the pizza sauce to the bowl of pepperoni and cheese. Mix well.
5. Place a heaping tablespoon of the mixture on each bagel half. Press the toppings down.
6. Place baking sheets in oven and bake for about 15 minutes, until cheese is melted and bagel is toasted.

BLT PASTA SALAD



4-5 SERVINGS



30 MIN

INGREDIENTS

- 8 ounces whole wheat rotini macaroni (3 cups dry)
- 9 ounces pre-grilled chicken strips
- 4 bacon strips
- 1 pint cherry tomatoes
- 1 romaine heart
- 1/2 cup light Greek yogurt
- 1/2 packet dry ranch
- 1 tablespoon barbecue sauce
- 1/4 teaspoon black pepper



DIRECTIONS

1. Preheat oven to 400°F.
2. Cover sheet pan with aluminum foil. Place bacon on pan and cook for 20 minutes. Remove bacon from oven and let cool.
3. While bacon is cooking, fill a large pot with water and bring it to a boil over high heat. Add pasta and cook according to box directions. When pasta is done, drain and rinse with cold water. Set aside.
4. Place a skillet on medium-high heat. Add pre-cooked chicken strips and heat thoroughly. Once heated, remove skillet from heat and let chicken cool.
5. To make ranch dressing, combine Greek yogurt and dry ranch packet in a small bowl.
6. On a cutting board, cut or tear the lettuce, and halve the tomatoes. Cut chicken into bite sized pieces. Crumble the bacon into small pieces.
7. In a large bowl, combine prepared ingredients, stir in homemade ranch and add barbecue sauce until mixed well.
8. Serve immediately and enjoy!

Tortilla Roll-Ups



1 ROLL



5 MIN

INGREDIENTS

- Whole Wheat Tortillas (3 gram of fiber or more per serving)

Possible toppings are below:
Choose at least one protein, one vegetable/fruit, one sauce

• Protein Options

- Hummus
- Lean deli meat
- Low-fat shredded cheese
- Low-fat sliced cheese
- Light Laughing Cow Cheese
- Turkey pepperoni
- Peanut butter

• Vegetable/Fruit options

- Salsa
- Avocado, sliced
- Bell Peppers, sliced
- Fresh baby spinach leaves
- Fresh lettuce leaves
- Cucumber, sliced
- Sprouts
- Banana, sliced
- Apples, diced
- Strawberries, sliced

• Sauce Options

- Pizza sauce
- Mustard
- Light mayonnaise

DIRECTIONS

1. Lay tortilla flat on a cutting board.
2. Place spreadable ingredients onto tortilla first.
3. Next, place any combination of the other ingredients above at one end of the tortilla.
4. Starting with the side that has the ingredients, roll into a tube, pressing gently.
5. Cut into bite size pieces.
6. Refrigerate or keep in lunch box with ice pack until ready to eat.
7. Enjoy!

Suggested Combinations:

1. Hummus, bell peppers, cucumbers, sprouts
2. Laughing cow cheese, deli meat, cucumbers, spinach
3. Pizza sauce, pepperoni, fresh baby spinach leaves, shredded mozzarella
4. Peanut butter, banana, strawberries
5. Low-fat provolone cheese, lean turkey meat, avocado, fresh lettuce leaves



BENTO BOX IDEAS



1 BOX



5 MIN

INGREDIENTS

• Protein Options (Choose One):

- Hummus
- Deli Meat
- Cheese: slices, sticks, wedges
- Rotisserie Chicken
- Chicken Nuggets
- Ham
- Turkey
- Yogurt
- Hummus
- Nut Butter
- Hard Boiled Egg
- Beans (Black, Pinto, etc.)

• Starch/Grain (Choose One):

- Pretzels
- Pita Bread
- Crackers
- Mac & Cheese
- Corn
- Pasta
- Brown Rice
- Pita Bread
- Graham Crackers
- Dry cereal
- Popcorn
- Tortilla
- Sweet Potato

• Fruits and/or Vegetables (Choose Two):

- Cucumber, Bell Peppers, Snap Peas, Carrots, Broccoli, Celery, Cherry Tomatoes, Cauliflower
- Grapes, Dried Fruit, Apple Sauce, Melon, Oranges, Berries, Kiwi, Apple slices, Banana

DIRECTIONS

1. Create your Bento Box by choosing the correct amount from the ingredient list to the left.

Example Bento Box Combinations:

1. Pretzels, sliced cucumbers, laughing cow cheese wedge, grapes
2. Pita bread triangles, garlic hummus, red bell pepper strips, dried fruit
3. Crackers, deli meat, sliced cheese, apple sauce, sugar snap peas with ranch
4. Chicken nuggets, brown rice, broccoli with ranch, applesauce pouch
5. Yogurt, grapes, dry cereal, carrots



BLACK BEAN TACO PITAS



4 SERVINGS



20 MIN

INGREDIENTS

- 1, 15 ounce can black beans
- 1 small tomato
- 1/2 yellow bell pepper
- 1/2 avocado
- 1 green onion
- 2 ounce canned green chilies
- Cilantro, chopped (optional)
- 2 tablespoons lime juice
- 2 teaspoons low sodium taco seasoning
- Spinach or lettuce
- Arnold multigrain pocket thins (4 count)

DIRECTIONS

1. Using a colander, drain and rinse black beans under water. Add to a medium bowl.
2. On a cutting board, dice tomatoes, pepper, avocado, onion and cilantro. Add to the bowl of black beans.
3. Drain canned green chilies and add to bowl.
4. Add lime juice and taco seasoning to bowl.
5. Mix all ingredients well.
6. Stuff pita pocket with lettuce and add bean mixture.



GRILLED CHEESE WITH AVOCADO & TOMATO

INGREDIENTS

- 2 slices thick whole wheat bread
- 2 slices tomato
- 1/4 avocado, sliced
- 2 slices mozzarella cheese
- 1 tablespoon canola oil butter spread, divided
- Salt and pepper

DIRECTIONS



1 SANDWICH



10 MIN

1. Cut tomato and avocado into thin slices. Set aside.
2. Heat nonstick skillet over medium heat. Place 1/2 tablespoon butter directly on skillet.
3. Once butter has melted, add both slices of bread to pan. Toast one side each for a couple of minutes until golden brown, then remove bread slices. Keep in mind that the slices you just browned will be in the inside of the sandwich.
4. Build sandwich: Slice of bread, slice of cheese, tomato slices, avocado slices, salt and pepper, as desired, 1 slice of cheese, slice of bread.
5. Add the other 1/2 tablespoon butter to skillet and brown the sandwich on each side for an additional 3 minutes until both sides are golden brown and cheese has melted.
6. Serve immediately and enjoy!



Main Dish

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Beef

CROCK-POT LASAGNA



8 SERVINGS



4-6 HRS

INGREDIENTS

- 1 pack lean ground beef, cooked
- 1 medium onion, finely chopped
- 3, 15-ounce cans tomato sauce
- 3 dried basil leaves
- ½ teaspoon fennel seeds
- ½ teaspoon thyme
- 1 teaspoon garlic
- ½ teaspoon salt
- 2 cups shredded part-skim mozzarella cheese
- 1, 15-ounce container part-skim ricotta cheese
- 1 cup grated parmesan cheese
- 12 uncooked lasagna noodles

DIRECTIONS

1. If ground beef is not yet cooked, cook on stove-top.
2. Chop onion.
3. Stir together: onion, cooked ground beef, tomato sauce, basil, fennel seeds, thyme, garlic and salt in a bowl.
4. In a separate bowl, mix together ricotta, parmesan cheese and 1 cup of the mozzarella cheese. (Refrigerate remaining mozzarella cheese while lasagna cooks.)
5. Layer the Crock Pot:
 - Layer 1: 1/4 sauce mixture (bottom), 4 noodles broken into pieces to fit, 1/2 of the cheese mixture, 1/4 sauce mixture.
 - Layer 2: 4 noodles broken into pieces to fit, remaining cheese mixture, 1/4 sauce mixture.
 - Layer 3: 4 noodles broken into pieces to fit, rest of the sauce mixture (top)
6. Cover and cook on low heat for 4–6 hours or until noodles are tender.
7. Sprinkle top of lasagna w/remaining 1 cup mozzarella cheese. Cover and let stand for 10 minutes or until cheese is melted.
8. Enjoy!

CROCK-POT FRENCH DIP SANDWICH



5-6 SERVINGS



10 HRS

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- Salt and pepper
- 2 ½ pound chuck roast
- ½ onion, quartered
- 2 cups low sodium beef broth
- 1 whole bay leaf
- Sliced provolone cheese
- Whole wheat sub rolls

DIRECTIONS

1. Add olive oil to a large pot.
2. Season chuck roast with salt and pepper. Add roast to the pan and sear over high heat until the roast is browned on all sides.
3. Add the roast to the slow cooker along with the onion, beef broth and bay leaf.
4. Cover and cook on low for 8-10 hours.
5. Remove roast from the slow cooker and slice or use a fork to shred.
6. Strain the onions from the broth. Set onions to the side to serve on top of sandwiches, if desired.
7. Skim fat from broth. Reserve broth for a dip.
8. To assemble: Lay beef on bread and top with two slices of provolone cheese. Top with onions, if desired. Place sandwiches under broiler until the cheese is melted.
9. Serve warm with a side of broth.

Beef

CHEESEBURGER MACARONI



5-6 SERVINGS



30 MIN

INGREDIENTS

- 2 cups (8 ounces) whole grain elbow macaroni
- 1-pound lean ground beef
- ½ medium onion
- ½ medium green bell pepper,
- 1, 15-ounce can diced tomatoes (no salt added)
- 1½ cups skim milk
- ½ teaspoon sugar
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 1 teaspoon oregano
- 1 teaspoon parsley
- 1 teaspoon garlic powder
- 1 teaspoon chili powder
- 1 teaspoon paprika
- 2 cups shredded cheddar cheese

DIRECTIONS

1. Cook pasta according to directions on package.
2. While pasta is cooking, brown the ground beef in a non-stick skillet over medium heat.
3. Dice onion and bell pepper. Add to skillet with beef. Cook until they are soft.
4. Drain canned tomatoes and add to beef. Stir to combine.
5. Add milk, sugar, salt, pepper, oregano, parsley, garlic powder, chili powder and paprika to the beef. Stir together. Cook for 5 minutes while stirring frequently.
6. Remove beef mixture from heat and pour into large bowl. Drain pasta. Stir in pasta and cheese. Let pasta sit for 5 – 10 minutes to thicken the sauce.
7. Enjoy!



Beef

GROUND BEEF STROGANOFF



5 SERVINGS



30 MIN

INGREDIENTS

- 1-pound whole wheat rotini pasta
- 1-pound lean ground beef
- 1 yellow onion, diced
- 1 clove garlic
- 8 ounces sliced mushrooms
- 3 tablespoons flour
- 2 cups low sodium beef broth
- 2 teaspoons Worcestershire sauce
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 8 ounces low-fat sour cream
- 2 tablespoons fresh parsley, chopped

DIRECTIONS

1. Cook pasta according to package directions.
2. In a large non-stick skillet, brown ground beef, onion and garlic on medium heat until no pink remains.
3. Add sliced mushrooms to pan with beef and cook 2-3 minutes.
4. Stir in flour and cook 1 more minute.
5. Add broth, Worcestershire sauce, salt & pepper and bring to a boil.
6. Reduce heat and simmer on low 7-10 minutes.
7. Remove beef mixture from the heat, stir in sour cream and parsley.
8. Serve stroganoff over noodles and enjoy!



Beef

KOREAN BEEF BOWL



6 SERVINGS



30 MIN

INGREDIENTS

Roasted Green Beans

12 ounces green beans

- Cooking spray
- 1 tablespoon olive oil
- ½ teaspoon kosher salt
- ¼ teaspoon pepper

Beef and Rice Bowl

- 2 bags “boil in bag” brown rice (7 ounces total)
- Cooking spray
- 3 cloves of garlic, minced
- 1 pound 90% lean ground beef
- 2 sliced green onions
- Sprinkle of sesame seed

Sauce Ingredients

- ¼ cup packed brown sugar
- ¼ cup reduced-sodium soy sauce
- 2 teaspoons sesame oil
- ¼ teaspoon grated ginger
- ¼ teaspoon crushed red pepper flakes (optional)
- ¼ teaspoon pepper

DIRECTIONS

1. Starting with green beans: Preheat oven to 400°F.
2. Pat green beans dry after washing.
3. Spray large sheet pan with cooking spray.
4. Spread green beans on the pan. Add olive oil, salt and pepper; mix well to season the beans. Spread beans out so they are barely touching.
5. Roast in oven for 20-25 minutes or until beans begin to turn brown.
6. Begin making beef and rice bowl: Boil water over high heat in a medium pot with lid. Follow instructions on rice packaging to prepare rice.
7. In a large skillet on medium heat, spray skillet with cooking spray.
8. Add garlic to skillet and sauté until the garlic becomes fragrant, but does not burn.
9. Add ground beef to the skillet, breaking it into crumbles and cooking until no longer pink.
10. In a small bowl, whisk together sauce ingredients. Pour over the ground beef and let it simmer for another minute or two.
11. Slice the green onions.
12. Serve ground beef over hot rice and garnish with green onions and sesame seeds.
13. Serve alongside roasted green beans and a fruit to complete the meal!



