



# Healthy Eating Recipe Book

*Avance Care Dietitian-Customized Recipes,  
Grocery Store Tips, & Meal Prep Guide*

2020-2021 EDITION  
ISSUE 4

# Intro

Are you stuck in a recipe rut? Whether you are looking for an on-the-go breakfast or a weeknight dinner to add to your rotation, this cookbook has the solution. Tested and approved by Avance Care’s registered dietitians, these recipes are simple, tasty, nutritious, and adaptable. If you are wondering how these foods can fit into your meal plan, talk with your registered dietitian/nutritionist. Remember: even small changes in your lifestyle can add up to big results over time. Happy cooking!

## Editorial Board

Team of Avance Care Registered Dietitians


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## Table Of Contents

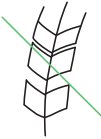
Nutrition Services	3
Behavioral Wellness Services	4
Breakfast	5
Salads	11
Weeknight Meals	19
Slow Cooker	29
Casseroles	37
Dietitian Tips	45
Avance Care’s Registered Dietitians	52

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## Food Sensitivities and Dietary Icons:



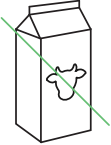
**Diabetes  
Appropriate**




**Gluten  
Free**




**Heart  
Healthy**



**Dairy  
Free**



**Vegetarian  
Friendly**



**Child  
Friendly**

At Avance Care, we believe that top-quality medical care is caring, convenient, and comprehensive. Open 7 days a week, we are there for you and your family when you need it most. Our team of providers are your ongoing partners on your healthcare journey, helping you optimize your health and enjoy life to the fullest. It’s care beyond measure. Welcome.

**Schedule your appointment today at [avancecare.com](https://avancecare.com)**

# Nutrition Services

Avance Care's registered dietitians are trained to use evidence-based nutrition counseling to help you achieve your health goals. Our dietitians work with you to customize a healthy eating and lifestyle plan based on your medical needs and personal wellness goals, working in collaboration with your primary care provider.



At Avance Care Nutrition, we believe that nutrition counseling and education programs should be accessible, affordable, and convenient to as many people as possible, and we understand that one-size-fits-all solutions don't work. We strive to provide personalized guidance in a supportive and non-judgmental setting where you can overcome your unique challenges and reach your goals.

## **INDIVIDUAL COUNSELING:**

During one-on-one nutrition sessions, our registered dietitians will review your medical history, current habits, and goals to help you make healthier choices. They will partner with you to design a plan that supports your overall wellness and works with your life.

Your first appointment will be a 60-minute comprehensive assessment to discuss your current lifestyle and goals. Follow up appointments will be scheduled weekly, biweekly, or monthly and will be either 30 or 60 minutes long to allow for continued learning, problem solving, and goal setting.

## **GROUP EDUCATION:**

**Our in-person or virtual nutritional group education consists of a small group of individuals** with similar nutritional interests or goals.

Each meeting focuses on promoting healthy habits for everyone in the group, while also ensuring each member of the group is on track to reach their personal goals.

We offer group education for individuals with type 1, type 2, or gestational diabetes.

# Behavioral Wellness

Your mind + your body  
It's all one system

Research demonstrates that depression & many other common behavioral health conditions frequently develop along with common chronic illnesses.

Our onsite and virtual licensed mental health specialists believe in breaking down the artificial distinction frequently made between physical and mental health that occurs in our often-fragmented medical system. If you or a loved one has struggled with the very common conditions of anxiety or depression, for example, you know all too well how these illnesses may be stigmatized. People suffering from depression and similar conditions may be treated differently than patients with conditions assumed to be purely “physical” in origin.

At Avance Care, we're interested in much more than the absence of illness. Our providers will engage you in an active therapeutic process that will help you:

- grow in self-awareness
- make healthy choices
- achieve appropriate balance in all areas of your life – physical, mental, behavioral, social, and spiritual

Avance Care therapists use a strength-based approach that helps you achieve your full potential and greatest degree of life satisfaction. We coordinate with your medical treatment team to help you draw on your capabilities and overcome the limitations imposed by illness and injury. We work with you to change negative behavioral patterns that perpetuate unhealthy habits, revise perspectives interfering with meaningful relationships in your life, and more.



## Getting Started

1. You can request a referral during a medical appointment with your Avance Care provider or directly request services by contacting Avance Behavioral Wellness at 919.237.1337 or [bw@avancecare.com](mailto:bw@avancecare.com).
2. Before beginning therapy, our Behavioral Wellness Coordinator helps you understand your insurance coverage. [Behavioral Wellness services are covered by most major insurance, except Humana](#). Self-pay, discounted bundle fees are available for non-insured patients.

# Breakfast



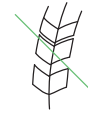
# Peanut Butter Oatmeal Smoothie



**Prep Time:** 5 minutes

**Cook Time:** 5 minutes

**Makes:** 1 serving



## Ingredients:

- **¼ cup** old fashioned oats
- **2 tablespoons** creamy peanut butter
- **1 small** banana (about 3 ounces)
- **1 cup** non-fat milk (use unsweetened soy or almond milk for a dairy-free option)
- **½ cup** vegetables – spinach, carrots, kale (optional)
- Extra banana slices, oats, nuts for garnish (optional)

## Preparation:

1. Add all the ingredients to a blender.
2. Blend for 30 seconds and stir.
3. Blend for another 30 to 60 seconds.
4. Pour into a glass. Garnish with extra oats, banana slices, or nuts if desired.
5. Serve immediately or store in the refrigerator until ready to drink

**Nutrition Tip:** This satisfying smoothie is a complete breakfast due to its high protein and fiber content. Add spinach, carrots or any vegetable on hand for an added antioxidant boost. You can also make this smoothie the night before and store it overnight in the refrigerator, just stir before drinking.

### **Nutrition Information:**

**Serving Size:** 1 smoothie (no additional toppings or vegetables added)

**Calories:** 423, **Fat:** 18g, **Protein:** 23g,

**Carbohydrates:** 48g, **Fiber:** 7g, **Sodium:** 201mg

**Adapted from:** <https://chefsavvy.com/peanut-butteroatmeal-smoothie/>

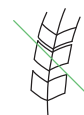
# Vegetable and Cheese Frittata



**Prep Time:** 10 minutes

**Cook Time:** 15 minutes

**Makes:** 4-6 servings



## Ingredients:

- **3 large** eggs
- **¾ cup** egg whites
- **¼ cup** 2% milk (or other milk of your choice, such as unsweetened almond or soy)
- **½ teaspoon** salt, divided
- **1 teaspoon** olive oil
- **2 cups** chopped vegetables (such as cherry tomatoes, onions, zucchini, kale, peppers or spinach)
- **¼ teaspoon** fresh ground pepper
- **2 cloves** garlic, minced
- **2 teaspoons** fresh herbs (optional)
- **¾ cup** shredded or crumbled cheese (such as feta, sharp cheddar or goat cheese)

## Preparation:

1. Preheat the oven to 400 degrees Fahrenheit and arrange a rack in the middle of the oven.
2. Whisk the eggs, egg whites, milk and ¼ teaspoon of salt together in a small bowl, set aside.
3. Heat a 10 to 12-inch non-stick oven safe frying pan or cast-iron skillet over medium high. Sauté the vegetables in 1 teaspoon olive oil. Add ¼ teaspoon salt and the pepper and stir.
4. Add the minced garlic and fresh herbs (if using), and cook, stirring, for 30 seconds to 1 minute.
5. Spread out the vegetables in an even layer, flattening with a spatula. Sprinkle the cheese on top and let it begin to melt.
6. Pour the egg mixture over the vegetables and cheese. Tilt the pan to make sure the eggs settle evenly over all the vegetables. Cook for 1-2 minutes until you see the eggs at the edge of the pan beginning to set.
7. Transfer to oven and bake the frittata until the eggs are set, 8 to 10 minutes. To check for doneness, cut a small slit in the center of the frittata. If raw eggs run into the cut, bake for another 2-3 minutes. If the eggs are set, pull from the oven.
8. Cool in the pan for 5 minutes, then slice into wedges and serve.

### Nutrition Information:

**Serving Size:** ¼ of recipe

**Calories:** 171, **Fat:** 8g, **Protein:** 17g, **Carbohydrates:** 6g,

**Fiber:** 1g, **Sodium:** 735mg

**Adapted from:** <https://www.thekitchn.com/how-to-make-a-frittata-cooking-lessons-from-the-kitchn-170717>

**Nutrition Tip:** Don't limit eggs to breakfast! This dish can start your morning off with protein and vegetables, or it can star as the main dish at dinner. Pair with fresh fruit for breakfast, or with a green salad for a lunch or dinner meal! Leftovers can be stored in an airtight container in the refrigerator for up to 4 days.

# Apple Cinnamon Baked Oatmeal Cups



**Prep Time:** 10 minutes

**Cook Time:** 20 minutes

**Makes:** 12 servings



## Ingredients:

- **4 cups** old fashioned rolled oats
- **2 teaspoons** ground cinnamon
- **1 teaspoon** baking powder
- **½ teaspoon** salt
- **2 tablespoons** chia seeds
- **1, 3.9-ounce** unsweetened applesauce cup (or ½ cup unsweetened applesauce)
- **2 cups** whole milk (or whatever milk you have on hand)
- **2 teaspoons** vanilla extract
- **¼ cup** pure maple syrup
- **1** large apple, diced into small cubes
- Nonstick cooking spray

## Preparation:

1. Preheat the oven to 375 degrees Fahrenheit.
2. Add all the ingredients to a large bowl and mix until everything is combined.
3. Spray a muffin tin with cooking spray or use a silicon muffin tin. Using a ¼ cup measuring cup, evenly scoop the oatmeal mixture into the muffin tin. Make sure to get an even combination of milk and oats in each scoop, as the batter may be a little watery.
4. Bake oatmeal cups for 20 minutes, or until cooked through.
5. Remove muffins from pan and allow to cool before eating.
6. Store in an airtight container in the fridge for up to 5 days or in the freezer for 3 months.

**Nutrition Tip:** These muffins come together in no time. We smeared ours with a tablespoon of peanut butter to complete this grab-and-go breakfast. Visit the website for more variations, even savory variations such as “Sausage and Peppers” or “Broccoli Cheddar”. If using the sweeter variations, we recommend eliminating the brown sugar and using ¼ cup maple syrup – like we did in this recipe – making for the perfect amount of sweetness.

### Nutrition Information:

**Serving Size:** 1 muffin

**Calories:** 169, **Fat:** 4g, **Protein:** 5g, **Carbohydrates:** 29g,

**Fiber:** 4g, **Sodium:** 97mg

**Adapted from:** <https://www.shelikesfood.com/healthy-baked-oatmeal-breakfast-cups-6-ways/>

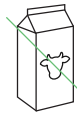
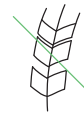
# Sweet Potato Breakfast Hash



**Prep Time:** 10 minutes

**Cook Time:** 20 minutes

**Makes:** 3 servings



## Ingredients:

- **1 large** sweet potato, diced
- **2 tablespoons** olive oil
- **4 slices** Canadian bacon, diced
- **1 medium** red bell pepper, diced
- **1 small** yellow onion, diced
- **½ teaspoon** smoked paprika
- **½ teaspoon** cumin
- Salt and pepper, to taste
- **2 cups** roughly chopped baby spinach or kale (discard tough stems)
- **3 large** eggs

## Preparation:

1. Preheat oven to 350 degrees Fahrenheit.
2. In an oven-safe large sauté pan or cast iron skillet, heat olive oil over medium heat (once cooked, hash can be transferred to an oven-safe baking dish if sauté pan is not oven-friendly).
3. Add diced potato and cook until it begins to turn brown, about 5 to 10 minutes.
4. Turn heat down to medium-low, cover, and continue cooking potato until fork tender, stirring every 2 minutes, about 4 to 6 more minutes.
5. Uncover and turn heat back up to medium-high.
6. Add Canadian bacon, red bell pepper, and onions. Cook until onions are soft, about 2 to 3 minutes.
7. Stir in paprika, cumin, and pinch of salt and pepper.
8. Stir in spinach or kale until it wilts (about 1 to 2 minutes.) If transferring to an oven-safe baking dish, do so after the kale or spinach has finished wilting.
9. Make 3 little "nests" or indentations in the hash and crack one egg into each nest. Sprinkle with salt and pepper.
10. Bake in oven for 5 to 7 minutes, depending on how runny or firm you like your yolk.

### Nutrition Information:

**Serving Size:** 1/3 of recipe

**Calories:** 299, **Fat:** 15g, **Protein:** 14g, **Carbohydrates:** 26g,

**Fiber:** 5g, **Sodium:** 371mg

**Adapted from:** <https://www.foodfaithfitness.com/breakfast-hash-squash-kale/>

**Nutrition Tip:** This recipe is a quick and easy Sunday morning breakfast or weekday dinner option. Prepare veggies ahead of time and throw it all together in under 20 minutes. Batch cook (pg. 52) extra veggies and bulk up the hash with seasonal favorites. Try Yukon gold potatoes instead of sweet potatoes or swap out Canadian bacon for Al Fresco-chicken sausage. The options are endless when it comes to hash!