Beef

MINI MEATLOAVES



4-5 SERVINGS



30 MIN

INGREDIENTS

- Cooking spray
- 1 cup finely chopped onion
- ½ cup finely chopped carrot
- 1 teaspoon dried oregano
- 2 garlic cloves, minced
- ¼ teaspoon black pepper
- 1 cup ketchup, divided
- 2 tablespoons mustard
- 1 teaspoon Worcestershire sauce
- 20 saltine crackers, finely crushed (1 cup)
- 2 eggs, lightly beaten
- 1-1.5 pounds lean ground beef

DIRECTIONS

1. Preheat oven to 425°F. Spray 12 muffin cups with cooking spray.
2. Finely chop carrots and onion for meatloaves. Place vegetables in a large bowl and add oregano, garlic, pepper, 1/2 cup ketchup, mustard, and Worcestershire sauce. Mix ingredients together.
3. Place saltines in a quart-size plastic bag and finely crush saltines using your hands. Add them to the bowl.
4. Crack eggs into a separate small bowl and slightly beat with a fork. Add eggs to large bowl.
5. Add raw ground beef to large bowl and combine all ingredients using your hands.
6. Spoon the meat mixture into 12 muffin cups. Using a spoon, top each evenly with the rest of the ketchup.
7. Bake at 425° for 20 minutes or until a thermometer registers 160°. When done, let stand for 5 minutes before serving.
8. Enjoy!

GRILLED STEAKS



4 SERVINGS



30 MIN

INGREDIENTS

- New York Strip Steak(s), 1 inch thick
- Canola oil
- Salt (kosher salt preferred)
- Pepper



DIRECTIONS

1. Prepare grill. Turn on all burners to high, close the lid, and heat the grill until very hot, about 15 minutes.
2. Wad up a paper towel, and dip it in canola or vegetable oil. Spread over the hot part of the grill using tongs (be careful of flare-ups, which can happen when you get too much oil on the paper towel). Meanwhile, sprinkle both sides of the steaks with salt and pepper to taste. Use about 1/2 - 1 teaspoon of salt per pound of steak as a guide.
3. Leaving all the burners on high, grill steaks for 1 minute, then flip and grill the other side for 1 minute. Repeat for a total of 6 minutes (3 minutes on each side).
4. Remove the steaks from the grill. Using a meat thermometer, check the temperature of the middle of the steak, inserting the thermometer in the side of the steak. Keep cooking the steak 1 minute each side until it is around 145°F (cooked "medium"). The total time will depend on how thick the steaks are and how cooked you would like your steaks to be.

SWEET & SOUR MEATBALLS



6 SERVINGS



30 MIN

INGREDIENTS

- 2 cups uncooked Minute brown rice
- ½ cup packed brown sugar
- ½ cup white vinegar
- ¼ cup ketchup
- 2 tablespoons low-sodium soy sauce
- 1 ¼ cup water, separated
- 8 ounce can pineapple chunks in 100% juice
- 2 tablespoons cornstarch
- 1 red bell pepper
- 1 bag frozen meatballs
- 1 tablespoon Sriracha
- 8-ounce package sliced mushrooms
- 2 green onions

DIRECTIONS

1. Cook Minute rice according to directions on box.
2. In a large skillet, combine brown sugar, vinegar, ketchup, soy sauce, 1 cup water and the juice (only) from the canned pineapple. Stir and bring to a gentle boil over medium-high heat.
3. While sauce is heating, make a slurry (thick fluid) in a small bowl by mixing the cornstarch with the remaining 1/4 cup water. Add it to the sauce, whisking to combine.
4. While sauce is thickening, chop the bell pepper.
5. Add bell pepper, frozen meatballs, Sriracha, and mushrooms to the sauce. Toss to combine.
6. Cook until the sauce has thickened, and the meatballs are heated through, 8-10 minutes.
7. While meatballs are heating, slice the green onions.
8. Once meatballs are heated through, stir in the pineapples and sprinkle with green onions on top.
9. Serve the meatballs and sauce over rice with fruit on the side for a balanced meal!
10. Enjoy!



Chicken

EASY CHICKEN PARMESAN



4-5 SERVINGS



30 MIN

INGREDIENTS

- 12-ounce whole-wheat angel hair pasta
- 2 large egg whites
- 1.5 pounds chicken tenderloins
- ½ cup panko breadcrumbs
- ¾ cup grated parmesan cheese, divided
- 1 tablespoon dried parsley
- 1 tablespoon olive oil
- 24 ounce jar marinara sauce
- 1 tablespoon balsamic vinegar
- 1 cup shredded mozzarella cheese

DIRECTIONS

1. Cook pasta according to package directions.
2. In a small bowl, place two egg whites and gently whisk. Pour egg whites into a gallon Ziploc bag.
3. Using tongs, add chicken tenderloins into gallon bag with egg whites and close the bag.
4. Toss bag to cover chicken.
5. Add breadcrumbs, 1/2 cup parmesan cheese and dried parsley to the bag. Close bag again and shake to cover chicken tenderloins.
6. Heat oil in a large nonstick skillet over medium-high heat. Add the chicken and cook for 3 minutes.
7. While chicken is cooking, wash your hands.
8. Use clean pair of tongs to flip the chicken and cook for 3 more minutes, or until both sides are golden-brown. When chicken is fully cooked, remove from skillet and place on a plate. Set to the side.
9. Add marinara sauce and balsamic vinegar to the skillet and stir well. Bring to a boil.
10. Add chicken back to the skillet with the sauce. Turn heat to low. Scatter the mozzarella and remaining parmesan evenly over top.
11. Drain the pasta. Serve chicken and sauce on top of pasta.
12. Enjoy!



Chicken

CHICKEN & APPLE SALAD



5-6 SERVINGS



30 MIN

INGREDIENTS

Chicken Ingredients:

- 22-ounce bag of Tyson Grilled and Ready frozen chicken strips

Salad Ingredients:

- 10-ounce bag of mixed salad greens
- 2 medium-size red-skinned sweet apples
- ½ cup walnuts

Crouton Ingredients:

- 5 pieces of whole wheat bread, cut into 1-inch cubes
- 2 teaspoons dried parsley
- 1 teaspoon garlic powder
- ¼ teaspoon salt
- ¼ cup olive oil

Dressing Ingredients:

- ¼ cup onion, minced
- 3 tablespoons apple cider vinegar
- 3 tablespoons white wine vinegar
- 2 tablespoons sesame seeds
- ¼ teaspoon paprika
- 1 tablespoons sugar
- ½ cup olive oil

DIRECTIONS

1. Preheat oven to 350°F.
2. Place bread cubes in a bowl and sprinkle evenly with parsley, garlic powder, and salt. Drizzle olive oil on top and toss with hands to coat bread evenly. Line baking sheet with foil and spray with cooking spray. Place bread onto baking sheet. Bake in oven for 15 – 20 minutes or until croutons are crispy.
3. While croutons are in the oven, heat frozen chicken strips in a covered non-stick skillet on medium for about 10 minutes or until warm.
4. While chicken is cooking, make dressing. Combine minced onion, apple cider vinegar, white wine vinegar, sesame seeds, paprika, and sugar in small bowl. Gradually whisk in olive oil. Pour dressing into a liquid measuring cup for easy pouring. Mix up dressing again right before serving.
5. Quarter, core, and thinly slice apples.
6. Chop walnuts.
7. Place salad greens on individual plates. Top with chicken, walnuts, apples, croutons and dressing.

Tips: Store dressing in refrigerator to ensure freshness up to 1 week. When ready to use, sit dressing out 30 minutes before use to get room temperature and mix well.



Chicken

BARBECUE CHICKEN PIZZAS



6 PIZZAS



30 MIN

INGREDIENTS

- Cooking spray
- 6 whole wheat pitas
- Two, 12.5-ounce cans of white chunk chicken breast in water, strained
- ½ cup barbecue sauce, plus 8 tablespoons
- ¼ red onion, thinly sliced
- ½ cup cilantro, chopped
- 2 cups shredded mozzarella cheese
- 6 teaspoons bacon bits

DIRECTIONS

1. Starting with pizza: Preheat oven to 425°F. Spray 2 large baking sheets with cooking spray.
2. In a small bowl, mix chicken and ½ cup barbecue sauce until combined. Set aside.
3. Prepare red onions and cilantro. Set aside.
4. Place pita bread on prepared baking sheets.
5. Place 2 tablespoons of barbecue sauce onto each pita bread. Spread evenly.
6. Top each flatbread in the following order:
 - 1/8 cup mozzarella cheese
 - 1/6 of prepared chicken mixture
 - 1/8 cup mozzarella cheese
 - 1/6 of prepared onions
 - 1 teaspoon bacon bits
 - Sprinkle of cilantro
7. Bake pizza in oven for 15 minutes.
8. Serve immediately and enjoy!



Chicken

CHICKEN AND RICE SOUP



4 SERVINGS



30 MIN

INGREDIENTS

- 2 teaspoons olive oil
- 2 celery stalks, medium diced
- 1 medium yellow onion, medium diced
- 2 whole carrots, peeled and medium diced
- Microwaveable 90 second brown rice (2 cups cooked)
- 1 dried bay leaf
- 1 tablespoon chopped fresh thyme
- 1 tablespoon chopped fresh parsley
- 5 cups chicken stock, unsalted
- ½ rotisserie chicken, deboned and chopped (about 1 ½ cups)
- Salt and pepper to taste

DIRECTIONS

1. Heat a 4-quart pot on medium heat and add olive oil. Once oil is hot, add chopped vegetables (celery, onion and carrots) and sauté until they are soft.
2. Next, add the bay leaf, thyme, parsley and stock; bring to a boil.
3. Once boiling, add chicken and rice. Simmer for 5 minutes and serve.



Chicken

CHICKEN ENCHILADAS



5-6 SERVINGS



30 MIN

INGREDIENTS

- 1.5 to 2 pounds boneless, skinless chicken breasts
- 2 green bell peppers
- 1 large onion
- 2 tablespoons olive oil
- ½ cup fresh cilantro, chopped
- 4 ounces Neufchatel (light) cream cheese
- 1 cup reduced-fat, Mexican blend shredded cheese (divided)
- One, 19-ounce can enchilada sauce (divided)
- 1 cup salsa
- 1 package of 8-inch, whole-wheat tortillas (8 count)

DIRECTIONS

1. Heat oven to 350°F.
2. Chop onion, peppers and cilantro, set aside.
3. Using a separate cutting board, cut chicken into bite-sized pieces and set aside.
4. Add 2 tablespoons olive oil to pan. Sauté peppers and onions in oil for 3 – 4 minutes.
5. Add chicken pieces to pan and cook until no longer pink inside, about 4 – 5 minutes.
6. Remove chicken mixture from heat. Add cream cheese, half of the shredded cheese, half of the enchilada sauce, and cilantro. Mix well.
7. Place a heaping spoonful of mixture into center of each tortilla and wrap.
8. Place filled tortillas, seam side down, into a 9 x 13 casserole dish. Top with remaining cheese, enchilada sauce, and salsa.
9. Bake for 10 – 15 minutes or until cheese melts.
10. Let cook for 5-10 minutes then serve and enjoy!



Chicken

CHIPOTLE CHICKEN QUINOA BOWL



5-6 SERVINGS



30 MIN

INGREDIENTS

- 2 cups cooked quinoa (1 cup dry)
- 1-pound boneless, skinless chicken breasts
- ¼ teaspoon salt

Chipotle glaze:

- 2 tablespoons finely chopped chipotle peppers in adobo sauce
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin

Bowl toppings:

- Romaine lettuce
- 14.5 ounces can pinto beans, rinsed and drained
- Avocado, diced
- Pico de Gallo or fresh salsa
- Shredded Monterey jack cheese
- Lime wedges
- Light sour cream

DIRECTIONS

1. Cook quinoa on stove-top according to the package directions.
2. Preheat grill to medium-high.
3. Make the chipotle glaze by combining chipotles, oil, garlic powder and cumin together. Mix well.
4. Season chicken with salt. Grill the chicken on one side for 5 minutes and flip. Brush cooked side with chipotle glaze and continue cooking for another 5 minutes. Flip again and brush other side with chipotle glaze. Continue cooking until the chicken reaches an internal temperature of 165°F.
5. Transfer chicken to a clean cutting board and chop it into bite-sized pieces.
6. While chicken is cooking, prepare the rest of the bowl ingredients/toppings.
7. Assemble each bowl with quinoa, chicken, lettuce, beans, avocado, Pico de Gallo and cheese. Top with sour cream and lime wedge.



Chicken

CHICKEN FRIED RICE



5 SERVINGS



25 MIN

INGREDIENTS

- 1-pound boneless skinless chicken breast
- 3 teaspoons sesame oil, divided
- 3 teaspoons canola oil, divided
- 1/8 teaspoon salt and pepper
- 1 zucchini
- 3 green onions
- 2 cloves garlic
- 3 large eggs
- 2 bags of Uncle Ben's 90 second microwavable rice
- 12-ounce bag of frozen peas and diced carrots
- 1/4 cup low-sodium soy sauce



DIRECTIONS

1. Dice chicken into $\frac{3}{4}$ inch pieces.
2. In a large non-stick skillet, heat 1 $\frac{1}{2}$ teaspoons sesame oil and 1 $\frac{1}{2}$ teaspoons canola oil on medium-high heat.
3. Once oil is hot, add chicken to skillet and season with salt and pepper. Cook until chicken is no longer pink inside.
4. While chicken is cooking, julienne zucchini, dice green onions and mince the garlic.
5. Crack eggs in a small bowl and whisk together.
6. Cook rice in microwave.
7. When ready, remove chicken from pan with slotted spoon (allow oils and cooking juices from chicken to remain in skillet) and place chicken on a plate, set aside.
8. Using same skillet, turn heat to low (to reduce oil popping). Add remaining 1 $\frac{1}{2}$ teaspoons sesame oil and remaining 1 $\frac{1}{2}$ teaspoons canola oil on medium-high heat.
9. Stirring ingredients intermittently, add zucchini to skillet and cook for 2 minutes. Next, add green onions and frozen carrots and peas. Cook for 2 more minutes, then add garlic and cook for 1 minute.
10. Push vegetables to one side of the skillet, add the eggs to the other side and scramble eggs, stirring as needed.
11. Add chicken and rice to skillet and evenly drizzle soy sauce over the top. Stir to combine. Cook for about 2 minutes, or until chicken is reheated.
12. Enjoy!