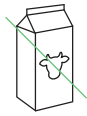
## 3-Ingredient Flourless Pancakes



**Prep Time:** 5 minutes

**Cook Time:** 10 minutes

**Makes:** 1 serving (6 to 7 small pancakes)



### Ingredients:

- **½ cup** old fashioned rolled oats
- **1 medium** banana
- **3 ½ tablespoons** skim milk (or whatever milk you have on hand)
- Nonstick cooking spray

### Preparation:

1. Spray skillet thoroughly with nonstick cooking spray to prevent pancakes from sticking.
2. Combine all ingredients with a hand mixer.
3. Heat skillet over medium heat and pour in a small ladle of pancake batter (1 to 2 at a time). Pancakes should be 2 to 3 inches in size.
4. Once pancakes begin to bubble around the edges (after 1 to 2 minutes) flip and cook an additional minute until done.

**Nutrition Tip:** To increase sweetness of the pancakes, a liquid sweetener such as Stevia can be used. Be sure to cut back on the milk by the amount of sweetener that is used. If you are using a blender instead of a hand mixer, double the recipe to ensure that it blends correctly. Double or triple this recipe to have leftovers that can be stored in the freezer for up to 2 to 3 months.

#### **Nutrition Information:**

**Serving Size:** 6 to 7 small pancakes

**Calories:** 275, **Fat:** 3g, **Protein:** 8g, **Carbohydrates:** 57g, **Fiber:** 7g, **Sodium:** 28mg

**Adapted from:** <https://chocolatecoveredkatie.com/2016/01/11/flourless-pancakes-vegan-banana/>



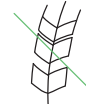
# Salads

# Everyday Mediterranean Salad



**Prep Time:** 15 minutes

**Makes:** 4 servings



## Ingredients:

### Salad Ingredients:

- **10 ounces** baby arugula (or your favorite type of salad green)
- **1, 15 ounce can** low-sodium chickpeas, rinsed and drained
- **½ small** red onion, peeled and thinly sliced
- **½** cucumber, thinly sliced
- **½ cup** roasted red peppers, diced
- **½ cup** crumbled feta cheese
- Lean protein of choice, optional (we used shrimp)

### Greek Vinaigrette Ingredients:

- **3 tablespoons** olive oil
- **1 tablespoon** red wine vinegar
- **1 teaspoon** Dijon mustard
- **1 teaspoon** dried oregano
- **¼ teaspoon** salt
- **¼ teaspoon** black pepper
- **1 small clove** garlic, minced

## Preparation:

1. For the vinaigrette: whisk all ingredients together in a bowl (or shake in a mason jar) until combined. Use immediately or refrigerate in a sealed container for up to 3 days.
2. For the salad: combine all ingredients in a large salad bowl. Drizzle with the vinaigrette and toss until evenly combined.
3. Top with your choice of protein, if using. Serve immediately.

**Nutrition Tip:** Remember to rinse and drain your chickpeas to reduce the sodium. Add a protein to the salad such as grilled chicken, shrimp (pictured), or salmon for a balanced, filling meal! If you are unable to make the salad dressing, try a pre-made low-sodium salad dressing such as Garlic Expressions instead.

### Nutrition Information:

**Serving Size:** ¼ salad

**Calories:** 260, **Fat:** 17g, **Protein:** 10g, **Carbohydrates:** 26g, **Fiber:** 7g, **Sodium:** 380mg

**Adapted from:** <https://www.gimmesomeoven.com/everyday-mediterranean-salad/>

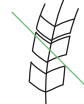
# Southwest Salad



**Prep Time:** 15 minutes

**Cook Time:** 5 minutes

**Makes:** 4 servings



## Ingredients:

### Salad Ingredients:

- **5 ounces** mixed spring greens (or other salad green of choice)
- **1 ripe** avocado, peeled, pitted and sliced
- **½ small** red onion, peeled, thinly sliced
- **1 cup** cherry tomatoes, halved
- **2/3 cup** cilantro, roughly chopped
- **1/3 cup** pepitas (see note)
- **½ cup** queso fresco or cotija cheese, crumbled
- **8 ounces** shrimp, blackened (see Nutrition Tip for other protein ideas)

### Cumin-Lime Dressing Ingredients

- **3 tablespoons** avocado oil or olive oil
- **1 tablespoon** fresh lime juice
- **½ teaspoon** fine sea salt
- **½ teaspoon** ground cumin
- **¼ teaspoon** freshly cracked black pepper
- **1 small clove** garlic, minced

### Shrimp Ingredients

- **8 ounces** uncooked shrimp, peeled and deveined
- **1 tablespoon** olive oil
- **1 teaspoon** blackened seasoning (can also use Cajun or Creole seasoning)

**Nutrition Tip:** This is an easy and versatile salad that makes a great side dish or main entrée. Other protein options that pair well are chicken, salmon, steak, or tofu. Short on time? Here are two great store-bought salad dressing options: Kraft Zesty Lime vinaigrette or Food Network Kitchen MexicanStyle Cilantro Lime vinaigrette. You can leave off the protein and serve as a side salad.

*Note: Pepitas and pumpkin seeds are often used interchangeably but they are two different things. Pepitas are harvested from special hull-less varieties of pumpkin, whereas other pumpkin seeds will be more fibrous and less tender. You can typically find pepitas in the bulk dried goods section of the grocery store. If you cannot find them, substitute with your favorite nut for crunch.*

### Nutrition Information:

**Serving Size:** ¼ salad and 2 ounces of shrimp

**Calories:** 353, **Fat:** 28g, **Protein:** 18g, **Carbohydrates:** 18g,

**Fiber:** 6g, **Sodium:** 641mg

**Adapted from:** <http://www.gimmesomeoven.com/everyday-mexican-salad/>

## Preparation:

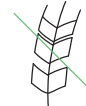
1. Preheat the broiler on your oven.
2. To make dressing: whisk together all the ingredients in a bowl or shake together in a mason jar until combined. Use immediately or refrigerate in a sealed container for up to 3 days.
3. To make shrimp: Place shrimp in a bowl, and pat dry with paper towel. Add oil and toss until shrimp are evenly coated. Transfer the shrimp to a baking sheet and arrange in a single layer. Sprinkle evenly with blackened seasoning. Broil for 2 minutes or until the shrimp are bright reddish-pink and opaque. Remove from oven and transfer to a dish.
4. To make salad: combine all ingredients except the shrimp in a large salad bowl.
5. Drizzle with the salad dressing and toss until evenly combined.
6. Top with shrimp and serve immediately.

# Curry Chicken Salad



**Prep Time:** 10 minutes

**Makes:** 4 servings



## Ingredients:

### Salad Ingredients

- **1 pound** boneless skinless chicken breasts, cooked and cut into cubes (see tip)
- **2 teaspoons** carrots, shredded
- **2 tablespoons** celery, thinly sliced
- **½ cup** roasted cashews
- **¼ cup** fresh cilantro, chopped (if desired)
- **¼ cup** raisins

### Dressing Ingredients

- **½ cup** light mayonnaise
- **¼ cup** Greek yogurt
- Juice of ½ lemon
- **2 teaspoons** curry powder
- **½ teaspoon** honey
- Kosher salt to taste
- Freshly ground black pepper to taste

## Preparation:

1. Combine salad ingredients in a large bowl.
2. In a small bowl, whisk together mayonnaise, yogurt, lemon juice, curry powder and honey.
3. Season with salt and pepper.
4. Pour over salad ingredients and toss until combined.

**Nutrition Tip:** Chicken salad is a quick and satisfying go-to lunch option. We like to use rotisserie chicken for easy prep—this recipe will only take a few minutes on a weekend to have for the week. Stirring in some curry powder, cashews and cilantro is a spicier take on traditional chicken salad flavors. Pair with a green salad for a low carb lunch, or whole grain bread or wrap for a sandwich!

### Nutrition Information:

**Serving Size:** ¼ of recipe (about ¾ cup)

**Calories:** 245, **Fat:** 8g, **Protein:** 29g, **Carbohydrates:** 12g, **Fiber:** 0g, **Sodium:** 246mg

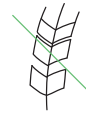
**Adapted from:** <https://www.delish.com/cooking/recipe-ideas/recipes/a1571/curried-chicken-salad-recipe-8620/>

# Watermelon Feta Salad



**Prep Time:** 15 minutes

**Makes:** 6 servings



## Ingredients:

- **2 tablespoons** extra virgin olive oil
- **2 tablespoons** balsamic glaze or reduction (see note)
- **4 cups** watermelon, cubed
- **1 cup** cucumber, chopped
- **1 cup** crumbled reduced-fat feta cheese
- **½ cup** red onion, thinly sliced
- **¼ cup** coarsely chopped fresh mint (save a small amount for garnish)
- **¼ cup** coarsely chopped fresh basil (save a small amount for garnish)
- Coarse sea salt for garnish (if desired)

## Preparation:

1. In a small bowl, whisk together the olive oil and balsamic glaze.
2. In a large bowl, combine watermelon, cucumber, feta, red onion, mint, and basil. Pour dressing over top and toss to combine.
3. Garnish with extra mint, basil, or sea salt as desired.

**Nutrition Tip:** This sweet-savory salad is always a crowd pleaser. To save some time, use precut watermelon from the produce section. This fresh salad can be made ahead of time (undressed) and saved in the refrigerator overnight. Add some protein (such as the Slow Cooker Chicken Gyros on pg. 38) to create a balanced meal.

*Note: You can buy bottled balsamic glaze in most grocery stores. You can find it next to the balsamic vinegar. It is great to have around for drizzling on salads, roasted vegetables, meats and even vanilla ice-cream with strawberries!*

### Nutrition Information:

**Serving Size:** 1/6 of total salad (approximately 3/4 to 1 cup)

**Calories:** 128, **Fat:** 7g, **Protein:** 4g, **Carbohydrates:** 13g, **Fiber:** 1g, **Sodium:** 231mg

**Adapted from:** <https://www.delish.com/cooking/recipe-ideas/recipes/a5739/watermelon-salad-feta-mint-recipe/>

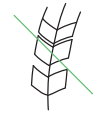
# Warm Kale Salad



**Prep Time:** 10 minutes

**Cook Time:** 20 minutes

**Makes:** 4 servings



## Ingredients:

- **1 pound** butternut squash, cut into bite-sized pieces (see note)
- **3 ½ tablespoons** olive oil, divided
- **1/3 cup** yellow onion, chopped
- **3 cloves** garlic, minced
- **3 teaspoons** maple syrup
- **¼ teaspoon** salt
- **2 tablespoons** balsamic vinegar
- **8 cups** chopped kale, about 1 large package
- **¼ cup** pine nuts
- **3 ounces** goat cheese, crumbled

## Preparation:

1. Preheat oven to 400 degrees Fahrenheit. Place butternut squash on a baking sheet and toss with ½ tablespoon olive oil and salt and pepper to taste. Roast for 15-20 minutes (or until fork tender), tossing halfway through. Remove and set aside. (See Note)
2. While the squash roasts, make the dressing. Heat the remaining 3 tablespoons of olive oil in a small pan. Once hot, add the onion and sauté for 5 minutes until soft and translucent. Add the garlic, maple syrup and salt and cook for 2 more minutes.
3. Transfer the onion mixture to a blender or food processor and add the balsamic vinegar. Blend until smooth.
4. To prepare the salad, add the kale to a large bowl and pour the warm dressing over top. Massage the dressing into the kale so it's coated in dressing, dark, and soft.
5. Toss in the butternut squash, pine nuts and goat cheese. Divide among 4 bowls and serve.

**Nutrition Tip:** : DO NOT let the salad dressing prep in this recipe prevent you from making it! It doesn't take long, and the recipe is not the same without it. It's so good that you'll end up making it in bulk for other salads too. Furthermore, this recipe doesn't have to be made all at once. Simply roast the squash and make the salad dressing before-hand, then when it comes time to eat, microwave both until warm and continue with the recipe. We suggest pairing this salad with roasted salmon for a complete meal.

*Note:* To save time, look for pre-chopped butternut squash in the produce section of most grocery stores. Frozen butternut squash cubes are also available in some stores. If roasting from frozen, place frozen pieces in the oven for 5 minutes and let the extra water or ice bits steam off before you toss them in the oil. Then roast until slightly golden and soft.

### Nutrition Information:

**Serving Size:** ¼ of recipe

**Calories:** 281, **Fat:** 20g, **Protein:** 8g, **Carbohydrates:** 17g,

**Fiber:** 7g, **Sodium:** 283mg

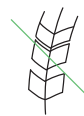
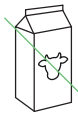
**Adapted from:** <https://foodwithfeeling.com/warm-kale-salad/>

# Easy Bean Salad



**Prep Time:** 130 minutes

**Makes:** 4 servings



## Ingredients:

### Salad Ingredients

- **1, 14.5 ounce can** bean medley (about 2 cups)
- **1 medium** red or orange pepper, diced
- **½** red onion, diced
- **1/3 cup** green olives, cut in half
- **¾ cup** corn, cooked

### Vinaigrette Ingredients

- **6 tablespoons** extra virgin olive oil
- **2 tablespoons** lemon juice
- **1 tablespoon** Dijon mustard
- **1 teaspoon** garlic, minced
- **¼ teaspoon** salt
- **¼ teaspoon** black pepper

## Preparation:

For the Vinaigrette:

1. Pour the lemon juice, olive oil, and mustard in a salad dressing bottle or mason jar.
2. Add garlic, salt, and black pepper.
3. Shake to combine all ingredients.

For the Salad:

1. In a medium bowl, combine the beans, red pepper, red onion, green olives and corn.
2. Pour the salad dressing and toss everything together very well until dressing is spread evenly throughout salad.
3. Refrigerate for 2 hours before serving. Serve chilled.

**Nutrition Tip:** Decrease the sodium per serving by draining and rinsing your beans. To make it a complete meal, add feta cheese and pair the salad with some grilled chicken or fish.

### Nutrition Information:

**Serving Size:** ¼ of recipe

**Calories:** 370, **Fat:** 24g, **Protein:** 9g, **Carbohydrates:** 37g,

**Fiber:** 7g, **Sodium:** 460mg

**Adapted from:** <https://www.primaverakitchen.com/quick-easy-bean-salad/>

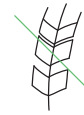
# Cheeseburger Salad



**Prep Time:** 10 minutes

**Cook Time:** 10 minutes

**Makes:** 4 servings



## Ingredients:

### Salad Ingredients

- **1 pound** 93% lean ground beef
- Salt and pepper to taste
- **½ small** red onion, sliced into rings
- **4 cups** romaine lettuce, chopped
- **4** dill pickle spears, chopped
- **1 medium** avocado, cubed
- **1 cup** cherry tomatoes, halved
- **¼ cup** reduced-fat shredded cheddar cheese

### Dressing Ingredients

- **¼ cup** light mayonnaise
- **1 teaspoon** mustard
- **1 teaspoon** dill pickle juice
- **4 teaspoons** ketchup
- **¼ teaspoon** onion powder
- **¼ teaspoon** garlic powder
- **¼ teaspoon** paprika

## Preparation:

1. In a large bowl, combine beef and salt and pepper to taste. With wet hands, gently form into 4 equal patties. Set aside.
2. In another large bowl, whisk together dressing ingredients. Set aside.
3. Cook hamburger patties on a grill to medium doneness, around 4-5 minutes per side. While the burgers cook, add the onion rings to the grill. Cook onions for 4-5 minutes, flipping halfway through. Allow patties to rest 5-10 minutes then cut each patty into bite-size pieces.
4. Pour dressing into a large bowl. Add the lettuce, pickles, avocado, and tomato to the bowl and toss in the dressing. Divide the salad among 4 plates, top each with grilled onions, 1 tablespoon of cheese, and 1 chopped patty.

### Nutrition Information:

**Serving Size:** 1 salad

**Calories:** 331, **Fat:** 18g, **Protein:** 28g, **Carbohydrates:** 15g,

**Fiber:** 5g, **Sodium:** 543mg

**Adapted from:** <https://www.skinnytaste.com/cheeseburger-salad/>

**Nutrition Tip:** You think a salad won't satisfy your burger craving? Think again! The dressing for this salad brings it together and each bite tastes, truly, like a cheeseburger! Using extra-lean beef and just a sprinkle of cheese slashes the calories and fat in comparison to a typical burger. We've even topped it with a few oven-baked sweet potato fries for a complete "burger and fries" experience



# Weeknight Meals

# One-Pot Pasta with Chicken and Spinach



**Prep Time:** 10 minutes

**Cook Time:** 25 minutes

**Makes:** 6 servings



## Ingredients:

- **4 teaspoons** olive oil, divided
- **2** boneless, skinless chicken breasts cut into  $\frac{3}{4}$ -inch pieces
- **1** bell pepper (red, yellow or orange), diced
- **1 medium** yellow onion, chopped
- **4 cloves** garlic, minced
- $\frac{3}{4}$  **teaspoon** dried oregano
- **1, 14.5-ounce can** no-salt-added diced tomatoes
- **1  $\frac{1}{2}$  cups** low-sodium chicken stock (see note)
- **2 tablespoons** balsamic vinegar
- **8 ounces** whole wheat penne pasta
- **3 cups** packed spinach leaves, coarsely chopped
- **$\frac{1}{4}$  cup** crumbled feta cheese
- Salt and pepper to taste

## Preparation:

1. Heat 2 teaspoons olive oil in a large, nonstick pan over medium-high heat. Add chicken and cook about 4 to 5 minutes, stirring occasionally, until cooked through. Transfer chicken to a bowl.
2. Reduce the heat to medium and add 1 teaspoon olive oil to the pan. Add the bell pepper and cook for 1 minute. Transfer the peppers to the bowl with the chicken and set aside.
3. Add the remaining 1 teaspoon olive oil to the pan. Add the onion and sauté until tender, about 4 minutes. Add garlic and oregano and cook for 30 seconds.
4. Pour in the diced tomatoes and their liquid, chicken stock, and balsamic vinegar. Bring to a boil and stir in the pasta.
5. Cover and reduce heat to simmer until the pasta is al dente (this will take longer than the pasta package cooking instructions, approximately 15-20 minutes).
6. Uncover and stir in the chicken, bell pepper, and spinach. Remove from the heat and allow the spinach to wilt. Sprinkle with feta cheese and herbs, if desired.

### Nutrition Information:

**Serving Size:**  $\frac{1}{6}$  of recipe

**Calories:** 294, **Fat:** 6g, **Protein:** 25g, **Carbohydrates:** 38g,

**Fiber:** 6g, **Sodium:** 335mg

**Adapted from:** <https://www.cookincanuck.com/one-pot-whole-wheat-pasta-recipe-chicken-spinach/>

**Nutrition Tip:** Hate dirtying two pots for a pasta dish - one for cooking the pasta and one for sauce or toppings? Try this quick one-pot solution for busy weeknights. This dish balances health and pleasure by loading up on sweet, fresh veggies, adding protein for that “fullness factor” and a wonderful chewiness from fiberrich, whole wheat pasta. If your family has shunned whole wheat pasta in the past, try this recipe – it just may become part of your weekly rotation!

*Note: Start with 1  $\frac{1}{2}$  cups chicken stock. If the pasta has not cooked through by the time the stock has absorbed, then add more stock,  $\frac{1}{4}$  cup at a time. Add more as necessary until pasta is cooked.*

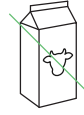
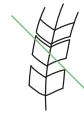
# Sheet Pan Salmon with Rainbow Vegetables



**Prep Time:** 5 minutes

**Cook Time:** 25 minutes

**Makes:** 2 servings



## Ingredients:

- **1 pint** cherry tomatoes
- **1** yellow bell pepper, sliced
- **2 cups** broccoli, cut into florets
- **½** red onion, sliced
- **2, 5 ounce** salmon filets
- **2 tablespoons** extra virgin olive oil
- **1 ½ teaspoons** coconut aminos (alternatively, use reduced-sodium soy sauce) \*see note
- **½** navel orange, zested and juiced
- Salt and pepper, to taste

## Preparation:

1. Preheat the oven to 375 degrees Fahrenheit. Line a sheet pan with parchment paper.
2. Place the salmon filets, skin side down if applicable, on sheet pan and spread the vegetables in a single layer around them. Drizzle everything with the olive oil. Stir vegetables with the drizzled olive oil.
3. In a small bowl, stir together the coconut aminos with the orange zest and juice. Drizzle this mixture over the salmon and vegetables.
4. Season everything lightly with salt and pepper, then bake for 25 minutes or until the salmon is cooked through and the vegetables are tender.

**Nutrition Tip:** : This recipe is easy, delicious and colorful—add it to your weeknight rotation. Change up the vegetables or protein each time you make this recipe. Refer to our batch cooking resource on pg. 52 for vegetable roasting tips.

*Note: Coconut aminos are a salty/sweet condiment with a buttery finish and add savory flavor to dishes. It is made from coconut blossom nectar from the coconut palm, which is then fermented and blended with sea salt. It has 73% less sodium than soy sauce, and is gluten and soy free, so it's a great option for those with allergies or food sensitivities.*

## Nutrition Information:

**Serving Size:** 5 ounces salmon and ½ vegetables

**Calories:** 472, **Fat:** 29g, **Protein:** 31g, **Carbohydrates:** 22.5g, **Fiber:** 5.6g, **Sodium:** 440mg

**Adapted from:** <https://www.foodconfidence.com/2018/04/04/sheet-pan-salmon-with-rainbowveggies/>

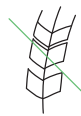
# Sheet Pan Honey Mustard Chicken



**Prep Time:** 15 minutes

**Cook Time:** 30 minutes

**Makes:** 4 servings



## Ingredients:

- **¼ cup** Dijon mustard
- **2 tablespoons** honey
- **1 small** shallot or ¼ cup onion, finely minced
- **1 tablespoon** fresh thyme, minced (or ½ teaspoon dried)
- **1 pound** small red potatoes, cut into 1-inch pieces
- **4, 6-ounce** boneless, skinless chicken thighs (see note)
- **1, 12-ounce bag** broccoli florets (or 2 crowns of broccoli cut into florets)
- Salt and pepper to taste
- Nonstick cooking spray

## Preparation:

1. Preheat oven to 400 degrees Fahrenheit.
2. Cover a large sheet pan with aluminum foil. Spray covered pan with nonstick cooking spray.
3. Combine mustard, honey, shallot and thyme in a small bowl to form a paste. Set aside.
4. Add potatoes to the pan. Nestle the chicken thighs between the potatoes. Spread mustard paste over the chicken thighs.
5. Add the broccoli florets where space allows.
6. Sprinkle with salt and pepper to taste (optional).
7. Bake for 30 minutes or until potatoes are tender and chicken registers at 165 degrees Fahrenheit. At the end of baking, lightly toss the mixture to distribute the honey mustard sauce.

**Nutrition Tip:** : This is an easy, one-pan recipe – perfect for busy weeknights. With just a few minutes prep, you can allow your oven to do the rest. That means less time cooking and more time doing laundry, packing lunches, helping kids with bath or homework, or simply... relaxing! Instead of broccoli and red potatoes, try experimenting with vegetables you have on hand. For example, carrots, cauliflower, or brussels sprouts instead of broccoli and sweet potatoes, parsnips, butternut or acorn squash instead of red potatoes.

*Note: This recipe can also be made with six 4-ounce chicken thighs. However, nutrition content is analyzed for 4 servings.*

### Nutrition Information:

**Serving Size:** ¼ of recipe

**Calories:** 386, **Fat:** 7g, **Protein:** 37g, **Carbohydrates:** 36g, **Fiber:** 4g, **Sodium:** 435mg

**Adapted from:** <https://www.relish.com/recipes/88133/honey-mustard-chicken-with-roasted-new-potatoes>

# Easy Weeknight Pizza



**Prep Time:** 10 minutes

**Cook Time:** 15-20 minutes

**Makes:** 6 servings



**Nutrition Tip:** Homemade pizza can be an easy and affordable weeknight meal the whole family will enjoy. Balls of dough can be frozen for up to 3 months. Stock up on these and then defrost in the refrigerator the day before use. With some practice, the rolling becomes quick and easy, and you can wipe down the counters while the pizza is baking. Alternatively, use a pre-made crust such as Boboli or Mama Mary's, or whole wheat English muffin or naan for a personal pizza. The topping variations are endless; batch cook roasted vegetables for meal prep, then use what you have on hand (see pg. 52). Or, stop at the grocery store salad bar to pick up some diced veggies on the day of. Some ideas include:

- Buffalo chicken pizza with a buffalo wing sauce base, shredded chicken, and a drizzle of reduced-fat ranch
- Barbecue chicken with a barbecue sauce base, red onion, and shredded cheddar cheese
- Caprese pizza with sliced tomatoes, basil, and mozzarella cheese
- Roasted vegetables with feta or goat cheese
- Classic cheese and/or turkey pepperoni

## Ingredients:

### Dough Ingredients

- **1 ball** store-bought whole-wheat pizza dough (often found in the deli section) OR **1 12" to 14"** pre-made pizza dough, such as Mama Mary's or Boboli OR Make a personal pizza on a whole wheat English muffin or naan

### Toppings Ingredients

- **½ cup** pizza sauce or base, such as: Don Pepino's pizza sauce, Ragu Homemade Style, store brand pizza sauce with no added sugar
- Canned, diced tomatoes as desired (try the Italian style for more flavor)
- **1 1/2 cups** reduced-fat cheese of choice
- **1 cup** sliced or diced vegetables of choice
- **4 to 5 ounces** cooked chicken (about 1 cup) Alternatively, consider turkey pepperoni or pre-cooked chicken sausage (we like Al Fresco brand)

## Preparation:

1. If using a fresh ball of dough, allow it to come to room temperature for 1 to 2 hours before rolling. This will make spreading the dough much easier.
2. Preheat the oven to 425 degrees Fahrenheit. If you are using a pizza stone, allow it to preheat in the oven during this time.
3. Roll out your dough, if needed. Use a floured surface and a rolling pin to flatten pizza dough into a circle (or square, depending on preference). Place dough on a greased baking sheet or, if using a pizza stone, place it on a pizza paddle with some cornmeal to prevent sticking.
4. If using a pre-made dough, place on a baking sheet. Alternatively, most pre-made doughs can be placed on the oven rack directly.
5. Spread pizza sauce evenly on pizza dough, then add desired toppings.
6. Bake pizza for 6-8 minutes (or according to package directions). Rotate halfway and cook an additional 6-8 minutes, or until crust is golden brown and cheese is bubbling.