Chicken

GARLIC & LIME CHICKEN THIGHS



5 SERVINGS



25 MIN

INGREDIENTS

- 2 pounds skinless chicken thighs
- 3/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/8 teaspoon cayenne pepper
- 1/8 teaspoon paprika
- 1/4 teaspoon garlic powder
- 1/8 teaspoon onion powder
- 1/4 teaspoon dried thyme
- 1/4 teaspoon dried parsley
- 2 tablespoon butter
- 2 teaspoon garlic powder
- 3 tablespoon lime juice

DIRECTIONS

1. In a small bowl, mix together the chicken spices.
2. Place chicken thighs in a gallon Ziploc bag. Add spices to bag.
3. Shake bag until chicken thighs are coated with spices.
4. Heat butter in a large non-stick skillet over medium heat.
5. Use tongs to add all chicken to pan and cook until golden brown, 5 - 6 minutes on each side. (Temperature of chicken should reach 165°F.)
6. Reduce heat to low. Sprinkle with remaining 2 teaspoons garlic powder and lime juice. Turn chicken to coat evenly with sauce. Let simmer for 2 - 3 minutes.
7. Remove from heat and serve immediately!



Chicken

GREEK PITA POCKETS



6 SERVINGS



30 MIN

INGREDIENTS

- 1 pound chicken tenderloins
- 6 whole grain pita sandwich pockets

Chicken Marinade:

- ¼ cup olive oil
- 2 teaspoons minced garlic
- ¼ teaspoon salt
- ½ teaspoon black pepper
- 2 tablespoons plain nonfat Greek yogurt

Tzatziki Sauce :

- 1 cucumber
- 1 cup plain nonfat Greek yogurt
- 2 tablespoons fresh lemon juice (1 lemon)
- 2 tablespoons light sour cream
- 4 teaspoons dried dill
- ¼ teaspoon salt
- ¼ teaspoon pepper

Toppings:

- 1 Romaine lettuce heart
- 1 large tomato
- 1 small Vidalia onion
- Hot sauce

DIRECTIONS

1. In a gallon-sized Ziploc bag, add ingredients for chicken marinade, close bag and mix together.
2. Using a cutting board, cut chicken tenderloins into 3 pieces. Place cut chicken into the chicken marinade bag. Close bag and toss bag to coat chicken evenly. Set bag aside to allow chicken to marinate for a few minutes.
3. To make the tzatziki sauce, first peel the cucumber. Using a different cutting board and a clean knife, cut the cucumber in half lengthwise and scoop out the seeds using a spoon. Dice cucumber into small pieces.
4. Place cucumber in a small bowl, add remaining sauce ingredients and mix well. Set aside.
5. Heat a medium skillet over medium-high heat. Add the marinated chicken and cook on both sides until no longer pink in the middle — about 5 minutes. Temperature of the chicken should reach 165°F.
6. Chop the onion, tomatoes and lettuce for toppings.
7. Assemble pita pocket with chicken, sauce and toppings of your choice.
8. Serve immediately and enjoy!

Chicken

WHITE BEAN CHICKEN CHILI



5-6 SERVINGS



30 MIN

INGREDIENTS

- 1 – 1.5 pounds boneless, skinless chicken breasts, cut into bite-sized pieces
- 2 tablespoons olive oil
- 1 tablespoon cumin
- 1 teaspoon dried oregano
- 1 tablespoon chili powder
- 1 large onion, chopped
- 4 cloves garlic, minced
- Two 15-ounce cans cannellini beans
- 1 small can diced green chilies
- 2 cups low-sodium chicken broth
- 2 tablespoons fresh cilantro, chopped
- Grated cheese (optional)
- Reduced-fat sour cream (optional)
- Hot sauce (optional)

DIRECTIONS

1. On a cutting board, cut up chicken into bite-sized pieces and set aside. Wash your hands.
2. On a different cutting board with a different knife, chop the onion.
3. In a large pot over medium-high heat add olive oil, cumin, oregano, chili powder, garlic and onions. Sauté until onions become tender.
4. Add bite-sized chicken to pot. Cook with onions until chicken is no longer pink in the center and the internal temperature reaches 165°F.
5. While chicken is cooking, drain and rinse both cans of beans in a colander.
6. Add beans, chicken broth and green chilies to chicken mixture. Turn heat to high. Once boiling, reduce heat to low and simmer for 10 minutes or until desired thickness.
7. Once the chili has cooked for 10 minutes, mix in cilantro. Serve in bowls and add optional toppings as desired.

CROCK-POT BBQ CHICKEN



6 SERVINGS



6 HRS

INGREDIENTS

- 3-4 pounds chicken breasts
- 1 cup water
- ¼ cup light brown sugar
- 1, 14-ounce bottle barbecue sauce, any brand



DIRECTIONS

1. Place chicken breasts in a large crock-pot.
2. Pour 1 cup water, ¼ cup brown sugar and a bottle of barbecue sauce over chicken breasts.
3. Stir mixture together.
4. Cover and cook on HIGH for 6 hours or until cooked through.
5. Pull chicken out of crock-pot and shred it using two forks.
6. Place shredded chicken back in crock pot. Stir it to mix with remaining sauce.
7. Serve as BBQ Chicken sandwiches or sliders, tacos, nachos or even on its own.
8. Enjoy!

Chicken

OVEN-FRIED ITALIAN CHICKEN FINGERS



4-5 SERVINGS



15 MIN

INGREDIENTS

- ¼ cup all-purpose flour
- 2 eggs, lightly beaten
- 2 tablespoons low-fat milk
- 1 cup Italian breadcrumbs
- ½ cup grated Parmesan cheese
- 2 teaspoons dried Italian seasoning
- 1.5-2 pounds boneless skinless chicken tenderloins
- Cooking spray

DIRECTIONS

1. Preheat your oven to 400°F.
2. Line 9x13 baking sheet with foil paper and spray with cooking spray.
3. Place flour in a gallon size Ziploc plastic bag.
4. Combine eggs and milk in a shallow bowl.
5. In a second shallow bowl, combine breadcrumbs, cheese, and Italian seasoning.
6. Place chicken in plastic bag with flour and shake until all pieces are coated evenly.
7. Individually dip each piece of floured chicken into egg mixture. Then coat in bread crumb mixture and place on baking sheet.
8. Once all chicken has been coated and is on the baking sheet, spray the tops of the chicken with cooking spray. Bake for 15 minutes or until chicken reaches an internal temperature of 165°F.
9. Pair with a vegetable and grain for a balance plate and enjoy!



Chicken

PASTA POMODORO WITH CHICKEN SAUSAGE



5 SERVINGS



30 MIN

INGREDIENTS

Pasta Ingredients:

- 1/4 cup olive oil
- 6 garlic cloves, thinly sliced
- 1/2 teaspoon salt
- Pinch freshly ground black pepper
- 2 pounds ripe Roma tomatoes, diced
- 1 teaspoon sugar
- 1/2 pound whole wheat angel hair pasta
- 1 cup lightly packed fresh basil leaves, coarsely chopped
- 1 tablespoon unsalted butter
- 1 pound chicken sausage
- Grated parmesan cheese



DIRECTIONS

1. Preheat oven to 400°F.
2. Place the chicken sausage on an aluminum foil lined baking sheet. Bake 15 – 20 minutes, or until sausages reach 165°F.
3. Begin boiling the water for pasta.
4. After placing chicken sausage in the oven, heat oil in a medium saucepan over medium heat. Once the oil shimmers, add the garlic, salt, and pepper. Cook until fragrant.
5. Add tomatoes, their juices and the sugar to saucepan. Cook until reduced, about 15 minutes.
6. While the sauce is cooking, prepare the pasta according to package directions.
7. Drain pasta, reserve 1/2 cup pasta water. Return pasta to empty pot.
8. After chicken sausage is finished cooking, remove from oven and dice.
9. Stir the diced sausage, basil, and butter into the sauce.
10. Pour sauce into the cooked angel hair, use tongs to incorporate it and coat the pasta.
11. Taste, add salt as needed. If sauce is too thick add 1 to 2 tablespoons of reserved pasta water at a time until it reaches desired consistency.
12. Top with grated parmesan cheese.

Chicken

QUICK ROASTED BUTTERFLY CHICKEN



4-6 SERVINGS



60 MIN

INGREDIENTS

- 3–4-pound whole chicken
- Kosher salt
- Fresh ground black pepper
- 1 tablespoon extra-virgin olive oil
- 1 lemon, sliced into thin round slices

DIRECTIONS

1. Pre-heat the oven to 425°F.
2. Pat the chicken dry with paper towels. Throw away paper towels.
3. Cut out the backbone of the chicken using kitchen shears and remove any excess fat.
4. Lay the chicken flat on a cutting board, skin side up and press down on the middle to flatten the chicken out as best you can. *This is what makes it a butterflied chicken.*
5. Using a finger, separate the skin away from the meat, trying not to tear or poke holes through it. You will find one spot each near the breast, thigh, and leg to work a finger underneath the skin. This will allow the skin to get crispy.
6. Rub 1 tablespoon olive oil over both sides of the chicken. Season the chicken with salt and fresh black pepper to get a fine coating.
7. Place the sliced lemons in the middle of a baking sheet in one layer to cover enough area for the chicken to rest on without touching the baking sheet.
8. Place chicken skin side up over the lemons. Tuck the wing tips behind the breasts.
9. Roast chicken in the oven for 40-45 minutes, cooking until breast meat is 165°F. When chicken is cooked, transfer the baking sheet to a cutting board, cover lightly with foil and let rest for 10-15 minutes before slicing.



Watch recipe video

Chicken

SOUTHWESTERN CHICKEN SKILLET WITH SIDE SALAD



2-3 SERVINGS



30 MIN

INGREDIENTS

Skillet

- 2 boneless skinless chicken breasts
- 1 tablespoon canola oil
- 1 bell pepper (color of your choice)
- 1 onion
- 1 cup of mild salsa
- 1 cup of 2% Mexican-blend shredded cheese
- ¼ cup barbeque sauce
- ½ pound dried black beans, cooked or 2, 15-ounce cans

Side Salad Ingredients:

- 5-ounce bag of romaine lettuce with carrots and red cabbage
- 1 cucumber, sliced
- Dressing of your choice

DIRECTIONS

1. Cut chicken breasts into strips.
2. In a large skillet, add oil and bring to medium-high heat. Add chicken to the skillet.
3. While chicken is cooking, dice the onion and peppers.
4. Once chicken is thoroughly cooked (temperature reaches 165°F), add the diced vegetables, salsa, and black beans to the skillet.
5. Reduce heat to medium and cover with a lid, stirring occasionally for 3-4 minutes.
6. Add ½ cup of cheese and 2 tablespoons of barbeque sauce into the skillet. Stir to combine.
7. Cover and allow to simmer for an additional 2 minutes or until cheese is melted.
8. Uncover skillet. Mix remaining ½ cup of cheese into mixture.
9. To make salad: Slice cucumbers. Place bagged lettuce in bowl with cucumbers and toss.
10. Serve chicken on a plate along with side salad.
11. Enjoy!

Chicken

TEX-MEX CHICKEN SOUP



8 SERVINGS



30 MIN

INGREDIENTS

- 1 pound chicken tenderloins
- 2 tablespoons olive oil, divided
- 1, 14-ounce bag frozen peppers and onions
- 1.5 teaspoon garlic, minced
- 1 jalapeno (optional)
- 1 tablespoon chili powder
- ½ teaspoon crushed red pepper (optional)
- ½ teaspoon salt
- ½ teaspoon ground cumin
- ½ teaspoon black pepper
- 1 cup frozen whole-kernel corn
- 1, 32-ounce container lower-sodium chicken broth
- 2 Roma tomatoes, chopped
- 1, 15 ounce can no-salt-added black beans, rinsed and drained

Suggested Toppings:

- 1/4 cup cilantro, chopped
- 1/2 block Monterey jack cheese, shredded
- Lime juice
- Low-fat sour cream

DIRECTIONS

1. Cut chicken into bite size pieces.
2. Heat large pot over medium-high heat and add 1 tablespoon oil. Once oil is hot, add chicken and cook until chicken reaches an internal temperature of 165°F. Once cooked through, take chicken out of pot and place in a bowl.
3. Remove seeds from jalapeno. Dice jalapeño and tomatoes; set aside.
4. Add 1 tablespoon of oil to a large pot. Place frozen peppers and onions, garlic, and jalapeno in the pot. Sauté 5 minutes or until veggies begin to soften.
5. Add chili powder, crushed red pepper, salt, cumin and pepper. Sauté for 30 seconds.
6. Add cooked chicken, corn, chicken broth, tomatoes and black beans. Bring soup to a boil.
7. Cover, reduce heat to low, and simmer 5-6 minutes.
8. Serve each bowl with toppings of your choice.
9. Enjoy!