### Nutrition Information:

**Serving Size:** ¼ of recipe

**Calories:** 386, **Fat:** 7g, **Protein:** 37g, **Carbohydrates:** 36g, **Fiber:** 4g, **Sodium:** 435mg

**Adapted from:** <https://www.relish.com/recipes/88133/honey-mustard-chicken-with-roasted-new-potatoes>

# California Caprese Bowl



**Prep Time:** 20 minutes

**Cook Time:** 15 minutes

**Makes:** 1 serving



## Ingredients:

- **½ cup** farro, cooked according to package instructions (can also use brown rice)
- **1 cup** baby arugula (or mixed green of your choice)
- **3 tablespoons** avocado, peeled and chopped
- **1 medium** tomato, cut into wedges
- **1 ounce** fresh mozzarella cheese, torn into small pieces
- **2 tablespoons** fresh basil, roughly chopped
- **¼ teaspoon** freshly ground black pepper
- **1 slice** center-cut bacon, cooked and crumbled

### Balsamic-Dijon Sauce Ingredients

- **1 ½ teaspoons** olive oil
- **1 teaspoon** balsamic vinegar
- **¼ teaspoon** Dijon mustard
- **⅛ teaspoon** kosher salt

## Preparation:

1. Place cooked farro in a bowl. Top with arugula, avocado, tomatoes and mozzarella cheese.
2. Sprinkle with basil, pepper and bacon.
3. In a small bowl combine olive oil, vinegar, mustard and salt, stirring well with a whisk.
4. Drizzle the sauce over the bowl.

### Nutrition Information:

**Serving Size:** 1 bowl

**Calories:** 340, **Fat:** 19.2g, **Protein:** 12g, **Carbohydrates:** 30g, **Fiber:** 6g, **Sodium:** 463mg

**Adapted from:** <https://www.myrecipes.com/recipe/california-caprese-bowl>

**Nutrition Tip:** : Grain bowls are a delicious way to get variety in your meals. They also lend well to batch cooking. Topping your favorite grain with roasted vegetables, a protein and a sauce is a quick go-to for lunch or dinner! For more batch cooking ideas, see pg. 52. For more grain bowl ideas, see pg. 53.

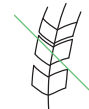
# Chicken and Broccoli Skillet



**Prep Time:** 10 minutes

**Cook Time:** 10 minutes

**Makes:** 3 servings



## Ingredients:

- **1 tablespoon** olive oil
- **½ pound** boneless skinless chicken breast, thinly sliced
- **2 cloves** garlic, chopped
- **1 bag** Birds Eye® Steamfresh Broccoli Florets, cooked according to package directions
- **1 bag** Birds Eye® Veggie Made Penne with Olive Oil, cooked according to package directions
- **2 tablespoons** shredded parmesan cheese

## Preparation:

1. Heat oil over medium-high heat in a nonstick skillet. Add chicken and cook, stirring occasionally, 5 minutes or until browned and almost done.
2. Add garlic and cook 30 seconds.
3. Stir in broccoli and vegetable pasta and toss to combine. Cook 1 minute, stirring occasionally, until heated through.
4. Sprinkle with shredded parmesan cheese.

**Nutrition Tip:** Talk about a quick meal! Frozen pasta made from vegetables makes for fast and easy lower carb meals. We like the Birds Eye® Veggie Made pastas. Look for those that are tossed in olive oil, they usually have less sodium than those in marinara or cheese sauces. Try substituting frozen vegetable pastas in your other pasta dishes, they mimic the taste and consistency of regular pasta quite well.

### Nutrition Information:

**Serving Size:** ⅓ of recipe (2.5 cups of mixture)

**Calories:** 324, **Fat:** 10g, **Protein:** 28g, **Carbohydrates:** 27g, **Fiber:** 4g, **Sodium:** 239mg

**Adapted from:** <https://www.birdseye.com/recipe/quick-chicken-broccoli-pasta-skillet/>

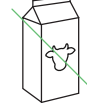
# Easy Weeknight Shrimp Stir-Fry



**Prep Time:** 20-25 minutes

**Cook Time:** 25 minutes

**Makes:** 4 servings



**Nutrition Tip:** This recipe has all the flavors of takeout without the sodium, sugar, and calories that come with typical Asian take out cuisine. To speed things up, purchase pre-chopped produce such as bags of broccoli florets, bell peppers, and jarred minced garlic and ginger. Consider using pre-cooked brown rice as well. To save money and prevent waste, use vegetables that you already have on hand such as cabbage, zucchini and squash, okra, eggplant, carrots, asparagus and mushrooms. In addition, experiment with different protein options such as chicken, steak, or pork.

For a vegetarian option try edamame or extra-firm tofu (add the tofu in at step five instead of step four as it doesn't take long to cook). Reduce the carbs by using cauliflower rice or zucchini noodles instead of brown rice. And lastly, for a hint of spice, try adding dried red pepper flakes during the cooking process or topping the dish with Sriracha sauce before serving.

## Ingredients:

- **1 cup** dry brown rice
- **2 cloves** garlic, minced (about 1 teaspoon)
- **2 teaspoons** fresh ginger, minced
- **1 pound (16 ounces)** raw, peeled, and deveined shrimp
- **1 cup** low-sodium chicken broth, divided
- **3 tablespoons** low-sodium soy sauce
- **2 teaspoons** sugar
- **3 cups** raw broccoli
- **1 1/2 cups** raw bell peppers
- **1 cup** snow peas
- **2 teaspoons** corn starch
- **2 teaspoons** sesame seeds (optional)
- Nonstick cooking spray

## Preparation:

1. Cook brown rice according to package instructions.
2. While the rice is cooking, prepare the vegetables. Wash and dry all produce. Chop broccoli, bell peppers, and snow peas into bite sized (about 1-inch) pieces. If using whole garlic and ginger, peel and chop. Note: Choose red, orange, or yellow bell peppers instead of green to add color to your dish.
3. Spray a large skillet with nonstick cooking spray and heat over medium-high heat.
4. Add the garlic, ginger, and shrimp to the skillet and sauté for 3 to 4 minutes, until the shrimp are fully pink.
5. Stir in  $\frac{3}{4}$  cup of the chicken broth, the soy sauce, and the sugar. Cover and let simmer for 5 minutes, stirring twice. Note: Choose gluten-free soy sauce (Tamari) if desired.
6. Stir in the vegetables and cover for another 5 minutes, stirring occasionally, until the vegetables are crisp-tender.
7. In a separate bowl, mix the corn starch with the remaining  $\frac{1}{4}$  cup chicken broth, then stir into the stirfry mixture.
8. Serve  $\frac{1}{4}$  of the stir-fry mixture over  $\frac{1}{2}$  cup of cooked rice and garnish with sesame seeds if desired.

### Nutrition Information:

**Serving Size:**  $\frac{1}{2}$  cup cooked rice,  $\frac{1}{4}$  shrimp and vegetables

**Calories:** 337, **Fat:** 4g, **Protein:** 29g, **Carbohydrates:** 50g, **Fiber:** 6g, **Sodium:** 515mg

**Adapted from:** <https://hip2save.com/recipes/week-night-chicken-stir-fry-recipe/>

# Chicken Spinach Tortellini Soup



**Prep Time:** 15 minutes

**Cook Time:** 20 minutes

**Makes:** 6 servings



## Ingredients:

- **1 tablespoon** olive oil
- **½ cup** chopped onion
- **½ cup** sliced celery (about 1-2 stalks)
- **2 cups** water
- **4 cups** reduced-sodium chicken broth
- **9 ounces** fresh or frozen 100% whole wheat cheese tortellini (we used Buitoni)
- **1, 14.5-ounce can** no-salt-added diced tomatoes
- **10 ounces** frozen chopped spinach, thawed and squeezed in paper towels or a kitchen towel (to remove extra water)
- **2 cups** cooked, shredded chicken
- **1** egg
- **¼ cup** grated parmesan cheese
- Salt and pepper to taste

## Preparation:

1. Heat the oil in a large pot over medium heat. Add the onion and celery and sauté 3 minutes or until tender.
2. Add 2 cups water and 4 cups broth and bring to a boil.
3. Add the tortellini and cook halfway (about 5 minutes for frozen pasta, about 1-2 minutes for fresh).
4. Add the tomatoes and their liquid, reduce heat to a simmer and cook for 2 minutes.
5. Stir in spinach and chicken and heat through, about 1-2 minutes.
6. Meanwhile, whisk together the egg and parmesan cheese. Drizzle the mixture into the soup and stir until combined. Cook for 3 more minutes.
7. Remove from heat and serve with a side of crusty bread and a side salad.

**Nutrition Tip:** No doubt, this will become your “quick and easy,” go-to soup. It’s difficult to mess up this recipe. We’ve tried doubling the spinach, using Ro-Tel instead of canned tomatoes (for a kick of spice), and adding carrots. No matter what we do, it never disappoints. Use rotisserie chicken for convenience and look for fresh whole wheat cheese tortellini in the dairy or produce section of most grocery stores.

### Nutrition Information:

**Serving Size:** ½ soup

**Calories:** 288, **Fat:** 10g, **Protein:** 21g, **Carbohydrates:** 26g, **Fiber:** 5g, **Sodium:** 680mg

# Black Bean Avocado Quesadillas



**Prep Time:** 5 minutes

**Cook Time:** 15 minutes

**Makes:** 4 servings



## Ingredients:

- **½ medium** onion, thinly sliced
- **½ bell pepper**, thinly sliced
- **1 tablespoon** olive oil
- **½ cup** no-salt-added black beans, drained
- **1 tablespoon** taco seasoning
- **2 avocados**, halved and pitted, with flesh scooped out
- **¼ cup** minced cilantro
- **½ lime**
- **4 medium** whole wheat tortillas
- **1 cup** reduced-fat shredded Mexican style cheese
- Nonstick cooking spray

## Preparation:

1. In a medium-sized pan over medium-high heat, sauté onion and bell pepper in 1 tablespoon oil for 2-3 minutes or until tender. Add the black beans and taco seasoning. Cook for another minute. Transfer mixture into a small bowl and set aside.
2. Rinse and wipe down pan and return to heat. Coat pan lightly with nonstick cooking spray.
3. In a small bowl, lightly mash the avocados with a fork. Stir in cilantro and juice of ½ lime. Spread a quarter of mashed avocado onto half of a tortilla. Top with bean mixture and ¼ cup of cheese. Fold the tortilla closed over the veggies. Repeat until all tortillas are filled and all filling is used.
4. Cook on medium heat for 2-3 minutes per side or until the outside is crispy and cheese has melted. Enjoy!

**Nutrition Tip:** Yes, these vegetarian quesadillas lack meat, but not flavor! Fresh ingredients like cilantro and lime juice add zest, while the cheese and avocado add a luxurious creaminess. If you don't have peppers on hand, try cabbage, zucchini, yellow squash, mushrooms, spinach or kale instead. Try doubling the bean and veggie filling mixture and use the leftovers next day as a topping on a salad. Use low-carb whole grain tortillas for a lower carbohydrate meal.

### Nutrition Information:

**Serving Size:** 1 quesadilla

**Calories:** 435, **Fat:** 25g, **Protein:** 15g, **Carbohydrates:** 41g,  
**Fiber:** 12g, **Sodium:** 600mg

**Adapted from:** <https://gimmedelicious.com/2017/01/03/avocado-veggie-quesadillas/>



# Slow Cooker

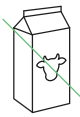
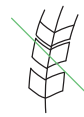
# Slow Cooker Lemon Chicken with Baby Spinach



**Prep Time:** 10 minutes

**Cook Time:** 6-8 hours (on low)

**Makes:** 6 servings



## Ingredients:

- **2 pounds** boneless, skinless chicken breasts
- **5 ounces** baby spinach
- **6 to 7 cloves** garlic, minced
- **¼ cup** olive oil
- **2** lemons, juiced
- **1 tablespoon** dried parsley
- **1 tablespoon** dried basil
- Salt and pepper to taste

## Preparation:

To Freeze and Cook Later:

1. Label a gallon-sized plastic freezer bag with recipe name and date. Place all the ingredients into the freezer bag.
2. Remove as much air as possible, seal, lay flat and freeze for up to 3 months.

Preparation:

1. Thaw freezer bag overnight (possibly 1 full day depending on thickness of chicken) or under running cold water in the morning.
2. Add contents of bag to slow cooker.
3. Cook on LOW setting for 6 hours.
4. Slice or shred the chicken and mix back into the slow cooker.
5. Serve over zucchini noodles or roasted vegetables.

**Nutrition Tip:** A versatile recipe to double or triple for making multiple meals to save in the freezer. This recipe provides a wonderful protein that can be repurposed for other meals (see Theme Nights on pg. 48 or How to Build a Grain Bowl on pg. 53) for other meal ideas.

### Nutrition Information:

**Serving Size:** ⅓ of recipe

**Calories:** 243, **Fat:** 12.6g, **Protein:** 29.3g,

**Carbohydrates:** 2.7g, **Fiber:** .8g, **Sodium:** 505mg

**Adapted from:** <https://www.NewLeafWellness.biz>

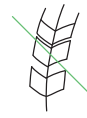
# Slow Cooker Chicken Taco Chili



**Prep Time:** 15 minutes

**Cook Time:** 8-10 hours (on low)

**Makes:** 10 servings



## Ingredients:

- **1 small** onion, chopped
- **1, 15.5 ounce can** reduced-sodium black beans, drained and rinsed
- **1, 15.5 ounce can** reduced-sodium kidney beans, drained and rinsed
- **1, 8 ounce can** no-salt-added tomato sauce
- **1, 10 ounce package** frozen corn kernels
- **2, 10 ounce cans** diced tomatoes with green chilies
- **1, 4 ounce can** chopped green chili peppers
- **1 packet** reduced-sodium taco seasoning
- **1 tablespoon** cumin
- **1 tablespoon** chili powder
- **24 ounces (or 1 1/2 lbs)** boneless, skinless chicken breast
- **1/4 cup** chopped fresh cilantro (optional)

## Preparation:

1. Combine onion, beans, tomato sauce, corn, diced tomatoes, green chili peppers, taco seasoning, cumin, and chili powder in a slow cooker and mix well.
2. Nestle the chicken to cover completely with the liquid and cook on LOW for 8-10 hours or 4-6 hours on HIGH.
3. Thirty minutes before serving, remove chicken and shred.
4. Return chicken to slow cooker and stir in.
5. Top with fresh cilantro and your favorite toppings!

**Nutrition Tip:** This recipe makes for easy prep—just dump it in the slow cooker and go! This recipe also freezes well and kids (and adults!) will love it. Top it with sour cream, green onions, a sprinkle of cheese and some chopped avocado. Toss a few crushed tortilla chips for some crunch, or some Sriracha if you like extra spice! We think this pairs well with our Southwest Salad (pg. 15).

### Nutrition Information:

**Serving Size:** 1 cup

**Calories:** 215, **Fat:** 2g, **Protein:** 2g, **Carbohydrates:** 30g, **Fiber:** 7g, **Sodium:** 535mg

**Adapted from:** <https://www.skinnytaste.com/crock-pot-chicken-taco-chili-4-pts/>

# Slow Cooker Beef Stew



**Prep Time:** 15 minutes

**Cook Time:** 8 hours (on low)

**Makes:** 8 servings



## Ingredients:

- **2 pounds** lean stew beef, cut into 1-inch cubes
- $\frac{1}{4}$  cup flour
- **2 tablespoons** olive oil
- **1 pound** baby red potatoes, quartered
- **6 medium** carrots, cut diagonally into  $\frac{1}{2}$ -inch slices
- **1** onion, diced
- **3 cloves** garlic, minced
- **3 cups** beef broth
- $\frac{1}{4}$  **cup** tomato paste
- **2 tablespoons** Worcestershire sauce
- **1 teaspoon** dried thyme
- **1 teaspoon** dried rosemary
- **1 teaspoon** smoked paprika (or regular)
- **2** bay leaves
- **2 tablespoons** corn starch
- **2 tablespoons** water
- **Salt and pepper to taste**

## Preparation:

1. Place beef pieces, flour, and salt and pepper (if using) in a large, gallon-sized zip lock bag. Seal the bag and shake vigorously until beef pieces are coated in flour.
2. Heat olive oil in a large skillet over medium heat.
3. Add beef to the skillet and cook until evenly browned.
4. Place beef and remaining ingredients (leave out corn starch) in the slow cooker and stir to combine. Season with salt and pepper, to taste.
5. Cover and cook on LOW for 7  $\frac{1}{2}$  hours or HIGH for 3  $\frac{1}{2}$  hours.
6. Twenty to thirty minutes before the stew is done, combine corn starch with 2 tablespoons water in a small bowl. Pour the mixture into the slow cooker, stir, and cover. Continue to cook until time is up (this step will slightly thicken the beef stew).
7. Serve immediately with crusty bread or over brown rice or quinoa, if desired.

### Nutrition Information:

**Serving Size:**  $\frac{1}{8}$  of recipe

**Calories:** 272, **Fat:** 10g, **Protein:** 29g, **Carbohydrates:** 23g, **Fiber:** 4g, **Sodium:** 431mg

**Adapted from:** <https://damndelicious.net/2016/10/07/slow-cookerbeef-stew/>

**Nutrition Tip:** This rich and comforting beef stew will be a cold-weather favorite. Simple to prepare on a weekend day, enjoy for lunch or dinnertime leftovers during the week. It freezes easily, so if time allows, make this recipe on a slower week and freeze for up to 6 months. Perfect for those crazybusy, "I don't have time to grocery shop," sort-of weeks.

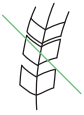
# Slow Cooker Shrimp and Chicken Gumbo



**Prep Time:** 15 minutes

**Cook Time:** 8 hours (on low)

**Makes:** 6 servings



## Ingredients:

- **1 pound** boneless, skinless chicken breast, diced
- **1** red bell pepper, diced
- **1** green bell pepper, diced
- **2** stalks celery, diced
- **1 small** red onion, diced
- **2 cloves** garlic, minced
- **2, 14-ounce cans** diced fire-roasted tomatoes
- **2 cups** low-sodium chicken broth
- **1 tablespoon** dried basil
- **1 tablespoon** dried oregano
- **1 teaspoon** dried thyme
- **1/8 teaspoon** cayenne pepper
- **1 tablespoon** Cajun seasoning
- **1/2 tablespoon** chili powder
- Salt and pepper to taste
- **1/4 cup** cornstarch
- **1/4 cup** cold water
- **3 cups** frozen okra, thawed
- **1/2 pound** raw shrimp, peeled and deveined

## Preparation:

1. Place the chicken and remaining ingredients through the salt and pepper into a large slow cooker. Stir to combine and cook for 3 hours on HIGH or 7 hours on LOW.
2. During the last hour of cooking, combine cornstarch and water in a small bowl. Pour the mixture into the slow cooker and stir (this will thicken gumbo slightly).
3. Place the lid on the slow cooker and turn to high. Cook for 10-20 minutes to thicken.
4. Open the slow cooker and add the okra and shrimp. Cook for an additional 10-20 minutes until shrimp is opaque and cooked through.

**Nutrition Tip:** : This zesty, flavorful stew is perfect to have with crusty bread, or over brown rice or quinoa. Consider serving smaller portions and pair with sandwiches or salads for "Soup and Sandwich" night. We've played around with the recipe and it works best as written. However, if you don't have an hour to spare before eating, combine steps 2, 3 and 4 by adding the corn starch mixture, shrimp and okra all at once. Cover and cook an additional 20-30 minutes or just until the okra is warm and the shrimp is opaque.

### Nutrition Information:

**Serving Size:** 1/6 of recipe

**Calories:** 243, **Fat:** 3g, **Protein:** 35g, **Carbohydrates:** 19g, **Fiber:** 4g, **Sodium:** 361mg

**Adapted from:** <http://withsaltandwit.com/30-minutebig-easy-shrimp-and-chicken-gumbo/>

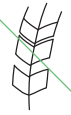
# Slow Cooker Curried Lentil Soup



**Prep Time:** 10 minutes

**Cook Time:** 8 hours (on low)

**Makes:** 8 servings



## Ingredients:

- **4 cloves** garlic, peeled and minced
- **2 large** carrots, peeled and diced
- **1 medium** yellow onion, peeled and diced
- **6 cups** unsalted chicken or vegetable stock or broth
- **1 ½ cups** of green or brown lentils, rinsed and picked over for debris
- **1 tablespoon** Madras curry powder (see note)
- **1 teaspoon** garam masala
- **1 teaspoon** ground cumin
- **2** bay leaves
- **2 cups** roughly chopped baby spinach or kale (discard tough stems)
- **3 tablespoons** lemon juice
- Salt and pepper, to taste

## Preparation:

1. Add garlic, carrots, onions, stock or broth, lentils, curry powder, garam masala, cumin, and bay leaves to slower cooker. Stir to combine.
2. Cook on HIGH for 4-5 hours or on LOW for 6-8 hours, until lentils are tender.
3. Stir in baby spinach or kale and add lemon juice.
4. Taste and season with salt and pepper.
5. Serve warm

**Nutrition Tip:** This warm lentil soup can easily be made vegetarian by using a vegetable stock or broth. If you're new to curried dishes, add the spices little by little at the end of cooking until it satisfies your taste. Even try it for breakfast – top with a scrambled or sunny side up egg! You can freeze this soup for up to a month to have for busy weeknights.

*Note: Madras curry powder can be spicier than regular curry powder, use plain curry powder for less heat.*

### Nutrition Information:

**Serving Size:** About 1 cup

**Calories:** 121, **Fat:** 1g, **Protein:** 9g, **Carbohydrates:** 20g, **Fiber:** 7g, **Sodium:** 212mg

**Adapted from:** <https://www.gimmesomeoven.com/slow-cooker-curried-lentil-soup/>

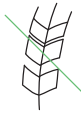
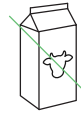
# Slow Cooker Italian Beef



**Prep Time:** 10 minutes

**Cook Time:** 8 hours (on low)

**Makes:** 8 servings



## Ingredients:

- **4 pounds** boneless beef chuck roast
- **1 12-ounce jar** whole pepperoncini peppers, with liquid
- **1 tablespoon** Italian seasoning
- **1 large** onion, diced
- **1 ½ cups** low-sodium beef broth

## Preparation:

### For Freezer:

1. Trim any visible fat from the roast.
2. Place roast, pepperoncini and liquid, Italian seasoning and diced onion into a large freezer bag. Seal with as little air as possible and lay flat. Freeze immediately.

### Preparation:

1. Remove freezer bag and thaw in refrigerator for 24 hours prior to cooking.
2. Place contents of freezer bag into slow cooker and add beef broth.
3. Cook on LOW for 8 hours.
4. Remove roast from the slow cooker and slice thinly. Place sliced roast back into the slow cooker with broth mixture.
5. Using a slotted spoon, serve beef, pepperoncini and onions. Enjoy with half a baked potato and your favorite roasted vegetables.

**Nutrition Tip:** Serve this meat for your next baked potato bar! This meal can be frozen for up to 12 months and thawed over 24 hours. If you are using a thicker cut of roast it may take longer to thaw in the refrigerator, but you can place the bag under running cold water to speed up the thawing process. Repurpose the beef for other meals throughout the week – sandwiches, wraps, over mashed potatoes or with a tossed salad.

### Nutrition Information:

**Serving Size:** ½ of recipe

**Calories:** 315, **Fat:** 12g, **Protein:** 49g, **Carbohydrates:** 3.5g, **Fiber:** .4g, **Sodium:** 311mg

**Adapted from:** <https://www.stockpilingmoms.com/favorite-italian-beef-sandwiches-recipe/>

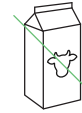
# Slow Cooker Chicken Gyros



**Prep Time:** 5 minutes

**Cook Time:** 8 hours (on low)

**Makes:** 6 servings



## Ingredients:

- **1 pound** boneless, skinless chicken breasts
- **3 cloves** garlic, minced
- **¼ cup** fresh lemon juice
- **1 small** white onion, diced
- **¼ cup** water
- **1 tablespoon** olive oil
- **2 tablespoons** red wine vinegar
- **1 teaspoon** oregano
- **¼ teaspoon** allspice
- **1 teaspoon** lemon pepper
- **4** whole wheat pitas or flatbreads (Stonefire brand Ancient Grain Mini Naan, Joseph's brand Flax, Oat and Whole Wheat Pita Bread, or any of the FlatOut brand wraps or Foldit's)
- Nonstick cooking spray

## Preparation:

1. Spray slow cooker with nonstick cooking spray. Place chicken breast in slow cooker.
2. Mix remaining ingredients through lemon pepper in a bowl and pour over chicken.
3. Cook on HIGH for 3-4 hours or on LOW for 6-8 hours.
4. Shred or dice chicken and serve on top of pita bread or flatbread with toppings such as sliced tomatoes, sliced onions, sliced cucumbers, lettuce, and store-bought tzatziki sauce.