Chicken

THAI CHICKEN WITH PEANUT NOODLES



5 SERVINGS



30 MIN

INGREDIENTS

- 8 ounces angel hair whole grain pasta
- 2 boneless, skinless chicken breasts, about 1 pound
- 1 red bell pepper
- 1 yellow onion
- ½ bunch fresh cilantro

Peanut Sauce:

- ½ cup natural peanut butter
- Juice of 1 lime
- 1 tablespoon grated fresh ginger
- ¼ cup reduced sodium soy sauce
- 1 – 2 teaspoons ground fresh chili paste (Sambal Oelek)
- 2 cloves fresh garlic, minced

DIRECTIONS

1. Cook pasta according to package directions. Snap pasta in half before adding to boiling water.
2. Dice chicken into bite-size pieces. In a non-stick skillet, cook chicken on medium-high heat until internal temperature reaches 165°F.
3. While chicken is cooking, slice red pepper into ¼ inch strips. Slice onion into half circle rings that are ¼ inch thick.
4. Remove stems and chop cilantro to use as a topping. Set side.
5. Once chicken is cooked, remove from pan and set aside to cool. Sauté peppers and onions in same non-stick skillet until softened but not brown, remove from pan and set aside with chicken.
6. Add all peanut sauce ingredients into a small bowl. Mix together to combine. Add water to get desired thickness (around 3 tablespoons); sauce should be thick, but thinner than a dip.
7. Combine cooked noodles, sliced chicken, vegetables and cilantro with sauce in a large bowl. Mix well and serve immediately!



Chicken

THAI CHICKEN LETTUCE WRAPS



5 SERVINGS



20 MIN

INGREDIENTS

- 1 cup Jasmine rice
- 1-pound lean ground chicken
- 1 ¼ cup Thai sweet chili sauce
- 10-ounce bag riced cauliflower
- 3 green onions, sliced (separate green from white part of onion)
- ½ cup frozen peas
- ½ cup pre-shredded carrots
- Sesame seeds
- 2 romaine lettuce hearts

DIRECTIONS

1. Start by preparing the rice: In a small saucepan, bring 1 ½ cups water to a boil. Stir in rice and cover. Reduce heat and simmer for 15 minutes or until all water is absorbed.
2. In a large non-stick skillet over medium-high heat, brown chicken until no longer pink.
3. Add riced cauliflower, white parts of the onions, peas and carrots to pan with chicken and cook until vegetables become soft.
4. Add sweet chili sauce to pan and simmer for 2-3 minutes.
5. Assemble lettuce wrap. Start with a lettuce leaf and top with rice. Next add the chicken and vegetable mixture. Top with green part of the onions and sesame seeds.
6. Serve immediately and enjoy!



Pork

BRINED PORK CHOPS



4-5 SERVINGS



15 MIN

INGREDIENTS

- Brine:
 - 3 quarts cold water
 - ½ cup kosher salt
 - ½ cup brown sugar
- 4 bone-in rib loin pork chops or center-cut loin chops, each about ½ to 1 inch thick (about 2 – 3 pounds total)
- Pepper and garlic powder to taste



DIRECTIONS

1. Make brine by combining brine ingredients in a large bowl. Add pork chops and refrigerate for 30 minutes to 1 hour.
2. Remove chops from brine and dry thoroughly with paper towels. Season generously with pepper and garlic powder.
3. Light grill and turn all burners to high. Cover and heat grill 15 minutes. Use wire brush to scrape cooking grate clean. Turn off all but one burner. Using your tongs, dip a wadded-up paper towel in vegetable or canola oil, and spread the oil on the grill grates.
4. Place chops over lit part of grill, cover, and cook until browned on each side, 3 – 4 minutes per side.
5. Move chops to cooler side of grill that is not lit. Cover and continue cooking, turning once, until instant-read thermometer inserted through side of chop and away from bone registers 140°F. Leave on for 7 – 9 minutes longer which will help pork reach 145°F.
6. Remove from grill and allow pork to cool before serving.
7. Enjoy!

Seafood

ASIAN SALMON



5-6 SERVINGS



30 MIN

INGREDIENTS

- 1.5 pounds of salmon, about 5 pieces

Salmon Marinade:

- 3 tablespoons Dijon mustard
- 4 tablespoons reduced sodium soy sauce
- 4 tablespoons olive oil
- 1 tablespoon pre-minced garlic



DIRECTIONS

1. Preheat oven to 350°F.
2. Add salmon marinade ingredients to a bowl with a pour spout and mix well.
3. Next, place salmon pieces into a gallon Ziploc bag and pour half of the salmon marinade ingredients on top of the salmon. Close bag and set aside. Allow it to marinate for 10 minutes.
4. Heat a large non-stick skillet to medium heat. Place salmon in skillet “flesh-side” down. Cook salmon for 4 minutes. Place onto foil-lined half sheet pan. Add the extra salmon marinade on top on salmon and cook in oven for 7 minutes. Salmon is done when the thickest part flakes upon piercing the fillet with a fork.
5. Serve immediately and enjoy!

Suggestion: Serve salmon over top of a grain such as rice or quinoa and pair with a vegetable such as broccoli.

PAN SEARED SALMON & SPICY GLAZE



8 SERVINGS



30 MIN

INGREDIENTS

- 1.5-pound salmon fillets
- 1/8 cup brown sugar
- 1/8 cup white sugar
- 1/8 cup low sodium soy sauce
- 1 tablespoon hoisin sauce
- 2 tablespoons ginger, peeled and sliced
- 1/2 tablespoon red pepper flakes
- 1 tablespoon chopped garlic
- 2 tablespoons concentrated lime juice
- 2 tablespoons sesame oil

DIRECTIONS

1. Pre-heat oven to 350°F.
2. In a medium saucepan, place the sugars, soy sauce, hoisin sauce, ginger, pepper flakes, garlic, and lime juice. Stir together.
3. Bring the mixture to a boil then reduce the heat to medium. Cook the sauce for 15 to 20 minutes, or until it forms a glaze. Remove from heat.
4. Preheat a sauté' pan on medium-high heat. Add sesame oil.
5. Place the salmon in pan and cook on both sides for 4 min then baste with half of the sauce.
6. Place salmon in oven for an additional 7 minutes. Make sure internal temperature reaches 165°F.
7. Remove the salmon from the oven and baste once more with the remaining glaze before serving.

PAN-SEARED SALMON OVER FRESH GREENS



4 SERVINGS



25 MIN

INGREDIENTS

- 12 ounces salmon
- 1 tablespoon salt
- 1 ½ teaspoons pepper
- 1 tablespoon olive oil

Salad ingredients:

- 3 pieces of pita bread, sliced into triangles
- Cooking spray
- Romaine heart, chopped
- 2 ½ ounces spinach and spring mix lettuce
- 2 carrots, peeled and sliced into rounds
- 1 cucumber, peeled and sliced into halfmoon pieces
- 2 Roma tomatoes, quartered
- ½ cup slivered almonds

Homemade balsamic dressing:

- ½ teaspoon dried oregano
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 ½ teaspoon Dijon mustard
- 1 ½ teaspoon honey
- 1 clove garlic, minced
- ¼ cup balsamic vinegar
- ¾ cup olive oil

DIRECTIONS

1. Preheat oven to 400°F for toasting pita bread.
2. Place salmon on a plate, skin side down. Season flesh side with salt and pepper.
3. Add olive oil in a large skillet on medium high heat. Once hot, add salmon skin side down and cook for 3 minutes or until the skin is crispy. Flip and cook until flaky (remove skin after flipping).
4. Prepare salad by placing sliced pita bread onto a half baking sheet and spray with cooking spray. Toast in warmed oven for 7 minutes, flipping halfway through.
5. Prepare vegetables and place in a large bowl.
6. Using a small skillet, place almonds in skillet on medium high heat and mix around until lightly browned. Add to large bowl of salad.
7. To make the dressing, place all dressing ingredients into a pint mason jar and shake well.
8. Serve salmon and dressing over top of salad with pita triangles.



FISH TACOS



10 TACOS



30 MIN

INGREDIENTS

- Cooking spray
- 1 pound tilapia fillets
- 10 corn tortillas

Fish Seasoning:

- 1 teaspoon ground cumin
- 1 teaspoon paprika
- ½ teaspoon garlic powder
- ¼ teaspoon salt

Cole Slaw:

- 10 ounces angel hair Cole slaw
- 1 carrot, peeled and shredded
- 1/3 cup olive oil mayonnaise
- 1 teaspoon sugar
- ¼ teaspoon pepper
- ¼ teaspoon paprika
- ¼ teaspoon salt
- Juice of 1 lime

Optional Toppings:

- 1 – 2 avocado, cut into chunks
- Light sour cream
- Fresh salsa
- Cilantro

DIRECTIONS

1. Rinse the fish and pat dry with a paper towel.
2. Mix together fish seasoning in a large bowl. Sprinkle both sides of the fish with seasoning.
3. Heat a large nonstick skillet over medium-high heat. Lightly spray skillet with cooking spray.
4. Add the fish and cook for 3 minutes on each side, or until fish flakes easily when tested with a fork. Break apart fish fillets into 4 – 6 pieces with the spatula.
5. While fish is cooking, begin making slaw. Add cole slaw and shredded carrots to a large bowl. In a small bowl mix together mayonnaise, sugar, pepper, paprika, salt, and lime juice to make a dressing. Add dressing to large bowl with slaw and mix until dressing is incorporated completely.
6. While fish is cooling, prepare taco toppings by slicing avocado, chopping the cilantro and opening the salsa and sour cream.
7. Heat 3 tortillas at a time in a large non-stick skillet on medium-high heat, flipping on both sides. Tortillas are done when color turns slightly darker, and edges begin to ravel and shrink up. Place heated tortillas in a towel and cover to keep warm. Repeat until you have heated all of the tortillas.
8. Assemble tacos with fish, cole slaw, and other toppings. Serve with grapes.



Seafood

PANKO CRUSTED TILAPIA



5 SERVINGS



25 MIN

INGREDIENTS

- 1 pound tilapia fillets
- ½ cup olive oil
- ¼ teaspoon garlic powder
- 2 tablespoons lemon juice
- 1 cup unseasoned panko breadcrumbs
- ½ teaspoon Old Bay seasoning
- ½ teaspoon salt



DIRECTIONS

1. Heat oven to 375°F. Spray a foil-lined baking pan lightly with cooking oil.
2. In a shallow dish, combine olive oil, garlic powder, and lemon juice. In a separate shallow dish, combine panko and Old Bay seasoning.
3. Dip each fillet in oil mixture, then roll well in the panko mixture. Place fillets in a single layer onto prepared pan.
4. Press any remaining panko mixture onto tops of fillets.
5. Bake tilapia fillets for 12 – 14 minutes, until flaky.
6. Serve immediately and enjoy!

MEDITERRANEAN WHITE BEAN & SHRIMP SALAD



5 SERVINGS



25 MIN

INGREDIENTS

- Two, 15-ounce cans cannellini beans
- 1 cup sun-dried tomato vinaigrette, divided
- 8 ounces cooked shrimp
- 4 cloves minced garlic
- 1/3- ¼ cup chopped oil-packed sun-dried tomatoes
- 1/3 cup finely chopped red onion
- 1 stalk celery, thinly sliced
- ¼ cup thin slivers fresh basil
- 2 teaspoons red wine vinegar

Sun-Dried Tomato Vinaigrette:

- ½ cup olive oil
- ¼ cup oil from oil-packed sun-dried tomatoes
- 3 tablespoons red wine vinegar
- 2 tablespoons chopped oil-packed sun-dried tomatoes
- ¼ teaspoon salt
- ¼ teaspoon pepper.

DIRECTIONS

1. Whisk all vinaigrette ingredients together in a small bowl. Set aside.
2. Drain beans and rinse. In a skillet on medium heat, add beans and ½ cup of the dressing. Heat until just warm. Remove from heat and place beans in a medium-size bowl to allow beans to cool and absorb the flavor of the dressing.
3. While beans are cooling, add shrimp to empty skillet with ½ cup of dressing, garlic, and sun dried-tomatoes. Cook on medium until shrimp is heated.
4. Add the onions and celery to cooled beans and toss.
5. Add shrimp to beans and toss in the fresh basil and red wine vinegar. Add extra vinaigrette as needed. Serve warm.