**Nutrition Tip:** This recipe is a Mediterranean spin on the typical slow cooker Mexican-flavored shredded chicken. Try these gyros with a Greek side salad and shed 20 grams of carbohydrates off this recipe by using Joseph's brand Flax, Oat and Whole Wheat Pita Bread. If you are using a large slow cooker (6 QT or more), you will want to go ahead and double the recipe to prevent overcooking of the chicken. Use the leftovers throughout the week (see our "Grain Bowl" tip page on pg. 53 in the back of this cookbook for ideas!) or freeze for another time.

### Nutrition Information:

**Serving Size:** ⅓ of recipe, 1 whole wheat pita, and 2 spoons of tzatziki sauce

**Calories:** 345, **Fat:** 9g, **Protein:** 31g, **Carbohydrates:** 37g, **Fiber:** 3g, **Sodium:** 415mg

**Adapted from:** <https://www.sixsistersstuff.com/recipe/slow-cooker-chicken-gyros/>

# Casseroles



# Barbecue Quinoa Chicken Bake



**Prep Time:** 20 minutes

**Cook Time:** 25 minutes

**Makes:** 6 servings



## Ingredients:

- **1 cup** uncooked quinoa (any color)
- **1 ½ cups** low-sodium chicken broth (or water)
- **1 tablespoon** extra virgin olive oil
- **¾ cup** sweet corn kernels (from 1 ear of corn)
- **½ medium** red onion, finely chopped
- **½ teaspoon** Kosher salt
- Fresh ground pepper
- **1 heaping cup** grape tomatoes, halved
- **3 cloves** garlic, minced
- **2 cups** diced or shredded cooked chicken breast or tenders (for quick prep, use chopped rotisserie chicken)
- **½ cup** barbecue sauce (look for the lowest sugar version at the store)
- **1 cup** grated 2% Monterey Jack or cheddar, divided
- **3 tablespoons** whole-wheat panko breadcrumbs

## Preparation:

1. Preheat oven to 375 Fahrenheit.
2. Place the quinoa and chicken broth in a small saucepan. (If your quinoa is not pre-washed, make sure to rinse and drain it first.) Bring to a boil, then lower to a simmer. Cover and cook for 14 minutes until all the liquid has been absorbed. Let rest for 5 minutes, covered, then fluff with a fork.
3. While the quinoa is cooking, heat the olive oil in a 12-inch ovenproof skillet. (If you don't have an ovenproof skillet, you can transfer your quinoa mixture to a 9-by-13-inch or similar 3-quart baking dish before putting it in the oven.) When hot, add the corn and red onion. Season with salt and plenty of fresh ground pepper. Cook for about 5 minutes, until the corn is tender and the onions are soft.
4. Stir in the tomatoes and garlic and cook for 2 minutes until the tomatoes are just softened and the garlic is fragrant.
5. Turn off the heat and add the cooked quinoa, chicken, barbecue sauce, and ½ cup of cheese to the skillet. Stir until everything is well combined. (If your skillet isn't ovenproof, now is the time to transfer the mixture to a baking dish.) Top with the remaining cheese in an even layer and sprinkle with breadcrumbs.
6. Transfer the skillet or dish to the oven and bake for 25 minutes, until the cheese is melted and bubbling, and top is lightly browned. Garnish with toppings of your choice and serve immediately.

**Nutrition Tip:** Looking for a quick and delicious dinner the whole family will love? Look no further! This recipe has lean protein from the chicken breast and quinoa, with a little sweetness from the fresh corn and barbeque sauce. Top with avocado, scallions, or cilantro and pair with a green salad. Any leftovers are perfect for lunch the next day. If you are in a hurry, you can use no-salt-added canned corn in place of the fresh corn cob.

### Nutrition Information:

**Serving Size:** ½ of recipe

**Calories:** 318, **Fat:** 10g, **Protein:** 23g, **Carbohydrates:** 34g, **Fiber:** 3g, **Sodium:** 492mg

**Adapted from:** <https://domesticate-me.com/barbecue-chicken-quinoa-bake/#zlrecipe-container>

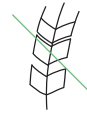
# Pizza Beans



**Prep Time:** 10 minutes

**Cook Time:** 35 minutes

**Makes:** 8 servings



## Ingredients:

- **2 tablespoons** olive oil
- **1 large** onion, chopped
- **2** celery stalks, diced
- **1 large or 2 medium** carrots, diced
- Salt and freshly ground black pepper or red pepper flakes
- **2 large** garlic cloves, minced
- **¼ cup** dry white or red wine (optional)
- **4 ounces** curly kale leaves, chopped or torn
- **2 ¼ cups** crushed tomatoes (28-ounce can minus 1 cup, reserve the rest for another use)
- **1, 15-ounce can** of large white beans
- **Up to ¾ cup** vegetable broth
- **1 ½ cups** part-skim mozzarella, shredded
- **1/3 cup** parmesan, grated
- **2 tablespoons** roughly chopped fresh parsley for garnish (optional)

## Preparation:

1. Preheat oven to 475 degrees Fahrenheit.
2. In a 2 ½ to 3 quart (ideally oven-safe) deep sauté pan or shallow Dutch oven, heat the olive oil on medium-high.
3. Add the onion, celery and carrots and season with salt and pepper if using. Sauté until the vegetables are lightly browned, about 10 minutes.
4. Add the garlic and cook for 1 minute more.
5. Add the wine, if using, to scrape up any stuck bits, then simmer until wine evaporates, 1 to 2 minutes.
6. Add the kale and cook for 1 to 2 minutes, until wilted, then add the tomatoes and bring to a simmer.
7. Add the beans, and, if the mixture looks too dry or thick, add up to ¾ cup broth, ¼ cup at a time. Simmer the mixture together over medium heat for about 10 minutes, adjusting seasonings as needed.
8. If your pan isn't oven-proof, transfer mixture to a 3-quart baking dish, if it is, carry on.
9. Sprinkle the beans with mozzarella and parmesan and bake for 10-15 minutes, until browned on top. Finish with parsley if desired.

**Nutrition Tip:** We've got your covered for your next Meatless Monday! This recipe surprises with how flavorful it is. We recommend pairing with a green salad (try our Mediterranean salad on pg. 14) and crusty bread. For a meaty variation, brown 12 ounces of sweet or spicy Italian chicken sausage (we like Al Fresco brand) with the vegetables.

### Nutrition Information:

**Serving Size:** ⅓ of recipe

**Calories:** 210, **Fat:** 9g, **Protein:** 12g, **Carbohydrates:** 19g, **Fiber:** 5g, **Sodium:** 491mg

**Adapted from:** <https://smittenkitchen.com/2017/09/pizza-beanscookbook-preview/>

# Chicken Sausage and Zucchini Lasagna



**Prep Time:** 45 minutes

**Cook Time:** 40 minutes

**Makes:** 8 servings



## Ingredients:

- **10 ounces** sweet Italian chicken sausage links, sliced (about 4 links)
- **1, 10-ounce** bag baby spinach
- **1, 15-ounce can** no-salt-added tomato sauce
- **8 sheets** no-boil lasagna noodles
- **1 cup** part-skim ricotta cheese, divided
- **1 cup** shredded part-skim mozzarella cheese, divided
- **1 large** zucchini, thinly sliced into long strips
- **½ cup** grated parmesan cheese
- Nonstick cooking spray

## Preparation:

1. Preheat oven to 375 degrees Fahrenheit. Coat a 9x13 inch baking dish with nonstick cooking spray.
2. Cook chicken sausage over medium heat in a large nonstick skillet, about 3 to 4 minutes. Transfer to a separate plate and set aside.
3. Add spinach to the pan (in heaping handfuls). Wilt slightly and then place into a colander to drain. Repeat this until the entire bag is cooked. When the spinach is cool enough to handle, about 1 to 2 minutes, squeeze out the excess water with your hands then coarsely chop. Set aside.
4. Assemble the lasagna. Spread 1/3 cup sauce over the bottom of the baking dish. Place 4 lasagna sheets and then another 1/3 cup tomato sauce. Evenly spread ½ cup of ricotta and ½ cup of mozzarella cheese over sauce. Sprinkle ½ the portion of spinach and ½ of the cooked chicken sausage over the cheese. Top with ½ zucchini strips. Repeat the layers 1 more time starting with 1/3 cup sauce and ending with zucchini. Top lasagna with parmesan cheese.
5. Coat piece of foil with nonstick cooking spray and cover dish. Bake for 30 minutes.
6. Remove foil and bake for an additional 10 minutes, or until the cheeses are golden brown. Let stand for minutes before cutting.

**Nutrition Tip:** We decided to use Al Fresco chicken sausage for this recipe for easier prep. This recipe can be split into two 8x8 inch baking dishes (split the ingredients among both, you may need more tomato sauce) and freeze one dish, uncooked, for up to 1 month. Thaw overnight in the refrigerator and bake as directed above. Make it meatless by substituting a layer of beans such as white or black beans, for the chicken sausage.

### Nutrition Information:

**Serving Size:** ⅛ of recipe

**Calories:** 274, **Fat:** 11g, **Protein:** 20g, **Carbohydrates:** 24g, **Fiber:** 3g, **Sodium:** 553mg

**Adapted from:** <http://www.eatingwell.com/recipe/270562/turkey-sausage-zucchini-lasagna/>

# Southwest Chicken Taco Pie



**Prep Time:** 10 minutes

**Cook Time:** 20 minutes

**Makes:** 6 servings



## Ingredients:

- **3 cups** chicken, cooked and shredded (we used rotisserie chicken)
- **½ cup** salsa
- **¼ teaspoon** chili powder
- **¼ teaspoon** cumin
- **½ cup** canned, no-salt-added black beans, drained and rinsed
- **½ cup** frozen corn, thawed
- **4** low-carb flour tortillas (we used Mission Carb Balance Fajita Whole Wheat Tortillas)
- **2 cups** reduced-fat (2%), four-cheese Mexican blend
- Nonstick cooking spray

## Preparation:

1. Preheat oven to 350 degrees Fahrenheit.
2. Spray a 9-inch pie dish with nonstick cooking spray. Set aside.
3. In a medium bowl, mix chicken with salsa, chili powder, cumin, beans and corn.
4. Lay the first tortilla down in the pie dish. Scoop one third of the chicken mixture onto the tortilla and spread evenly. Top with 1/3 cup cheese.
5. Repeat the tortilla, chicken and cheese layers ending with the fourth tortilla. Top with remaining 1 cup of cheese.
6. Bake for 20 minutes. Allow to cool and then slice into 6 wedges.

**Nutrition Tip:** This family-friendly dish is most likely the easiest recipe in this entire cookbook! But, don't let ease lead you to think it's flavorless. When time allows, make two taco pies and store one in the freezer for busy weeks. Top with avocado, salsa, and sour cream and serve with our Southwest Salad (pg. 15), chips and salsa.

### **Nutrition Information:**

**Serving Size:** ⅙ of recipe

**Calories:** 324, **Fat:** 11g, **Protein:** 34g, **Carbohydrates:** 22g, **Fiber:** 6g, **Sodium:** 663mg

**Adapted from:** <https://lovelylittlekitchen.com/southwestern-chicken-taco-pie/>

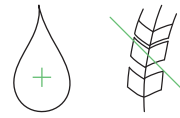
# Autumn Breakfast Casserole



**Prep Time:** 20 minutes

**Cook Time:** 50 minutes

**Makes:** 12 servings



## Ingredients:

- **1 ½ pounds** potatoes, diced (sweet potato, Yukon gold, or any combination of both)
- **8 ounces** baby portabella mushrooms, sliced (or your favorite mushroom)
- **1 large** red bell pepper, diced
- **1 medium** yellow onion, diced
- **3 tablespoons** olive oil, divided
- **2, 7-ounce packages** of Al Fresco Country Style Breakfast Chicken Sausages, cut in half length-wise and diced
- **4** garlic cloves, peeled and minced
- **2 handfuls** roughly chopped kale (discard tough stems) or baby spinach
- **16 ounces** liquid egg whites
- **6** whole eggs
- **2/3 cup** skim milk
- **1 tablespoon** Old Bay Seasoning
- Pepper, to taste
- Nonstick cooking spray

## Preparation:

1. Preheat oven to 400 degrees Fahrenheit. Line large baking sheet with foil; set aside. Spray a 9x13-inch baking pan with nonstick cooking spray; set aside.
2. Arrange potatoes, mushrooms, red bell pepper, and onion in a single layer on the aluminum foil-lined baking sheet. Drizzle with 2 tablespoons of olive oil, season with pepper, and toss until evenly coated.
3. Roast for 20 to 25 minutes or until potatoes are tender. Broil on low for the last 3 to 5 minutes to get a little extra browning (it brings out the sweetness in the vegetables).
4. While veggies are roasting, brown chicken sausage in a large sauté pan with 1 tablespoon of olive oil over medium-high heat. Add garlic and kale and sauté for another 2 to 3 minutes, until garlic is fragrant.
5. Transfer veggies and browned sausage, garlic, and kale into prepared 9x13-inch baking pan. Toss them and spread them out evenly.
6. Whisk egg whites, whole eggs, skim milk, Old Bay, and pepper in a large mixing bowl. Pour evenly over roasted veggies and sausage.
7. Bake uncovered for 30 to 35 minutes, until a toothpick comes out clean.
8. Cool for 10 minutes. Slice into 12 pieces and enjoy! Refrigerate for up to 3 days/freeze for up to a month.

**Nutrition Tip:** : This breakfast casserole is a great make ahead recipe. Follow through step 6, cover in plastic wrap or foil, and refrigerate for up to 24 hours. Rest it at room temperature for 30 minutes before baking. The completed recipe can also be frozen. Be sure to tightly wrap with plastic wrap and foil. Freeze for up to a week and thaw in refrigerator overnight. This recipe is also a fantastic way to incorporate seasonal vegetables yearround. Substitute favorite seasonal oven roasted veggies (see our batch cooking page for oven-roasted vegetable cook times, pg. 52). Try making it spicy by adding crushed red pepper flakes. Substitute Al Fresco chicken sausage with Canadian bacon or turkey bacon. Replace the sausage with tofu, beans, or extra vegetables for a meat-free version.

### Nutrition Information:

**Serving Size:** ½ of recipe

**Calories:** 205, **Fat:** 9g, **Protein:** 17g, **Carbohydrates:** 15g, **Fiber:** 2g, **Sodium:** 475mg

**Adapted from:** <https://www.gimmesomeoven.com/cozy-autumn-breakfast-casserole/>

# Chicken and Dumpling Casserole



**Prep Time:** 20 minutes

**Cook Time:** 30 minutes

**Makes:** 6 servings



## Ingredients:

- **3 tablespoons** canola oil
- **1 medium** onion, chopped
- **1 cup** frozen carrots
- **1 cup** chopped celery (about 2 medium stalks)
- **3 cups** low-sodium chicken broth, divided
- **3 tablespoons** all-purpose flour
- **2 cups** chicken breast, cooked and cut into bitesized pieces (we did this the day before)
- **1 cup** frozen peas
- Salt and pepper to taste
- Nonstick cooking spray

### Dumplings Ingredients

- **1 cup** all-purpose flour
- **2 teaspoons** baking powder
- **¼ teaspoon** salt
- **1** egg
- **1/3 cup** non-fat milk

## Preparation:

1. Preheat the oven to 400 degrees Fahrenheit.
2. Heat oil in a large skillet over medium-high heat and sauté onions, carrots and celery for about 5 minutes, or until soft.
3. While the vegetables cook, combine ½ cup chicken broth and 3 tablespoons flour in a medium bowl and whisk until smooth. Slowly whisk in the remaining broth. Add the broth and flour mixture to the skillet mixture. Stir over medium heat until the mixture thickens, about 10 minutes.
4. Add the chicken, peas, salt and pepper to taste. Allow to simmer on low while making the dumplings.
5. To make the dumplings, sift the flour, baking powder and salt together in a mixing bowl.
6. In a separate bowl, add the egg to the milk and beat until well blended. Add the milk mixture into the flour and stir until combined.
7. Coat a 9x13 inch casserole dish with a nonstick cooking spray.
8. Pour the chicken mixture into the casserole dish. Using a spoon, drop 6 dumplings onto the chicken mixture.
9. Bake, uncovered, for 15 minutes or until the dumplings are golden brown. Refrigerate leftovers within 2 hours.

**Nutrition Tip:** : A classic southern meal lightened up and jam-packed with vegetables. Enjoy the flavors of homemade, yet quick and easy, dumplings with a creamy sauce. This dish can easily be doubled or tripled, and then frozen, for future family meals. Pair with oven-roasted vegetables (see the Batch Cooking reference pg. 52) for vegetable roasting times and temperatures) or a small side salad.

### Nutrition Information:

**Serving Size:** ⅓ of recipe - with 1 dumpling

**Calories:** 232, **Fat:** 9.5g, **Protein:** 24g, **Carbohydrates:** 12.7g,

**Fiber:** 2.5g, **Sodium:** 631mg

**Adapted from:** <https://www.foodhero.org/recipes/chicken-and-dumpling-casserole>

# Chili Cornbread Casserole



**Prep Time:** 20 minutes

**Cook Time:** 55 minutes

**Makes:** 8 servings



## Ingredients:

### Chili Ingredients

- **1 tablespoon** canola oil
- **1 large** onion, chopped
- **1 green bell pepper**, chopped
- **3 cloves** garlic, minced
- **1 lb.** 93/7 or 96/4 lean ground beef
- **2, 15-ounce cans** no salt-added kidney beans, rinsed
- **1, 28-ounce can** crushed tomatoes, undrained
- **3 tablespoons** chili powder
- **1 tablespoon** ground cumin
- **1 teaspoon** sweet paprika
- **¼ teaspoon** cayenne pepper (optional)

### Cornbread Ingredients (see note)

- **1 ¼ cups** cornmeal
- **¾ cup** whole-wheat flour
- **2 tablespoons** sugar
- **1 teaspoon** baking powder
- **½ teaspoon** baking soda
- **¼ teaspoon** salt
- **1 large** egg, lightly beaten
- **1 ¼ cups** low-fat milk
- **2 tablespoons** canola oil
- **½ cup** chopped fresh cilantro
- **1 cup** reduced-fat shredded extra-sharp Cheddar cheese
- Nonstick cooking spray

## Preparation:

1. For chili: heat oil in a deep pot or Dutch oven over medium heat. Add onion and cook until beginning to soften, about 4 minutes. Add bell pepper and garlic and cook for 1 minute. Add beef and cook, breaking it up with a wooden spoon, until browned, 4 to 5 minutes. Stir in beans, tomatoes and their juice, chili powder, cumin, paprika and cayenne (if using). Bring to a boil, reduce heat to maintain a simmer, cover and cook until slightly thickened, about 20 minutes.
2. Preheat oven to 350 degrees Fahrenheit. Coat a 9-by-13-inch (or similar 3-quart) baking dish with cooking spray.
3. For cornbread: whisk cornmeal, flour, sugar, baking powder, baking soda, and salt in a large bowl. Whisk egg, milk and oil in a medium bowl. Add the wet ingredients to the dry ingredients along with cilantro and stir until just combined.
4. Transfer the chili to the prepared baking dish and sprinkle with the cheese. Spread the cornbread batter evenly over the chili.
5. Bake the casserole until the top springs back when touched lightly, 20-25 minutes. Let stand for 10 minutes before serving.

**Nutrition Tip:** : We know you're busy, and this dish can be made ahead! Prepare chili (Step 1); cover and refrigerate for up to 3 days or freeze for up to 3 months; defrost chili (if frozen) and continue with the cornbread recipe, baking the casserole for 55 minutes. Pairs well with a green salad.

### Nutrition Information:

**Serving Size:** ⅓ of recipe - with 1 dumpling

**Calories:** 232, **Fat:** 9.5g, **Protein:** 24g, **Carbohydrates:** 12.7g,

**Fiber:** 2.5g, **Sodium:** 631mg

**Adapted from:** <http://www.eatingwell.com/recipe/250144/chili-cornbread-casserole/>

*Note: If you are short on time, you can use a store-bought cornmeal mix and prepare per box instructions.*

A close-up photograph of a baby wearing a white chef's hat and a yellow polka-dot bib. The baby is holding a yellow bell pepper in their mouth. The background is a warm, yellow-toned kitchen setting with a basket of fruit visible in the background.

# **Tips from Our Registered Dietitians**

# THEME NIGHT

## *What's for Dinner?*

Looking at a calendar full of work and family commitments can make it challenging to answer the age-old question: "What's for dinner?"

Theme nights help simplify meal planning. Start with a few basic ideas like Brinner (breakfast for dinner) or Tortilla Tuesday and experiment with variations throughout the week to freshen up family favorites.

### **Burger Bar**

Start with lean ground beef (93/7) or ground turkey breast for the burgers, add whole-grain buns for filling fiber, pile on the plants like spinach, arugula, and a thick slice of tomato, and try Sargento Ultra Thin Cheese Slices or substitute cheese altogether for a creamy smashed avocado. Feeling adventurous? Go vegetarian with grilled portobello mushroom caps or frozen Morningstar veggie or black bean burgers. Try something new by adding kimchi or sauerkraut for a probiotic boost.

### **Tortilla Tuesday**

Put a spin on Taco Tuesday and make it Tortilla Tuesday. Make our Black Bean Quesadillas (pg. 30) or batch cook our Slow Cooker Chicken Gyros (pg. 38) with whole-wheat tortillas or FlatOut wraps to make a homemade burrito bar. Just add leftover greens, tomato, and avocado from burger night and you're all set! Don't forget... Taco Tuesday is always there when we miss an old friend.

### **The Home Deli**

Bring Panera home! Batch cook our Beef Stew (pg. 34), Gumbo (pg. 35), Chili (pg. 33), or Curried Lentil Soup (pg. 36), reheat, and add a club sandwich bar. Lay out the family's favorite whole-grain bread and/or wraps, lean deli meat (low-sodium turkey, chicken, or ham), lettuce or dark leafy greens like spinach and arugula, tomato, and condiments. Replace the soup or sandwich with leftover greens and vegetables for a quick salad bar. This is perfect on nights with only 30 minutes before baseball or soccer practice.

### **Brinner - Breakfast for Dinner**

Options are endless when it comes to B for D. Set up an omelet bar with batch-cooked vegetables or leftover raw veggies. Use whole-grain bread and low-fat milk in the family's favorite French toast recipe; make a big batch and freeze some to be heated up for a quick breakfast the next morning (works great in most toasters or toaster ovens). Batch cook our breakfast casserole, hash, or frittata and turn them into breakfast tacos with corn tortillas.

### **Pizza Friday**

Check out our Homemade Pizza recipe (pg. 25) for all kinds of Pizza Friday ideas! Mix it up with leftover veggies, different sauces (diced tomatoes, pizza sauce, or pesto), and crusts (premade like Mama Mary's or Boboli, cauliflower, or whole-wheat naan and English muffins). More time? Grab a ball of whole-wheat dough from your grocer's prepared food department and roll it out.

# Satisfy Your Sweet Tooth

## - in a Healthier Way

### CHOOSE:

- Any amount of treat foods (small cookies, slices of cake or pie, etc.), aiming for about 150 calories and 20g carbohydrate or less
- Nutrient-dense treats containing fruit or made with whole grains or oats
- Mini desserts to help control portion
- Small piece of dark chocolate (70% or greater cacao content). Pair with a few almonds or some strawberries
- Light ice cream or frozen yogurt
- Dessert hummus – try pairing with sliced apple or pear
- Rice cake with nut butter and honey, or Skinny Pop Mini Cakes
- Homemade hot cocoa (see recipe below)
- Dark chocolate KIND® bar or Larabar®
- Berries with 2 tablespoons whipped cream
- Frozen grapes
- Clio Greek yogurt bar (can be found at Walmart and Harris Teeter)

Make desserts an occasional treat and choose something you truly enjoy in a small portion and eat it mindfully to savor the flavor. Allowing yourself a small portion of the real deal often leaves us more satisfied! When you are at the store, here are some products to try:



### Homemade Hot Cocoa Recipe

*Prep Time:* 5 minutes

*Cook Time:* 10 minutes

*Makes:* 2 servings

#### Ingredients

- 20 ounces 2% milk (or non-dairy milk, unsweetened)
- 2 ½ tablespoons unsweetened cocoa powder
- 1 tablespoon honey or maple syrup (or sugar substitute to taste)
- ¼ teaspoon of pure vanilla extract
- \*add cinnamon and a pinch of cayenne for Mexican Hot Chocolate or try some chai spice mix!

#### Directions

1. Warm the milk on the stove over medium heat until hot but not boiling, about 5 minutes. Add the rest of the ingredients and whisk to combine (1-2 minutes).
2. Heat another 1-2 minutes and serve immediately.