MAIN DISH

GARLIC TOMATO SHRIMP PASTA



5-6 SERVINGS



30 MIN

INGREDIENTS

- 8 ounces whole wheat spaghetti
- 3 tablespoons olive oil
- 1 pound shrimp, peeled and deveined
- 2 teaspoons salt
- ½ teaspoon red pepper flakes
- 1 small yellow onion, diced
- 8 cloves garlic, minced
- Three, 14.5 ounces cans diced tomatoes (no salt added)
- 1 teaspoon sugar
- 1 teaspoon dried oregano
- ½ cup white wine vinegar
- ½ cup water
- 1 tablespoon dried parsley
- Parmesan cheese (optional)

DIRECTIONS

1. Cook pasta according to package directions using a large pot. Once cooked, drain and return to pot.
2. While pasta is cooking, heat 2 tablespoons of olive oil in a large skillet over medium heat.
3. Add shrimp to the skillet. Cook until both sides of the shrimp become pink and slightly brown.
4. Using a colander, drain shrimp and place in a medium bowl. Add 1 teaspoon salt and red pepper flakes. Stir well. Set shrimp aside.
5. Using the same large skillet, add 1 tablespoon olive oil. Turn heat to medium-low.
6. Add onion and garlic to the skillet. Cook until onions have softened, about 3 – 5 minutes. Stir frequently to ensure garlic does not burn.
7. Drain the diced tomatoes. Add tomatoes to the pan with 1 teaspoon salt, sugar, oregano, white wine and water.
8. Stir and bring the sauce to a simmer. Simmer for 5 – 10 minutes.
9. Once sauce is done, place the shrimp back into the sauce. Add the parsley and stir.
10. Add sauce with shrimp to the cooked spaghetti. Toss until evenly coated and heated.
11. Serve pasta topped with parmesan cheese and enjoy!



Seafood

SESAME SHRIMP STIR-FRY



8 SERVINGS



30 MIN

INGREDIENTS

- 1 small broccoli crown, chopped
- 1 small red bell pepper, sliced
- 1 small yellow onion, sliced
- Cooking spray
- ½ cup frozen shelled edamame
- ½ cup matchstick (shredded) carrots
- 12 ounces frozen raw small peeled deveined tail-off shrimp, thawed
- Sesame seeds
- 2 packs, 90 second microwaveable brown rice

Sauce:

- ¼ cup honey, ½ cup low-sodium soy sauce, ½ cup water, 2 tablespoons cornstarch, 1 teaspoon garlic powder, 2 teaspoons ground ginger, ½ teaspoon red pepper flakes.

DIRECTIONS

1. Cut up broccoli, red bell pepper, and onion.
2. Heat a large non-stick skillet on medium-high heat. Spray with cooking spray.
3. Add cut up vegetables and sauté until vegetables begin to soften.
4. While vegetables are softening, begin preparing sauce. Add all sauce ingredients to a small bowl and whisk together.
5. Add edamame and carrots to softened vegetables. Sauté another 1 – 2 minutes.
6. Heat a medium skillet to medium-high heat. Spray with cooking spray. Add thawed shrimp and sauté for 4 minutes or until shrimp begin to turn white (they will not be fully cooked yet).
7. Using a slotted spoon, transfer cooked shrimp to the vegetable skillet.
8. Whisk sauce again and pour into skillet with shrimp and vegetables; stir. Cook until sauce thickens to desired consistency. Top with sesame seeds.
9. While sauce is thickening, prepare rice according to packet directions. Serve stir-fry over rice and enjoy!



TURKEY MEATBALLS & PASTA



5 SERVINGS



25 MIN

INGREDIENTS

- 8 ounces whole grain angel hair pasta
- 1 tablespoon canola oil
- 1 jar spaghetti sauce

Meatballs:

- 1 pound ground turkey breast
- ¼ cup Italian style breadcrumbs
- 1/8 cup grated parmesan cheese
- 1 large egg
- 1 teaspoon minced dried onion
- 1 teaspoon garlic salt
- 1 teaspoon oregano
- 1 teaspoon pre-minced garlic
- 1/8 teaspoon pepper
- ½ teaspoon red pepper flakes (optional)

DIRECTIONS

1. Start with pasta: Cook pasta according to box directions.
2. Prepare meatballs: Place all meatball ingredients in a medium bowl. Using your hands, combine ingredients until fully incorporated. Roll mixture into small balls (about 30).
3. Using a large non-stick skillet, heat oil on medium heat. Place meatballs in the skillet and cover. Using tongs, turn meatballs occasionally until they are no long pink inside, and the outsides are browned.
4. Reduce heat to low and add spaghetti sauce to skillet and cover. Once sauce is bubbling, turn off heat.
5. Serve meatballs and sauce over cooked spaghetti noodles.

Tip: You can make meatballs ahead of time and freeze, so they are ready for when you need a quick meal!



PIZZA PASTA



4-5 SERVINGS



30 MIN

INGREDIENTS

- 8 ounces whole wheat rotini noodles
- 1 medium onion
- 1 medium green bell pepper
- 4 ounces sliced mushrooms
- Cooking spray
- 3 ounces turkey pepperoni
- 24 ounces pasta sauce (tomato and basil)
- ½ teaspoon crushed red pepper
- 2 cups low fat mozzarella cheese

DIRECTIONS

1. Preheat oven to 400°F.
2. Cook pasta according to directions on package. When it is finished cooking, drain and set pasta aside.
3. Chop onion and pepper into small pieces. Using your hands, break sliced mushrooms into smaller pieces.
4. Spray a large skillet with cooking spray and put on medium-high heat. Sauté onions and peppers for 5 minutes. Add mushrooms and sauté for another 3 minutes.
5. While veggies are cooking, chop turkey pepperonis into quarters, reserving 12 whole pepperonis to add to the top of the pasta.
6. Add cooked veggies, chopped pepperoni, crushed red pepper and 1 cup of cheese to the large bowl with cooked pasta. Mix ingredients together.
7. Spray an 8x8 glass dish with cooking spray. Place pasta mixture into dish. Top with the rest of the cheese and whole pepperonis.
8. Place in the oven. Cook for 10 minutes or until the cheese is melted.
9. Pair with a side salad and enjoy!

Turkey

TURKEY SLOPPY JOES



5 SLOPPY JOES



25 MIN

INGREDIENTS

Sloppy Joes:

- ¼ cup onion, minced
- Cooking spray
- 1 pound ground turkey breast
- 2 cloves garlic, minced

Sauce Ingredients:

- ½ cup ketchup
- ¼ cup barbecue sauce
- 1 tablespoon yellow mustard
- 1 tablespoon vinegar
- 1 ½ teaspoons Worcestershire sauce
- 2 teaspoons chili powder
- ½ teaspoon black pepper
- 5 whole-wheat hamburger buns

DIRECTIONS

1. Mince onion. Heat a medium non-stick skillet on medium-high heat. Spray pan with cooking spray.
2. When skillet is hot, cook ground turkey and onion together for 5 minutes or until the turkey is no longer pink.
3. Mince garlic. Add garlic and sauce ingredients to the skillet. Stir well.
4. Simmer for 7-10 minutes. Stir occasionally. Meat mixture should still be saucy.
5. Serve sloppy joes on buns with a vegetable and fruit on the side!



Turkey

TURKEY PESTO PANINIS



5 PANINIS



25 MIN

INGREDIENTS

- 5 tablespoons canola oil butter spread, divided
- 10 slices wide pan whole grain bread
- 2/3 cup pre-made pesto, divided
- 10 slices provolone cheese
- 3 Roma tomatoes, sliced thinly
- 2 cups baby spinach
- 16 ounces sliced turkey lunch meat

DIRECTIONS

1. Make one sandwich at a time: Heat nonstick skillet over medium heat. Place ½ tablespoon of butter directly on the skillet.
2. Once butter melts, add two slices of bread to pan. Toast just one side of each slice until golden brown. Remove bread from pan.
3. Build sandwich:
 - Slice of bread (toasted side facing inside)
 - 1 tablespoon pesto
 - 1 slice of cheese
 - Tomato slices
 - Handful of spinach
 - Turkey slices
 - 1 slice of cheese
 - 1 tablespoon pesto
 - Slice of bread (toasted side facing inside)
4. Add ½ tablespoon of butter to skillet and brown sandwich on each side until both sides are golden brown and cheese melts.
5. Repeat steps 1-4 for the remaining sandwiches.
6. Slice sandwiches in half once ready to eat.
7. Serve immediately and enjoy!

Vegetarian

BLACK BEAN QUESADILLA



4-5 SERVINGS



30 MIN

INGREDIENTS

- Two, 15-ounce cans low sodium black beans, drained
- 1 cup reduced fat Monterey Jack cheese, shredded
- Six, 8-inch whole-wheat tortillas
- 3 teaspoons canola oil, divided
- 1/8 cup fresh cilantro, minced
- Juice of 1 lime
- 1/2 cup jarred salsa

Quesadilla Optional Toppings:

- 1 ripe avocado, diced
- Low fat sour cream
- Shredded iceberg lettuce
- Diced tomatoes

DIRECTIONS

1. Rinse black beans, pour half of black beans into a medium bowl. Mash 1/2 of beans with fork or your hands and then add the other beans into the same bowl.
2. Add cheese and 1/2 cup of jarred salsa into the bowl with beans. Add cilantro and juice from zested lime.
3. Place tortillas on a work surface. Spread a rounded 1/2 cup black bean filling on half of each tortilla to make 6 quesadillas. Fold tortillas in half, pressing gently to flatten.
4. Heat 1 tsp oil in a large nonstick skillet over medium heat. Add 2 quesadillas and cook, turning once, until golden on both sides, 2 to 4 minutes total. Continue cooking the rest of the quesadillas in this same manner.
5. Serve with optional toppings. Enjoy!

BLACK BEAN BURGERS



8 SERVINGS



30 MIN

INGREDIENTS

- 1 can black beans, rinsed
- 1 can kidney beans, rinsed
- 2 teaspoon minced garlic
- 1/2 finely chopped onion
- 1/2 finely chopped green bell pepper
- 2 finely chopped jalapenos, seeded
- 3 tablespoon hot sauce
- 1/2 teaspoon garam masala
- 1 teaspoon cumin powder
- 1/4 cup taco seasoning
- 1 cup breadcrumbs
- Whole wheat sandwich buns

DIRECTIONS

1. Pre-heat oven to 350°F.
2. Rinse and dry beans.
3. Mash the beans in a mixing bowl.
4. Mix in garlic, onions, green peppers, and jalapenos.
5. Mix in hot sauce, garam masala, cumin powder and taco seasoning.
6. Lastly, add breadcrumbs and mix all ingredients together.
7. Form into 6 burger patties.
8. Line patties on a greased baking pan, cover with aluminum foil and bake for 10 minutes on each side.
9. Assemble the burger and add toppings of your choice onto the burger. Pair with a vegetable and fruit and enjoy!

Topping Suggestions: sliced red onions, lettuce leaves, sliced avocado, pepperjack cheese and sliced tomatoes



Vegetarian

CREAMY VEGETABLE NOODLE BOWL



4-5 SERVINGS



5 MIN

INGREDIENTS

- 2 tablespoons canola oil butter spread
- 1 teaspoon minced garlic
- 14-ounce bag of frozen, shelled edamame
- 2 cups vegetable broth
- 2 cups reduced-fat milk
- 5-ounce bag of fresh baby spinach
- ¼ cup grated parmesan
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 13.25-ounce box of whole wheat spaghetti
- 15 ounce can artichoke hearts, quartered
- 3 ounces sundried tomatoes, not packed in oil

DIRECTIONS

1. Add minced garlic and butter to a large non-stick skillet. Sauté over medium–high heat for 1–2 minutes, or until fragrant.
2. Add edamame and sauté for another 2–3 minutes.
3. Add vegetable broth, milk, salt, pepper, and pasta (break in half) to skillet. Make sure pasta is completely covered and place lid on skillet.
4. Bring to a simmer and turn heat to low. Allow pasta to simmer for 10 minutes or until tender. Stir every few minutes and adjust heat if needed to make sure the liquid maintains at a simmer.
5. Drain artichoke hearts and roughly chop into smaller pieces. Chop sundried tomatoes into smaller pieces. Once pasta is tender, turn off heat.
6. Add spinach (a handful at a time) to the pasta and toss until spinach wilts.
7. Stir in the artichokes and sundried tomatoes. Sprinkle in parmesan cheese and stir.
8. Serve immediately and enjoy!



INSIDE OUT LASAGNA



4 SERVINGS



30 MIN

INGREDIENTS

- 8-ounce whole wheat pasta
- 1 tablespoon extra-virgin olive oil
- ½ onion
- 2 teaspoons minced garlic
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1, 14 ounce can diced tomatoes with Italian herbs
- 1 package frozen, chopped spinach
- ½ teaspoon crushed red pepper
- 12 tablespoons Ricotta cheese (about ¾ cup)
- 4 tablespoons Parmesan cheese
- 1 Cup Recipe Crumbles (ex: Morning-Star brand) or a lean protein of your choice

DIRECTIONS

1. Bring a large pot of water to a boil. Add pasta and cook according to package directions. Drain and transfer to a large bowl.
2. Heat oil in a large skillet over medium heat. Add onion, garlic, salt, pepper, red pepper, and spinach. Continue stirring until spinach is cooked and water in spinach has evaporated.
3. Add can of tomatoes and Recipe Crumbles. Cook at medium high heat for about 4 minutes.
4. Toss the sauce with pasta and divide into 4 servings.
5. Add 3 Tablespoons Ricotta and 1 Tablespoon of Parmesan to each serving.
6. Serve immediately and enjoy!