**Calories:** 184 **Fat:** 6g **Protein:** 11g

**Carbohydrates:** 22g **Fiber:** 1g **Sodium:** 133 mg

Adapted from: <https://www.elizabethrider.com/how-to-make-healthy-hot-chocolate/>

# Weekly Meal Plan for Four

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Brunch: 3-Ingredient Flourless Pancakes with turkey bacon and fruit	Peanut Butter Smoothies	Greek yogurt with fruit and granola	Peanut butter on whole grain toast, waffles, or English muffins with banana	High-fiber/ high-protein bar with fruit	High-fiber cereal with fruit	Scrambled eggs with whole grain avocado toast and fruit
Lunch		Curried Chicken Salad sandwich or wrap with fruit and veggies with dip	Leftover Beef Stew with crusty bread	Curried Chicken Salad sandwich or wrap with fruit and veggies with dip	Leftover Southwest Salad with black beans and rotisserie chicken	Leftover Black Bean Quesadillas and veggies with dip and fruit	Out for lunch
Dinner	Beef Stew over quinoa (or choice of grain)	Crock Pot Greek Chicken Gyros with side salad	“Build a Bowl” with leftover Greek Chicken Gyro meat, roasted veggies, and quinoa	Black Bean Quesadillas with Southwest Salad	Out for dinner	Chicken, Spinach, and Tortellini Soup with side salad	“Build Your Own Pizza Night” and side salads or veggies with dip

## Overview:

This meal plan for four is meant for a family that is committed to cooking and eating at home; however, we’ve included a few meals out for convenience. Most of the prep work is done on the weekend, making for stress-free evenings. We encourage you to purchase similar vegetables for recipes, salads, roasting and snacking. Common ingredients for the recipes this week include salad greens, celery, carrots, avocados, peppers, cucumbers, tomatoes, and onions. These will be used in the Beef Stew, “Build a Bowl”, Black Bean Quesadillas, Chicken Spinach Tortellini Soup, as pizza and salad toppings or as snacks. We also encourage you to use grains and veggies that are already in your pantry or fridge to complete the meals rather than shopping for special ingredients (for example, if you have brown rice on hand rather than quinoa, use that!). This will create less waste and save more money. If you have more leftovers than you planned, freeze them in airtight containers or eat them instead of going out. Instead of throwing out leftover produce towards the end of the week, use it for pizza or side salad toppings, make Vegetable and Cheese Frittata (on pg. 9) or another grain bowl (see pg. 52 and 53). Additionally, you could freeze produce for future smoothies, soups or stews.

## Breakfast:

This cookbook contains numerous breakfast recipes. Some take more time and are best made on the weekends (like the Autumn Breakfast Casserole on pg. 44) and others can be made quickly in the morning (like the Peanut Butter Smoothie on pg. 8). We encourage you to experiment with new breakfast recipes but also know that eggs and whole grain toast, high-fiber cereals, fruit and yogurt, and peanut butter toast are all quick and easy “go-tos” that satisfy. This meal plan includes two breakfast recipes from the cookbook and gives examples of other easy breakfast options for the family.

## Weekend To-Do List:

- Cook quinoa (1 1/3 cups dry quinoa and 2 2/3 cups water makes eight, 1/2 cup servings – enough for dinner on Sunday and Tuesday)
- Make Slow Cooker Greek Chicken Gyros from pg. 38 (double the slow cooker meat portion of the recipe to make enough for dinner on Monday and Tuesday night)
- Roast pan of vegetables (for Tuesday's dinner – see Batch Cooking Guide on pg. 52 for cooking times)
- Make the Beef Stew from pg. 34
- Make the Curried Chicken Salad from pg. 16 (double the recipe)
- Prep Peanut Butter Smoothies from pg. 8 (quadruple the recipe and see recipe notes for making ahead)
- Make 3-Ingredient Flourless Pancakes from pg. 12 (double the recipe)
- Wash, chop and store fruits and vegetables for sides and snacking (optional)
- Make and pack lunches for Monday. Make sandwiches, stuffed pitas, or wraps using any whole grain bread product and 3/4 cup Curried Chicken Salad per person. As a low-carb option, use lettuce wraps or serve over a bed of greens. Pack side items such as fruit and chopped vegetables with hummus, tzatziki, or other dip. If needed, additional or alternative sides may include a side salad, Greek yogurt, cheese sticks, or whole grain crackers.

## Monday:

- Prep side salad
- Assemble gyros

## Tuesday:

- Prep breakfast
- Pack today's lunches. Separate leftover beef stew into 4 microwave safe dishes or thermoses (stew will need to be reheated on the stove top or in the microwave if using thermoses). Slice crusty bread (we like Italian bread) and put into 4 separate zip lock bags. Whole grain crackers, leftover cooked grains, cheese toast, or 1/2 grilled cheese sandwich may go in the place of crusty bread. If needed, additional or alternative sides may include a side salad, veggies and dip, fruit, yogurt or cheese sticks. Monday night could also be used to pack Tuesday's lunch.
- Assemble "Build a Bowls" using left over Crock Pot Greek Chicken Gyro meat, leftover quinoa (or other grain), and roasted vegetables.
- Make and pack lunches for Wednesday. Make sandwiches, stuffed pitas, or wraps using any whole grain bread product and 3/4 cup Curried Chicken Salad per person. As a low carb option, use lettuce wraps or serve over a bed of greens. Pack side items such as fruit and chopped vegetables with hummus, tzatziki, or other dip. If needed, additional or alternative sides may include a side salad, Greek yogurt, cheese sticks, or whole grain crackers.

## Wednesday:

- Prep breakfast
- Make Black Bean Quesadillas. Double the recipe and save enough quesadillas for Friday's lunch. Save remaining black beans for Thursday's lunch.
- Make Southwest Salad. Only dress what will be eaten this night.
- Portion leftover salad in containers for Thursday's lunch. Add more greens and another can of drained and rinsed beans, if desired. Add rotisserie chicken and any other

southwest toppings such as corn chips, peppers, or cheese. If needed, serve with additional sides such as chips and guac, cheese and crackers, fruit, or Greek yogurt.

- Portion leftover dressing into 4 small containers for lunch on Thursday.

## Thursday:

- Prep breakfast
- Pack lunches for Friday. Pack leftover quesadillas into 4 separate containers (microwave-safe, if needed). Quesadillas can be eaten cold or hot. They are best reheated in a toaster oven but can also be microwaved. Serve with fruit and veggies with dip. If needed, additional or alternative sides may include a side salad, Greek yogurt, cheese sticks, or whole grain crackers.

## Friday:

- Prep breakfast
- Make Chicken Spinach and Tortellini Soup
- Make side salad

## Saturday:

- Make breakfast
- Make "Build Your Own Pizza". See the guide on pg. 48 for "Theme Nights". Include your choice of crust, sauce, and cheese. Include toppings such as multi-colored peppers, tomatoes, turkey pepperoni, olives, onions, bacon crumbles, and mushrooms. For additional instructions and baking times see the Homemade Pizza recipe on pg. 25.

# Batch Cooking 101

Batch cooking makes it easier for busy families to prepare quick and healthy meals during the week. Buying foods seasonally and buying in bulk can save money and time and keep you on track with your health and wellness goals.

## Recipe Selection Tips

- Find recipes that you will want to eat multiple times
- Choose recipes that can be doubled or tripled easily
- Find recipes that can be repurposed for multiple dishes

## Breakfast Ideas

- Smoothie kits – add all the smoothie ingredients (minus the liquid) in a bag and place in the freezer until ready
- Baked oatmeal or overnight oats
- Quiche or breakfast casseroles – use muffin tins for convenience
- Homemade pancakes or waffles – make a large batch and freeze leftovers

## Lunch & Dinner Ideas

- Mason Jar Salads – layer your favorite salad veggies in mason jars and top with dressing right before eating
- Soups, stews, or chili
- Casseroles – allows the opportunity for many different vegetables

Easy guide to approximate cooking times – for 1-inch pieces (unless noted)

Time	Vegetables
15	Tomatoes, kale (does not need to be in single layer)
20	Asparagus, bell peppers, green beans, yellow squash, zucchini
25	Broccoli, brussels sprouts (halved), cauliflower
30	Butternut squash, cabbage (1-inch slices), carrots, sweet potatoes, onions
40	Corn (whole ear with husk)
45	Potatoes (russet, red, Yukon)

Here are a few ideas for make-ahead marinades. Use them with a ½ pound of any protein, such as chicken, fish, beef or tofu (double or triple the recipe if needed). Let the protein marinate for 2 to 24 hours in the refrigerator or up to 3 MONTHS in the freezer – the protein will soak up most of the marinade. Thaw overnight and bake at 350 to 400 degrees Fahrenheit for 30 to 45 minutes per pound. Be sure to check for doneness.

1. **Cilantro Lime:** 1 tablespoon olive oil, 1 tablespoon lime juice, 2 teaspoons honey, ¼ cup chopped cilantro, 1 minced garlic clove, 1/8 teaspoon salt
2. **Sweet Chili:** 3 tablespoons sweet chili sauce, 1 ½ tablespoons reduced-sodium soy sauce, 2 tablespoons water
3. **Lemon Ginger:** 1 tablespoon olive oil, 1 teaspoon lemon juice, 1 minced garlic clove, 1/8 teaspoon salt, 1/8 teaspoon red pepper flakes (optional)
4. **Jerk:** ½ teaspoon dried thyme, ½ teaspoon ground allspice, 1 tablespoon brown sugar, ¼ teaspoon salt, ¼ teaspoon black pepper, 1 teaspoon garlic powder, ¼ teaspoon cinnamon, ¼ teaspoon cayenne, 1 tablespoon olive oil, 1 tablespoon lime juice
5. **Chipotle Lime:** 1 tablespoon olive oil, 1 teaspoon adobo sauce (from a can of chipotle peppers), ¼ teaspoon paprika, 1 teaspoon brown sugar, 1 minced garlic clove, 1 tablespoon lime juice, 1/8 teaspoon salt
6. **Honey Garlic:** 1 tablespoon olive oil, 1 tablespoon reduced-sodium soy sauce, 2 tablespoons honey, 1 minced garlic clove, 2 tablespoons water
7. **Yogurt Curry:** 2 tablespoons yogurt (nonfat, plain), 1 teaspoon lime juice, 1/8 teaspoon salt, 1 teaspoon curry powder, ½ teaspoon brown sugar

Oven roast your vegetables at the beginning of the week for meals all week long.

1. Chop or buy pre-cut vegetables – aiming for similar sized pieces for even cooking
2. Toss with oil and seasoning (have fun with the flavors)
3. Spread evenly across a foil-lined baking sheet and roast at 400 to 425 degrees Fahrenheit
4. Add tomatoes last and roast for an additional 10 minutes

# BUILD a Bowl

What's the scoop on grain bowls? It's the smoothie bowl's cousin. Building grain bowls are visually appealing ways to make quick, nutritious, and portable meals. Start with a grain or starch base, pick a protein, add a few vegetables, and top with a healthy fat or sauce. You can also make it a grain and greens bowl by adding salad greens as part of your base.

Use our batch cooking tips (pg. 52) on the weekend or beginning of the week to make grain bowl building even easier. Store each component separately and build your bowl the night before for lunch or create a grain bowl bar for an impromptu family dinner. Keep the sauce or fat separate and add after reheating, unless you prefer it hot.

## Starches (choose 1, suggested up to 2/3 cup portion):

- Barley
- Lentils/Rice combo
- Quinoa
- Farro
- Wheatberry salad
- Black rice/wild rice
- Black beans/beans
- Corn (or add some black beans)
- Butternut squash
- Potatoes

## Proteins (choose 1, suggested 3-4 oz portion):

- Rotisserie chicken (or try the Slow Cooker Chicken Gyros recipe on pg. 38)
- Salmon
- Shrimp
- Lentils (black lentils are great for bowls; suggested portion size ½-1 cup)
- Shredded pork
- Tofu or tempeh
- Lean ground turkey breast or beef (try the Slow Cooker Italian Beef on pg. 37)

## Vegetables (choose 2, suggested 1 cup cooked):

- Kale, arugula, baby spinach, or any mixed green
- Roasted vegetables (such as brussels sprouts, carrots, parsnips, asparagus, zucchini)
- Roasted beets
- Tomatoes
- Radishes
- Red cabbage slaw
- Tomatoes and cucumbers (add some red onion)
- Artichokes/hearts of palm
- Roasted red peppers
- Green beans
- Zucchini noodles
- Sun-dried tomatoes

## Healthy Fat/Sauce (choose 1-2):

- Olives
- Avocado
- Tzatziki
- Baba ghanoush
- Hummus
- Guacamole
- Feta cheese
- Tahini
- Plain Greek yogurt
- Salsa
- Pesto
- Salad dressings
- Sesame oil

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[avancenutrition.com](http://avancenutrition.com)



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