SLOW-COOKER PINTO BEANS



4-5 SERVINGS



6-9 Hours

INGREDIENTS

- 1-pound pinto beans, dry (soaked for 6-12 hours overnight)
- 1 medium yellow or white onion, finely diced
- 2 cups vegetable broth
- 6–8 cups hot water

Seasonings:

- 1 tablespoon garlic powder
- 1 teaspoons black pepper
- 1 teaspoon cumin
- 1 teaspoons chili powder

Optional:

- 1-2 teaspoons hot sauce
- Chow Chow

DIRECTIONS

1. Wash the beans, looking out and removing any pebbles that can show up sometimes in dry beans.
2. Put beans in a deep bowl and pour enough water over to cover by about an inch (probably about 4 – 6 cups). Soak overnight (6 – 12hours).
3. Drain beans after soaking. Beans should be plump.
4. Finely dice onion. Place beans, onion, vegetable broth, hot water, and seasonings in crock pot.
5. Cook on high for 6 hours or on low for 8 hours. Check beans periodically and add more water if beans begin to look too dry.
6. Serve with toppings such as hot sauce and/or chow chow.

SWEET POTATO & BLACK BEAN CHILI



4 SERVINGS



40 MIN

INGREDIENTS

- 1 tablespoon, plus 2 teaspoons extra-virgin olive oil
- 1 large sweet potato, peeled and diced
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 tablespoons chili powder
- 4 teaspoons ground cumin
- ¼ teaspoon salt
- 2 ½ cups water
- 2, 15-ounce cans black beans, rinsed
- 14 ounce can diced tomatoes
- 4 teaspoons lime juice
- ½ cup chopped fresh cilantro

DIRECTIONS

1. Peel sweet potatoes and dice into similar size pieces. Dice onion.
2. Heat oil in a large pot over medium–high heat. Add sweet potato and onion. Cook, stirring often, until the onion is beginning to soften, about 4 minutes.
3. Add garlic, chili powder, cumin and salt to the pot and cook, stirring constantly, for 30 seconds.
4. Next, add water and bring to a simmer. Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10 – 12 minutes.
5. Add beans, tomatoes and lime juice. Increase heat to high and return to a simmer, stirring often.
6. Reduce heat and simmer until slightly reduced, about 5 minutes.
7. Remove from heat and stir in cilantro.
8. Serve and enjoy!



MINISTRONE SOUP



6 SERVINGS



30 MIN

INGREDIENTS

- 32 ounces vegetable stock
- 2 tablespoons canola oil
- 1 yellow onion, minced
- 6 garlic cloves, thinly sliced
- 1 tablespoon dried basil
- 1 tablespoon dried thyme
- 1 medium zucchini, small diced
- 1 medium yellow squash, small diced
- 14.5 ounce can whole tomatoes
- 14.5 ounce can garbanzo beans, rinsed and drained
- 14.5 ounce can red kidney beans, rinsed and drained
- Dime-sized handful of whole wheat angel hair pasta
- ½ ounce container fresh oregano, stems removed and minced
- 1 tablespoon salt
- 1 tablespoon pepper
- Parmesan cheese, shredded

DIRECTIONS

1. In a small pot, heat vegetable stock.
2. In a large pot, heat canola oil on high heat. Add minced onion and thinly-sliced garlic. Cook until they start to brown, but not burn. Add dried basil and thyme. Turn heat to low.
3. Add zucchini and squash. Increase heat to high.
4. Add canned tomatoes (chop tomatoes up with spoon in pot), garbanzo beans, and kidney beans. Allow to heat, then carefully add hot vegetable stock.
5. Break pasta into 2–3-inch pieces and add to hot soup. Cook for 4-5 minutes until pasta is cooked.
6. Add oregano, salt and pepper. Cook for 1-2 more minutes. Taste test soup and add more salt and pepper if needed.
7. Serve immediately and enjoy!



VEGGIE BURRITOS



8 BURRITOS



30 MIN

INGREDIENTS

- Cooking spray
- ½ onion, chopped
- 2 tablespoon olive oil
- 1 teaspoon minced garlic
- ½ red bell pepper
- 1 medium zucchini
- 1 medium yellow squash
- 15 ounce can black beans
- 1 cup green salsa
- ½ teaspoon ground cumin
- ½ teaspoon cayenne pepper
- 2 cups reduced-fat Mexican-style shredded cheese, divided
- 8 whole wheat flour tortillas

DIRECTIONS

1. Pre-heat oven to 375°.
2. Grease a 9 x 12-inch baking dish with cooking spray.
3. Chop onion. Heat the olive oil in a large skillet over medium heat. Cook the onion and garlic until the onion becomes clear, about 5 minutes.
4. While onions and garlic are cooking, chop red pepper. Shred squash and zucchini using a grater. Place shredded veggies in a colander to strain out excess juice.
5. Stir in the zucchini, squash, and red bell pepper to the garlic and onions.
6. Cook, stirring frequently, until the zucchini and squash start to become tender, about 5 minutes.
7. Drain and rinse black beans. Stir in the black beans, green salsa, cumin, and cayenne pepper.
8. Cook and stir the filling until it thickens, 5 more minutes.
9. Measure out 1 cup of cheese. Spread cheese on each tortilla in a line down the center, equally dividing the 1 cup of cheese between all tortillas.
10. Evenly fill each tortilla with the zucchini-squash filling. Roll up the tortillas and place them into the prepared baking dish with the seam sides down.
11. Sprinkle the remaining cup of cheese evenly on top of the tortillas.
12. Place the pan in the oven for 5 minutes or until the cheese is melted.
13. While baking, cut watermelon and serve on the side to complete the meal



Sides

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Fruits

CALIFORNIA FRUIT SALAD



6 SERVINGS



10 MIN

INGREDIENTS

- 1-pound strawberries, hulled and halved
- ½ fresh pineapple, cut into chunks
- 1 apple, cored and diced
- 1 small bag of grapes
- 1, 5-ounce carton vanilla Greek yogurt
- Juice of 1 lime

DIRECTIONS

1. Prepare all fruit and place in a large bowl.
2. In a separate bowl, mix together yogurt and lime juice to make dressing.
3. Add dressing to fruit. Fold together and serve immediately.



HARVEST FRUIT SALAD



6 SERVINGS



10 MIN

INGREDIENTS

- 1 apple, cored and diced
- 1 pear, cored and diced
- 1 orange, peeled and diced
- ½ cup raisins
- ½ tablespoon minced fresh mint
- 2 tablespoon honey (optional)
- ¼ teaspoon salt (optional)

DIRECTIONS

1. Add all ingredients to a large bowl and mix together.
2. Serve immediately and enjoy!



SUMMER FRUIT SALAD



6 SERVINGS



10 MIN

INGREDIENTS

- ½ fresh pineapple, peeled, cored and diced
- 1/2-pound fresh strawberries, hulled and quartered
- 11 ounce can mandarin oranges, drained
- ½ tablespoon minced fresh mint
- 2 tablespoon honey (optional)
- ¼ teaspoon salt (optional)



DIRECTIONS

1. Add all ingredients to a large bowl and mix together.
2. Serve immediately and enjoy!

MICROWAVED PEARS



2 SERVINGS



3 MIN

INGREDIENTS

- 2 pears
- 2 tablespoon brown sugar



DIRECTIONS

1. Cut the pears in half, lengthwise.
2. Scoop out the core of the pears with a spoon or melon baller. Discard core.
3. Place ½ tablespoon brown sugar in the center of each pear half.
4. Microwave for 2 minutes on high. Test to see if the pear is done by using a knife. The knife should slide in and out easily. If not, place in the microwave for 30 more seconds.
5. Let cooked pears sit for 2 minutes.
6. Spoon the sauce made by the brown sugar over the pears then serve.

Grains & Starches

CUCUMBER QUINOA SALAD



3-4 SERVINGS



10 MIN

INGREDIENTS

- 1 whole cucumber, diced
- 1 cup uncooked quinoa
- ½ cup diced red onion
- ½ cup crumbled feta cheese
- 1/3 cup julienned or roughly chopped fresh basil (1 cup of whole leaves)

Lemony Italian Vinaigrette

Ingredients:

- ½ cup olive oil
- 4 tablespoons apple cider vinegar or red wine vinegar
- 2 tablespoons lemon juice
- 1 tablespoon Italian seasoning
- ¼ teaspoon salt
- ¼ teaspoon pepper

DIRECTIONS

1. Cook quinoa according to package directions. Let cool.
2. Mix together vinaigrette ingredients.
3. Dice cucumber and red onion. Roughly chop fresh basil.
4. Toss all of the ingredients for the cucumber quinoa salad together and mix well.
5. Combine the cucumber quinoa salad with vinaigrette. Coat evenly.
6. Serve immediately.



GARLIC PARMESAN QUINOA



2-3 SERVINGS



20 MIN

INGREDIENTS

- 1 cup uncooked quinoa
- 1 tablespoon canola oil
- 4 cloves garlic, diced
- 1 ¾ cup chicken broth, low-sodium
- ¼ cup freshly grated parmesan cheese



DIRECTIONS

1. Line colander with a paper towel. Place quinoa on the paper towel. Rinse the quinoa under running water for 30 seconds. The quinoa will foam. Set quinoa aside.
2. Turn deep skillet onto medium-high. Add canola oil into skillet.
3. Dice garlic cloves and cook cloves in the oil for 1 minute.
4. Add quinoa to the skillet and cook for an additional 5 minutes. Stirring constantly.
5. Add chicken broth to skillet, reduce heat, cover, and simmer for 15 minutes.
6. Remove lid and let the rest of the chicken broth evaporate.
7. Grate parmesan cheese and mix into the quinoa.
8. Remove from heat and serve.

Grains & Starches

PESTO COUSCOUS SALAD



4-5 SERVINGS



15 MIN

INGREDIENTS

- 1 cup uncooked whole wheat couscous (4 cups cooked)
- 1 ¼ cup low-sodium vegetable broth
- 4 green onions, chopped
- 1 red bell pepper, chopped
- 1 cucumber, chopped
- ½ cup feta cheese
- ½ cup pesto
- ¼ cup pine nuts (optional)



DIRECTIONS

1. Turn saucepan on medium-high heat. Add vegetable broth, cover and bring to a boil.
2. Once boiling, remove lid and add 1 cup uncooked couscous. Cook couscous for 10 minutes.
3. Remove couscous from heat, transfer to a separate bowl and cool in refrigerator.
4. While couscous is cooling, chop green onions, bell pepper and cucumber.
5. Add vegetables to couscous along with remaining ingredients. Mix well.

ROASTED CHILI SWEET POTATOES



2-3 SERVINGS



30 MIN

INGREDIENTS

- 1-pound sweet potatoes, cut into ½ inch cubes
- 2 tablespoons olive oil
- 1 teaspoon salt (Kosher or sea)
- 1 teaspoon black pepper
- ½ teaspoon chili powder
- ½ teaspoon sugar
- Cooking spray

DIRECTIONS

1. Pre-heat oven to 450°F.
2. Wash and scrub sweet potatoes with water. Dice sweet potatoes into ½ inch cubes, trying to keep them the same size as best you can.
3. In a large bowl, toss sweet potatoes with olive oil. Sprinkle with salt, pepper, chili powder, and sugar. Then toss potatoes again until well coated with spices.
4. Line baking sheet with aluminum foil and use cooking spray to lightly coat the foil.
5. Spread sweet potatoes out evenly on the pan.
6. Roast in oven for 20 minutes.
7. Using a spatula, flip potatoes and spread evenly.
8. Roast for an additional 15-20 minutes, or until they get brown spots.
9. Serve immediately while they are warm. Enjoy!

BROCCOLI QUINOA RICE



5-6 SERVINGS



10 MIN

INGREDIENTS

- 2 medium heads of broccoli
- 2 tablespoons sesame oil
- ¼ cup water
- 2 bags of 90-second brown rice & quinoa blend
- 2 tablespoons brown sugar

DIRECTIONS

1. In a large skillet over medium-high heat, add sesame oil and heat for 1 minute.
2. Carefully add broccoli and cook 5 – 7 minutes covered, stirring often to prevent burning.
3. Add ¼ cup water and steam broccoli, then add quinoa-rice (not microwaved) and cook for 2 minutes.
4. Add the garlic sauce on top and cook until thickened.
5. Finish with brown sugar and stir to coat.
6. Enjoy!

ZUCCHINI CORN MUFFINS



6 SERVINGS



30 MIN

INGREDIENTS

- 8 ounces light sour cream
- 2 tablespoons sugar
- 1 egg
- 1 tablespoon minced zucchini peelings
- 2 cups corn meal mix
- ¼ cup parmesan cheese, shredded
- ½ cup canola oil
- Cooking spray
- 3 tablespoons butter, cut into 12 even pieces

DIRECTIONS

1. Preheat oven to 350°F.
2. Using a 2-cup liquid measuring cup, add sour cream and enough water to measure to 1¼ cup. Add 2 tablespoons sugar and 1 egg. Mix well.
3. Peel half of a zucchini and mince the green peelings.
4. In a large mixing bowl, Add corn meal, parmesan cheese, and minced zucchini.
5. Create a well in the dry ingredients and add wet ingredients from liquid measuring cup and canola oil. Gently mix until dry ingredients can no longer be seen (do not over mix).
6. Spray muffin tin with cooking spray. Evenly distribute muffin mixture into tins.
7. Bake for 25 minutes or until muffins are brown on top.
8. Top each muffin with 1 butter piece and serve.

Vegetables

BROCCOLI & CAULIFLOWER SALAD



4 SERVINGS



10 MIN

INGREDIENTS

- 1 large broccoli crown
- ½ head of cauliflower
- ¼ of a medium red onion
- ½ cup raisins
- ¼ cup shelled sunflower seeds (optional)

Dressing:

- ½ cup light mayonnaise
- 2 tablespoons Apple Cider Vinegar
- 2 teaspoons sugar
- ½ teaspoon salt
- ½ teaspoon pepper

DIRECTIONS

1. Cut broccoli and cauliflower into small bite-sized pieces and dice red onion into very small pieces. Place both in a large bowl.
2. Add raisins and sunflower seeds to the same large bowl.
3. To make dressing: measure and whisk together mayonnaise, vinegar, sugar, salt and pepper in a small bowl until well combined.
4. Pour dressing over broccoli, cauliflower and onions. Mix well

Note: For best taste results, refrigerate for a few hours before serving.



CUCUMBER SALAD



4-6 SERVINGS



20 MIN

INGREDIENTS

- ½ cup red wine vinegar
- ¼ cup olive oil
- 2 tablespoons agave nectar
- 1 teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon celery seed
- 1-pint cherry tomatoes
- 2 medium cucumbers or 4 cups chopped cucumber
- ¼ large or ½ small red onion

DIRECTIONS

1. Make a red wine vinaigrette by whisking red wine vinegar, olive oil, agave nectar, salt, pepper and celery seed together. Taste and adjust seasonings to serve.
2. Half the cherry tomatoes and slice cucumbers. Slice the red onion and cut into 3/4-inch pieces.
3. Mix all ingredients together and toss with half of the red wine vinaigrette. Add more vinaigrette to taste.



Vegetables

CURLY KALE SALAD



4 SERVINGS



15 MIN

INGREDIENTS

- 6 large kale leaves, washed, excess water shaken off
- 1 garlic clove, minced
- 2 tablespoons fresh lemon juice
- 2 tablespoons olive oil
- ¼ teaspoon salt
- Freshly grated parmesan cheese
- ¼ cup toasted walnut pieces (optional)



DIRECTIONS

1. Strip the leaves off the kale's stems by grasping the bottom of each stem and pulling your hand up along it forcefully. The leaves will come off. Throw the stems away.
2. Stack and bunch the leaves together on the cutting board and use the knife to cut across the stack so that you end up with skinny sliver of kale.
3. Put the garlic, lemon juice, oil and salt in a large bowl. Add the kale and toss it around with the tongs. Add more lemon, oil, or salt if needed.
4. Add the parmesan cheese and walnuts.
5. Serve immediately and enjoy!

GARLIC BROCCOLI



4-5 SERVINGS



25 MIN

INGREDIENTS

- 2 medium crowns of broccoli
- 2 tablespoons sesame oil
- 1 tablespoon brown sugar

Garlic sauce:

- 1 ½ teaspoon minced garlic
- ¼ cup soy sauce
- ½ cup water
- 1 tablespoon corn starch



DIRECTIONS

1. Cut broccoli into bite size pieces that are generally the same size. Set aside.
2. In a bowl, whisk together garlic sauce ingredients until lumps are gone.
3. In a large skillet over medium-high heat, add sesame oil and heat for a minute. Carefully add broccoli and cook for 5-7 minutes covered, stirring often to prevent burning.
4. Once broccoli is cooked, reduce heat to medium-low and uncover. Whisk garlic sauce once again and add it to broccoli. Stir well to coat and allow sauce to thicken, about 3 minutes.
5. Lastly add brown sugar and stir to coat.
6. Enjoy!

Vegetables

GRILLED ZUCCHINI, ONION & SQUASH



4 SERVINGS



30 MIN

INGREDIENTS

- 1 large red onion, peeled and cut crosswise into four ¼ inch-thick rounds
- 2 medium squash, ends trimmed, sliced lengthwise into ¾-inch-thick planks
- 2 medium zucchini, ends trimmed, sliced lengthwise into ¾-inch-thick planks
- ¼ cup plus 2 tablespoons olive oil
- 2 teaspoons kosher salt
- Black pepper, to taste
- Toothpicks
- 1 tablespoon chopped fresh basil leaves

Vinaigrette Ingredients:

- 1 garlic clove, minced
- 1 teaspoon finely grated lemon zest
- Juice from ½ lemon
- ¼ teaspoon Dijon mustard
- ½ teaspoon kosher salt

DIRECTIONS

1. Soak toothpicks in water for at least 20 minutes prior to grilling.
2. Turn grill on medium-low heat.
3. Cut red onion and use toothpicks to hold onion in rounds.
4. Cut zucchini and squash.
5. Brush onion, zucchini and squash evenly with ¼ cup olive oil. Season with 2 teaspoons kosher salt and pepper to taste.
6. Grill vegetables over medium-low heat, turning once, until tender and caramelized (18-20 minutes.)
7. While vegetables are grilling, whisk remaining 2 tablespoons olive oil, garlic, lemon zest, lemon juice, mustard and ½ teaspoon kosher salt together in a small bowl. Set aside.
8. Transfer vegetables to platter. Remove toothpicks from onion.
9. Re-whisk vinaigrette and pour over vegetables.
10. Sprinkle with basil and serve!



Vegetables

ROASTED BROCCOLI



4-5 SERVINGS



20 MIN

INGREDIENTS

- 2 broccoli crowns
- 3 tablespoons olive oil
- ½ teaspoon salt
- ½ teaspoon sugar
- ¼ teaspoon black pepper
- Grated parmesan cheese, optional



DIRECTIONS

1. Adjust oven rack to lowest position and place large rimmed baking sheet on rack.
2. Heat oven to 500°F and let baking sheet warm.
3. Wash and cut broccoli into even bite-size pieces.
4. Place broccoli in a large bowl and drizzle with olive oil. Toss well to coat each floret evenly.
5. Sprinkle with salt, sugar and black pepper. Toss to combine.
6. Remove baking sheet from oven and spread broccoli evenly on pan.
7. Place baking sheet with broccoli back in the oven and roast until slightly browned and crisped, about 10 minutes.
8. Remove from oven and top with parmesan cheese.
9. Serve immediately and enjoy!

ROASTED ASPARAGUS



4-5 SERVINGS



25 MIN

INGREDIENTS

- 1 bundle of fresh asparagus
- 1–2 tablespoons olive oil
- 2 cloves garlic, minced
- Salt and pepper (optional)



DIRECTIONS

1. Preheat oven to 400°F.
2. Rinse asparagus. Break off the tough ends of the asparagus and discard.
3. Lay asparagus spears on a baking dish in a single layer. Drizzle olive oil over asparagus and roll spears back and forth until coated.
4. Sprinkle with minced garlic, salt and pepper.
5. Place dish in oven and cook for approximately 8-10 minutes, depending on thickness of asparagus.
6. They should be lightly browned and tender when pierced with a fork.
7. Serve immediately and enjoy!

Vegetables

ROASTED CARROTS & RED ONION



4 SERVINGS



30 MIN

INGREDIENTS

- 8 ounces of baby carrots
- 1 red onion
- 1 tablespoon olive oil
- 2 tablespoons balsamic vinegar
- ½ teaspoon pepper
- 1 teaspoon salt

DIRECTIONS

1. Preheat oven to 475°F.
2. Line baking sheet with foil.
3. Slice baby carrots lengthwise and place on pan. Slice onion into long slivers about 1/2 inch wide.
4. Place vegetables on baking pan. Drizzle with olive oil and balsamic vinegar. Sprinkle with pepper and salt.
5. Using your hands, toss vegetables around on the pan to evenly coat. Cover tightly with foil.
6. Roast vegetables in the oven covered for 15 minutes. Then uncover, toss vegetables around on the pan, and place back in oven uncovered for 10 minutes. Vegetables are done when pierced easily with a fork.
7. Serve immediately and enjoy!

OVEN ROASTED CAULIFLOWER



4 SERVINGS



30 MIN

INGREDIENTS

- Cooking spray
- 1 medium head cauliflower
- 1 tablespoon canola oil
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon cumin



DIRECTIONS

1. Preheat oven to 475°F.
2. Cover baking sheet with foil and spray foil with cooking spray.
3. Cut cauliflower into quarters. Take each quarter and cut into large, bite-sized pieces, about 1 inch by 1 inch.
4. Place cauliflower pieces onto baking sheet and drizzle with canola oil. Season with salt, pepper, and cumin. Gently toss until each piece is coated.
5. Spread cauliflower evenly on baking sheet. Cover cauliflower tightly with foil.
6. Roast for 15 minutes. Then remove foil, flip cauliflower pieces over and roast for an additional 10 minutes or until golden brown, uncovered.
7. Serve immediately and enjoy!

Vegetables

CARMALIZED BRUSSEL SPROUTS



4-5 SERVINGS



15 MIN

INGREDIENTS

- 1 pound Brussels sprouts
- 1 tablespoon olive oil
- 1 clove garlic, minced
- 1 pinch of salt
- 2 tablespoons brown sugar
- ¼ cup chopped pecans (optional)

DIRECTIONS

1. Trim off the bottom of each Brussels sprout then thinly slice each until you have a mound of feathery Brussels sprout ribbons.
2. Heat olive oil over medium high in a large skillet.
3. Sauté the garlic for 30 seconds.
4. Add the Brussels sprouts and continue sautéing for another 4 – 5 minutes, until bright green and tender.
5. Add the salt and brown sugar; toss together. Top with pecans.
6. Serve immediately and enjoy!

ROASTED BRUSSEL SPROUTS



4-5 SERVINGS



30 MIN

INGREDIENTS

- 1-pound whole Brussel sprouts
- Cooking spray
- Salt and pepper
- Chili powder (optional)
- Garlic powder (optional)

DIRECTIONS

1. Preheat oven to 400°F.
2. Spray baking sheet with cooking spray.
3. Slice Brussels sprouts in half and place in a bowl. Spray them thoroughly with cooking spray.
4. Lightly salt and pepper (so you can see a small amount of seasoning on each piece).
5. Add any other spices or herbs desired.
6. Toss sprouts in bowl and spray again with cooking spray, add more salt and pepper as needed.
7. Spread on baking sheet evenly and roast in oven for 15 minutes.
8. Remove from oven, and flip/stir the sprouts. Roast for an additional 15 minutes or longer until they are browned and crispy.
9. Serve immediately and enjoy!

Vegetables

SAUTEED ASPARAGUS



4-5 SERVINGS



20 MIN

INGREDIENTS

- 2 tablespoons olive oil
- 1 bunch asparagus
- 1 tablespoon lemon juice
- Salt and pepper, to taste
- Parmesan cheese



DIRECTIONS

1. Snap about an inch off the bottom of the asparagus spears.
2. Cut asparagus into 2-inch pieces.
3. Heat oil in large skillet over high heat. When oil shimmers, add asparagus, salt and pepper.
4. Sauté, stirring frequently, until asparagus are crisp-tender, about 5 minutes.
5. Add lemon juice and stir a few times.
6. Remove from heat and sprinkle with parmesan cheese.
7. Serve immediately and enjoy!

HONEY CARROTS



4 SERVINGS



10 MIN

INGREDIENTS

- 1, 12-ounce bag, frozen carrots
- 1 tablespoon honey



DIRECTIONS

1. Heat frozen carrots in microwave according to directions on package.
2. Once cooked, place carrots in a bowl and mix in honey.
3. Serve warm and enjoy!

Vegetables

ORANGE BROCCOLI SLAW



6 SERVINGS



20 MIN

INGREDIENTS

- One, 12-ounce bag broccoli slaw mix
- 1/3 cup sliced almonds
- 1/3 cup raisins
- 2 tablespoons honey
- 2 tablespoons olive oil
- 2 tablespoons freshly squeezed orange juice (about 1/2 orange squeezed)
- 4 teaspoons zested orange peel
- 1/4 teaspoon salt

DIRECTIONS

1. Combine broccoli slaw, sliced almonds, and raisins in a bowl.
2. Zest orange enough to gather 4 teaspoons orange peel then cut in half and squeeze to gather 2 tablespoons of juice.
3. In another bowl, whisk together the honey, olive oil, and orange juice. Add orange peel and salt, stir.
4. Add contents to coleslaw. Toss to coat.
5. Serve cold and enjoy!

STEAMED ASPARAGUS



4-6 SERVINGS



20 MIN

INGREDIENTS

- 1 bunch asparagus
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 1 clove of garlic
- Salt and pepper, to taste
- 1 teaspoon Dijon mustard

DIRECTIONS

1. Rinse asparagus.
2. Snap about an inch off the bottom of the asparagus spears.
3. Cut asparagus into 2-inch pieces.
4. Add about 2 inches of water to a large skillet and place over high heat. When water begins to boil, add asparagus.
5. Cover and cook for 5-7 minutes, until crisp tender.
6. While asparagus is steaming, make vinaigrette dressing by whisking oil and balsamic vinegar.
7. Mince garlic clove and add to vinaigrette. Whisk well.
8. Add Dijon mustard to vinaigrette. Whisk well.
9. Remove asparagus from pan and place on a plate.
10. Drizzle with vinaigrette and serve warm. Enjoy!



Vegetables

VEGETARIAN COLLARD GREENS



4-5 SERVINGS



20 MIN

INGREDIENTS

- 2 bunches collard greens or 1 large pre-cut bag
- 1 medium yellow or white onion, finely diced
- 2 tablespoons canola oil
- 1 cup (8 ounces) vegetable broth
- 1 cup (8 ounces) water
- 1 tablespoon apple cider vinegar

Seasonings:

- Salt, to taste
- 1 teaspoon black pepper
- 1 teaspoon red pepper flakes
- 1 teaspoon chili powder
- 2 garlic cloves, minced or crushed
- 1-3 teaspoons hot sauce (optional)

DIRECTIONS

1. To prepare collards greens (if not using bag of pre-cut collard greens): Submerge collard greens in cold water in the sink. Take a leaf one by one and cut out the thick, woody stem. Cut or tear collard leaves into approximately 1-inch pieces. Set aside.
2. Finely dice onion.
3. Add canola oil to large pot. Heat pot on stove over medium heat.
4. When you see a small amount of smoke from the oil, or it begins to shimmer, add the onions.
5. Sauté the onions until they are soft and nearly turn from white/yellow to clear (about 3-5 minutes).
6. Add black pepper, red pepper flakes, chili powder and garlic. Stir until fragrant (about 30 seconds).
7. Add collard greens to pot in handfuls. Cover for 3 minutes, allowing the leaves to slightly wilt.
8. Add vegetable broth to pot, stir well, then cover for 5 minutes. After 5 minutes, add 1 cup of water. Stir greens well and turn heat down to medium-low. Cover pot and cook for an additional 15-20 minutes, or until collard greens are tender, but not mushy. Adjust heat up and down so you can see a small amount of the liquid bubbling.
9. Once collard greens are tender, add 1 tablespoon of apple cider vinegar and stir.
10. Serve warm and enjoy!

SIMPLE ARUGULA SALAD



5-6 SERVINGS



30 MIN

INGREDIENTS

- 6 ounces arugula
- 3 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 1 clove garlic or 1 teaspoon minced garlic
- 1 teaspoon Dijon mustard (optional)
- Salt & Pepper

DIRECTIONS

1. In a large bowl, whisk together olive oil, balsamic vinegar, garlic, mustard (optional), and a few pinches of salt and pepper.
2. Put arugula into the same bowl; using tongs, toss the arugula in the dressing until each leaf is well coated.
3. Serve immediately and enjoy!

Snacks

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BLACK BEAN GARDEN SALSA



4-5 SERVINGS



20 MIN

INGREDIENTS

- Two, 15 ounce cans no added salt black beans
- 1 yellow bell pepper
- 1 sweet onion
- 2 large tomatoes
- 1 jalapeño pepper (optional)
- ¼ cup chopped cilantro
- 2 limes, cut in half and squeezed
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 tablespoon olive oil
- Tortilla chips

DIRECTIONS

1. Open, drain, and rinse black beans. Place them in a large mixing bowl.
2. Dice bell pepper, onion, and tomatoes. For the tomatoes, try to remove as much of the seeds/pulp as possible before dicing. Add the diced vegetables to the bowl with the beans.
3. If adding a jalapeño pepper, remove the top of the and cut it lengthwise to remove the seeds. Finely dice the jalapeno pepper and add it to the bowl. Wash your hands before continuing.
4. Remove bulk of stems from cilantro and roughly chop it. Add chopped cilantro to the bowl.
5. Cut both limes in half and squeeze the lime juice from each into the bowl.
6. Add salt, pepper, and oil to bowl and mix ingredients together.

CILANTRO LIME SALSA



6 SERVINGS



15 MIN

INGREDIENTS

Pita Chip Ingredients:

- 6 whole wheat pitas
- 2 teaspoons olive oil

Salsa Ingredients:

- 3 large tomatoes, diced
- 1/2 yellow onion, diced
- 2 avocados, chopped up with spoon
- 4 cloves garlic, minced
- 1/4 cup chopped cilantro
- 1 teaspoon salt (optional)
- 1 lime, half of lime zested and juice of whole lime

DIRECTIONS

1. Starting with pita chips: Preheat oven to 400°. Cut pita bread into 8 triangles. Place pita triangles into a large bowl. Add olive oil to bowl and toss to coat pita bread. Place pita bread onto a large foil-lined baking sheet and toast for 10 minutes or until crispy.
2. For salsa: Prepare all ingredients as directed and place in a large bowl. Stir well and refrigerate until ready to serve.
3. Enjoy!



PEANUT BUTTER APPLE RINGS



1-2 SERVINGS



5 MIN

INGREDIENTS

- 1 apple
- 2 tablespoons of peanut butter or sunflower butter
- 1 tablespoon of raisins

DIRECTIONS

1. Wash and core apple.
2. Cut apple into 5 – 6 rings.
3. Spread peanut butter or sunflower butter on each ring.
4. Top with raisins and serve.



PORCUPINE PEAR



1 SERVING



5 MIN

INGREDIENTS

- ½ ripe pear (Bartlett pear preferred)
- Pretzel sticks
- 3 chocolate chips

DIRECTIONS

1. Wash and cut the pear in half.
2. Spoon out core and seeds.
3. Cut end off to remove stem.
4. Place the half on a plate, cut-side down.
5. Press pretzel sticks into ripe pear.
6. Place 1 chocolate chip at the tip of the pear for the nose.
7. Place 2 chocolate chips above the nose for the eyes.



SLICED CUCUMBER SANDWICHES



2-3 SERVINGS



10 MIN

INGREDIENTS

- 1 cucumber
- 3 slices cold cut turkey
- 3 wedges of laughing cow cheese

DIRECTIONS

1. Wash cucumber and slice into 10-14 circular pieces.
2. Cut the meat into 1 1/2-inch squares.
3. Spread cheese onto one slice of cucumber.
4. Add the turkey and top with another slice of cucumber to make the sandwich.



FRUIT KABOBS WITH DIP



2.5 CUPS DIP



10 MIN

INGREDIENTS

Fruit of your choice:

- Strawberries
- Pineapple, cut in chunks
- Blueberries
- Cantaloupe, cut in chunks

Fruit dip:

- 2 cups low fat vanilla Greek yogurt
- 1/2 cup peanut butter or sunflower butter
- 1 – 2 tablespoons honey

DIRECTIONS

1. Place fruit of your choice onto skewers.
2. Place all fruit dip ingredients in a bowl and mix together until smooth.
3. Serve fruit kabobs with dip.



TRAIL MIX



4-5 SERVINGS



5 MIN

INGREDIENTS

- 2 cups Mini Wheats cereal, mini-bites, original frosting
- ½ cup semi-sweet chocolate chips
- ½ cup raisins
- ¼ cup raisins
- 2 cups pretzels
- ½ cup peanuts (optional)

DIRECTIONS

1. Place ingredients together in a bowl.
2. Stir thoroughly.
3. Serve as a snack.

GARLIC PARMESAN POPCORN & ROASTED PECANS



4-5 SERVINGS



5 MIN

INGREDIENTS

- 2 tablespoons canola oil
- 1/3 cup popcorn kernels
- ½ pound of pecans

Garlic Parmesan Topping:

- 1 tablespoons unsalted butter
- ¼ teaspoons granulated garlic
- ¼ teaspoons dry parsley flakes
- ¼ cup grated parmesan cheese



DIRECTIONS

1. To cook pecans, preheat oven to 300°F.
2. Place pecan halves on a sheet pan and spread evenly.
3. Place into oven and bake for 10 minutes. Turn pecans and bake for another 10 minutes or until lightly brown.
4. Remove from oven and allow to cool.
5. To make the popcorn, add oil into a medium sized pot, along with 2-3 popcorn kernels. Cover and cook over medium high until all kernels pop. Oil is now hot enough to prepare rest of popcorn.
6. Remove the popped corn from the pot and add in the remaining popcorn kernels. Cover and re-move from heat for 30 seconds. Swirl the pot to cover all kernels with oil.
7. Place the pot back on the heat and cook for about 2-3 minutes or until the popping slows down.
8. Transfer the popcorn to a large bowl and set aside.
9. For the topping, melt the butter in the microwave for 10-15 secs or until melted.
10. Stir in the granulated garlic and parsley. Drizzle over the popcorn and stir to combine.
11. Add the parmesan cheese and stir to combine.

NO BAKE ENERGY BITES



10 bites



10 MIN

INGREDIENTS

- 1 cup rolled oats
- 1/3 cup miniature chocolate chips
- 1/2 cup ground flax seed
- 1/3 cup honey
- 1 teaspoon vanilla extract
- 1/2 cup crunch peanut butter or sun butter

DIRECTIONS

1. Combine dry ingredients: oats, chocolate chips and flax seed in a large bowl.
2. Add the honey, vanilla extract and nut butter and mix well until you get a thick, sticky mixture. If mixture becomes too gooey, add additional oatmeal.
3. Take tablespoon sized pieces of dough and roll into balls.
4. Store in refrigerator and enjoy gradually throughout the week!



Desserts

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GREEK YOGURT POUND CAKE



8 SERVINGS



55 MIN

INGREDIENTS

- Cooking spray
- 1 ½ cup of all-purpose flour
- 2 teaspoons of baking powder
- ¾ teaspoon of salt
- ¼ teaspoon of cinnamon
- 1/8 teaspoon of nutmeg
- ¾ cup of sugar
- 2 eggs
- ¾ cup (6 oz) of Greek yogurt
- ½ cup of canola oil
- 1 teaspoon of vanilla extract

DIRECTIONS

1. Preheat oven to 350°F and spray loaf pan with cooking spray.
2. In a medium bowl combine flour, baking powder, salt, cinnamon and nutmeg.
3. In a separate small bowl, whisk together sugar, eggs, yogurt, oil and vanilla.
4. Pour wet ingredients into the bowl with the dry ingredients and use a spatula to fold ingredients together just until combined.
5. Pour batter into greased loaf pan and bake in oven for 45-50 minutes or until a toothpick inserted in the center comes out clean.
6. Let cake cool in pan for 15 minutes then flip onto cooling rack to cool completely.

KEY LIME DIP



4-6 SERVINGS



10 MIN

INGREDIENTS

- 1 cup low fat vanilla Greek yogurt
- ¼ cup whipped cream cheese, room temperature
- 1 tablespoon lime juice
- 1 teaspoon lime zest
- Fresh fruit of your choice
- Graham crackers

DIRECTIONS

1. Place the yogurt and cream cheese in a medium bowl, whisk to combine.
2. Add the lime juice and zest and whisk together.
3. Serve with your favorite fruit and/or graham crackers. Enjoy!



MINI PUMPKIN CHEESECAKES



45 TARTS



30 MIN

INGREDIENTS

- 3 packages (15 tarts each) prebaked frozen mini pastry shells
- 1, 15 ounce can pumpkin
- 2 cups (plus extra for garnish) low-fat frozen whipped topping, thawed
- 1 teaspoon (plus extra for garnish) pumpkin pie spice
- 1 package cheesecake-flavor instant pudding mix

DIRECTIONS

1. Remove shells from the freezer and let them thaw at room temperature for 15 minutes.
2. Meanwhile, combine the pumpkin, whipped topping, and pumpkin pie spice in a medium bowl, whisking until smooth. Add the pudding mix and whisk until smooth and thick.
3. Spoon about 1 tablespoon of the filling into each of the shells, then top the tarts with whipped topping and a sprinkling of the pumpkin pie spice.
4. Refrigerate until ready to serve. Enjoy!

CARAMEL APPLE NACHOS



4-5 SERVINGS



5 MIN

INGREDIENTS

- 2 large apples, cut into wedges
- ¼ cup creamy natural peanut butter
- ¼ cup and 1 tablespoon caramel sauce
- 1 tablespoon mini chocolate chips
- Optional: seasonal sprinkles

DIRECTIONS

1. Combine peanut butter and ¼ cup caramel sauce in a medium microwaveable-safe bowl. Microwave for 30 seconds. Stop microwave and stir every 10 seconds.
2. Place sliced apples on a plate. Drizzle peanut butter and remaining 1 tablespoon of caramel sauce over apples.
3. Top apples with mini chocolate chips and sprinkles. Enjoy!



WHITE CHOCOLATE LACE CUPS



2 SERVINGS



15 MIN

INGREDIENTS

- 1/3 cup white chocolate chips
- 2 muffin liners
- 2 teaspoon grated orange zest
- 1/4 cup thawed light cool whip
- 1/4 cup fresh raspberries

DIRECTIONS

1. Line muffin cups with liners and place in freezer for 5 minutes.
2. Microwave chocolates in a small microwaveable bowl on medium heat for 1-2 minutes; Stir until chocolate is completely melted.
3. Coat chocolate with a spoon onto bottoms and up sides of prepared muffin cups. Freeze for 5 minutes.
4. Carefully remove cups from pan; gently peel off and discard muffin liner.
5. Stir orange peel into whipped topping; spoon evenly into chocolate cups.
6. Top with raspberries. Enjoy!

CHOCOLATE MEDALLIONS



25 MEDALLIONS



20 MIN

INGREDIENTS

- 12-ounce bag dark chocolate chips
- 1 cup chopped unsalted almonds
- 1 cup chopped dried prunes
- 1 cup chopped dried apricots
- Sea salt



DIRECTIONS

1. Chop almonds, prunes, and apricots into small pieces.
2. Melt chocolate by one of the two methods below:
 - Stove-top: Bring about an inch of water to a simmer in a saucepan. Set a heatproof bowl in the mouth of the pot, making sure the water doesn't touch the bottom of the bowl. Stir chocolate occasionally as it softens.
 - Microwave: Place chocolate pieces in a microwave safe bowl. Microwave at 20% power for 15 seconds; remove the bowl from the microwave and stir. Repeat process until most of the chocolate has melted and is smooth.
3. Line 2 cookie sheets with parchment paper. Spoon melted chocolate onto pan in small circles and top with nuts and dried fruit. Sprinkle sea salt on top.
4. Allow chocolate to cool and harden.

MEALS TO REMEMBER

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MEALS TO REMEMBER

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Sides:
