



HEALTHY DINNERS 30 MINUTES OR LESS

Disclaimer: Nutrition information is provided for each recipe as a general guide. This information is an estimate and should not be used as an exact measurement. For recipes that call for salt and black pepper to taste, these have not been included in the nutrition information. In general, salt should be used sparingly. Swapping out dried or fresh herbs is a great tasty alternative to use in place of salt. A diet-specific key is included to assist individuals following specific dietary restrictions. Since products can vary greatly, always read food product labels to verify they do not include allergy ingredients such as gluten or dairy.

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VT = Vegetarian

V = Vegan

30 = Whole 30 Compliant

GF = Gluten Free

PL = Paleo

DF = Dairy Free

KT = Keto Compliant



Sweet and Sour Chicken Stir Fry

serves 4 / prep time 10 min / cook time 15 min / total time 25 min

DF

INGREDIENTS

- 1 pound chicken breasts, tenderloins or skinless/boneless thighs
- 1 medium onion, chopped
- 1 tablespoon olive oil
- 1 (16-ounce) bag Asian-style frozen vegetables
- 1 (10-ounce) jar sweet and sour sauce
- Almonds, chopped (optional)

DIRECTIONS

1. In a large skillet or wok pan add chicken and heat until chicken is thoroughly cooked.
2. Remove chicken and cut into cubes.
3. Add olive oil to the same skillet over medium-high heat. Add chopped onions.
4. Once onions are tender, add frozen vegetables and heat until vegetables are tender.
5. Stir in chicken and sweet and sour sauce and heat until warmed thoroughly. Top with chopped almonds if desired.

Per Serving (almonds not included): 358 Cal; 6 g Tot Fat; 1 g Sat Fat; 890 mg Sodium; 48 g Carb; 1 g Fiber; 39 g Sugar; 27 g Protein



Skillet Shrimp Fajitas

serves 3 / prep time 10 min / cook time 15 min / total time 25 min

DF

INGREDIENTS

- 2 teaspoons of chili powder
- ½ teaspoon of garlic powder
- ½ teaspoon of onion powder
- ½ teaspoon of ground cumin
- ½ teaspoon of smoked paprika
- Salt and black pepper to taste
- 1 ½ tablespoons of extra virgin olive oil, divided
- 1 small red onion, sliced thin
- 1 yellow bell pepper, thinly sliced
- 1 red bell pepper, thinly sliced
- 1 orange bell pepper, thinly sliced
- 1 ½ pounds raw shrimp peeled and deveined, tails removed patted dry
- Lime
- Fresh cilantro
- 3 whole wheat tortillas, warmed

DIRECTIONS

1. In a small bowl, combine chili powder, garlic powder, onion powder, cumin, smoked paprika, salt and pepper.
2. Heat 1 tablespoon of olive oil over high heat in a large skillet.
3. Add onions and bell peppers and ½ of seasoning mixture. Cook for about five minutes, or until onions and bell peppers are tender.
4. Push onions and bell peppers to the side of the skillet to make room for the shrimp.
5. Add remaining olive oil to skillet, followed by shrimp and remaining seasoning mixture.
6. Sauté shrimp until pink and cooked through.
7. Squeeze juice from lime over skillet and sprinkle with chopped cilantro. Serve in warm tortillas.

Per Serving: 498 Cal; 14 g Tot Fat; 2 g Sat Fat; 554 mg Sodium; 44 g Carb; 6 g Fiber; 6 g Sugar; 53 g Protein



Chicken & Asparagus Stir Fry

serves 4 / prep time 3 min / cook time 12 min / total time 15 min

DF

INGREDIENTS

- 1 *tablespoon low-sodium soy sauce*
- 1 *tablespoon honey*
- 2 *boneless, skinless chicken breasts, cut into cubes (about 1 pound)*
- 1 *tablespoon olive oil*
- 1 *bunch asparagus, cut into small pieces (about 6 stalks)*
- 4 *teaspoons minced garlic*
- 2 *scallions, chopped (about ¼ cup)*
- 2 *teaspoons sesame oil*
- 1 *teaspoon toasted sesame seeds (optional)*

DIRECTIONS

1. In a small bowl combine soy sauce and honey. Add chicken, to bowl and stir to coat.
2. Place in refrigerator.
3. Heat oil in a large skillet over medium-high heat.
4. Add asparagus, and sauté for about 5 minutes.
5. Remove the asparagus and set aside.
6. Add chicken from marinade to skillet (don't discard marinade) and cook thoroughly.
7. Add garlic, scallions, and the reserved marinade to the pan. Sauté for about 2 minutes until the chicken is cooked thoroughly.
8. Remove from heat and stir in the cooked asparagus and sesame oil until combined.
9. Serve immediately and top with sesame seeds if desired.

Per Serving: 209 Cal; 7 g Tot Fat; 1 g Sat Fat; 241 mg Sodium; 7 g Carb; 1 g Fiber; 5 g Sugar; 27 g Protein



Baked Italian Chicken Tenders

serves 4 / prep time 3 min / cook time 12 min / total time 15 min

INGREDIENTS

- 1 *pound chicken tenderloins (about 8)*
- 1 *cup whole wheat Panko crumbs*
- ½ *cup Parmesan cheese*
- ½ *cup Italian dressing*
- ½ *teaspoon garlic powder*

DIRECTIONS

1. Preheat oven to 450 F. Cover a shallow cookie sheet or jelly roll pan with aluminum foil. Place a metal cooling rack on top of the foil. Spray the cooling rack with non-stick cooking spray or olive oil sprayer.
2. Add Italian dressing to a shallow bowl.
3. In another shallow bowl combine Panko crumbs, Parmesan cheese and garlic powder.
4. Dip each piece of chicken into the Italian dressing, then into the Panko crumb mixture, coating the chicken thoroughly.
5. Place chicken on top of the cooling rack on the baking sheet (or place directly on greased aluminum foil).
6. Cook for 15-18 minutes or until chicken is cooked completely (turning chicken halfway through).
7. Serve with your favorite dipping sauce.

Per Serving: 352 Cal; 13 g Tot Fat; 4 g Sat Fat; 670 mg Sodium; 23 g Carb; 2 g Fiber; 6 g Sugar; 33 g Protein



One Pan Blackened Cod, Sweet Potatoes, and Zucchini

serves 4 / prep time 5 min / cook time 25 min / total time 30 min

INGREDIENTS

- 1 *tablespoon paprika*
- 1 *tablespoon smoked paprika*
- ½ *teaspoon cumin*
- ½ *teaspoon oregano*
- ½ *teaspoon garlic powder*
- ½ *teaspoon salt*
- ¼ *teaspoon coriander*
- ¼ *teaspoon black pepper*
- 1/8 *teaspoon cayenne pepper*
- 1 *tablespoon olive oil*
- 4 *sweet potatoes, chopped*
- 1 ¼ *pounds cod*
- 1 *zucchini, chopped*
- 1 *summer squash, chopped*

DIRECTIONS

1. Preheat the oven to 400 F.
2. Mix together all the spices to create the blackened seasoning OR use store-bought blackened seasoning.
3. Toss the sweet potatoes with olive oil and about half of the blackening seasoning.
4. Cover a baking sheet with foil and spray with non-stick cooking spray. Spread the sweet potatoes on the baking sheet in one layer and place in the oven. Cook for 20 minutes.
5. After 20 minutes, push the sweet potatoes to one side of the baking sheet and add the codish, zucchini, and summer squash. Sprinkle with blackening seasoning.
6. Return to oven and cook for 8-10 minutes until fish is flaky and cooked through.

Per Serving: 278 Cal; 5 g Tot Fat; 1 g Sat Fat; 153 mg Sodium; 30 g Carb; 5 g Fiber; 7 g Sugar; 28 g Protein

30

PL

DF



Baked Almond Crusted Salmon Sticks

serves 6 / prep time 10 min / cook time 15 min / total time 25 min

INGREDIENTS

- ¼ *cup white whole wheat flour*
- 2 *teaspoons garlic powder*
- 1 *teaspoon paprika*
- 1 *egg*
- 1 *cup unsalted almonds, finely chopped*
- 1 *pound salmon, skinless/boneless*
- Dipping sauce (optional)*

DIRECTIONS

1. Preheat oven to 400 F. Place aluminum foil on a baking sheet (add a cooling rack sprayed with non-stick cooking spray on top if you have one).
2. Combine flour, garlic powder and paprika on a plate.
3. Whisk egg in a small bowl.
4. Add almonds to another plate.
5. Cut salmon into 1-inch wide sticks.
6. Coat each salmon stick in flour/spice mixture, then dip in egg and roll in almonds.
7. Place sticks on top of the cooling rack on the baking sheet (or place directly on greased aluminum foil).
8. Bake for 13-15 minutes flipping half way through.

Per Serving: 231 Cal; 12 g Tot Fat; 2 g Sat Fat; 47 mg Sodium; 5 g Carb; 2 g Fiber; 1 g Sugar; 22 g Protein

DF



One Pan Gnocchi with Sundried Tomatoes and White Beans

serves 4 / prep time 10 min / cook time 15 min / total time 25 min

VT

INGREDIENTS

- 1 (16-ounce) packaged whole-wheat gnocchi
- 1 tablespoon olive oil
Salt and pepper to taste
- ¼-½ teaspoon hot red pepper flakes
- 2 cups mushrooms, sliced
- ⅓ cup sundried tomatoes, diced
- 4 cups loosely packed spinach
- 1 (15.5-ounce) can reduced-sodium white beans, drained and rinsed
- ¼ cup Parmesan cheese

DIRECTIONS

1. Heat oil in a medium pan over medium heat.
2. Add the gnocchi and separate them. Sprinkle with salt and pepper and red pepper flakes, and cook, stirring occasionally for 8-10 minutes, or until golden and slightly crispy. Remove from pan.
3. Add the mushrooms and cook for 3-5 minutes until soft (add additional olive oil if needed).
4. Return the gnocchi to the pan and add the sundried tomatoes, spinach and white beans. Stir until spinach is wilted and everything is heated through.
5. Add additional salt, pepper and red pepper flakes to taste.
6. Serve with Parmesan cheese.

Per Serving: 381 Cal; 6 g Tot Fat; 2 g Sat Fat; 641 mg Sodium; 65 g Carb; 11 g Fiber; 4 g Sugar; 17 g Protein



Balsamic-Glazed Salmon with Spinach, Olives and Golden Raisins

serves 2 / prep time 5 min / cook time 25 min / total time 30 min

30

DF

INGREDIENTS

- 2 (9-ounce) bags spinach leaves
- 2 tablespoons olive oil, divided
- 2 (5-ounce) salmon fillets with skin
- ⅓ cup chopped shallot (1 very large)
- ⅓ cup halved pitted Kalamata olives
- ⅓ cup golden raisins
- 3 tablespoons balsamic vinegar
- 1 tablespoon honey
Salt and black pepper to taste

DIRECTIONS

1. Pour a few tablespoons water into a large non-stick skillet over medium-high heat. Add 1 bag of spinach (skillet will be full). Toss spinach until most of leaves are wilted (about 2 minutes). Add remaining spinach leaves in 2 batches. Turn and toss spinach until just wilted and transfer cooked spinach to strainer set over a bowl.
2. Wipe skillet dry if necessary. Add 1 tablespoon oil and heat over medium-high heat.
3. Season salmon with salt and pepper. Place in skillet, skin side up. Cook until brown (about 3 minutes); turn fish. Heat until salmon is thoroughly cooked (about 3 to 4 minutes). Transfer to plate.
4. In the same skillet, add remaining 1 tablespoon olive oil.
5. Add chopped shallot, olives, and raisins. Stir 1 minute. Add spinach; toss until heated through, about 1 minute. Season to taste with salt and pepper. Add spinach to plates and top with salmon.
6. Add balsamic vinegar and honey to skillet. Boil until reduced to glaze (about 30 seconds). Spoon glaze over salmon and spinach and serve.

Per Serving: 657 Cal; 36 g Tot Fat; 8 g Sat Fat; 758 mg Sodium; 50 g Carb; 4 g Fiber; 38 g Sugar; 31 g Protein



One Pot Kale Pasta

serves 5 prep time 5 min / cook time 25 min / total time 30 min

VT

INGREDIENTS

- 1 *tablespoon olive oil*
- 1 *large onion, chopped*
- 1 *green bell pepper, chopped*
- 1 *red bell pepper, chopped*
- 2 *teaspoon minced garlic*
- 1 *(24-ounce) jar marinara sauce*
- 3 *cups kale, chopped*
- 5 *cups water*
- 10-ounce *dry whole wheat penne pasta*
- $\frac{1}{4}$ *cup Parmesan cheese*

DIRECTIONS

1. In a large skillet add olive oil and garlic over medium heat.
2. Add onions and peppers and cook until vegetables are crisp-tender (about 10 minutes).
3. Add marinara sauce, kale and water and bring to a boil.
4. Next add pasta and let boil for about 15 minutes or until pasta is tender.
5. Serve with Parmesan cheese.

Per Serving: 351 Cal; 9 g Tot Fat; 1 g Sat Fat; 618 mg Sodium; 61 g Carb; 12 g Fiber; 14 g Sugar; 12 g Protein



Tuscan White Bean Pasta

serves 4 / prep time 10 min / cook time 20 min / total time 30 min

VT

INGREDIENTS

- 8 *ounces dry whole wheat linguine or fettuccine pasta*
- 1 *tablespoon olive oil*
- 1 *tablespoon butter*
- 3 *minced garlic cloves*
- 1 *pint grape or cherry tomatoes*
- $\frac{1}{4}$ *teaspoon black pepper*
- $\frac{1}{2}$ *teaspoon salt*
- $\frac{1}{2}$ *teaspoon dried basil*
- 1 *(15-ounce) can cannellini beans, drained and rinsed*
- $\frac{1}{2}$ *cup baby spinach*
- $\frac{1}{3}$ *cup shredded Parmesan*

DIRECTIONS

1. Cook pasta according to directions.
2. Heat the olive oil and butter in a large skillet over medium-low heat. Add the garlic and sauté for about a minute, or until it has softened.
3. Add the tomatoes, salt, pepper and basil. Sauté the tomatoes until the skins burst and the tomatoes begin to release their juices. Be careful not to burn the garlic, cook until the garlic turns brown.
4. Once the tomatoes begin to break down, add the spinach and stir it into the tomatoes until it is about half way wilted.
5. Add the beans to the skillet and stir until they are heated through. The tomato juices will have created a thick sauce-like mixture on the bottom of the skillet at this point. Taste the mixture and add a bit more salt if needed. It should be slightly on the salty side in order to properly flavor the pasta.
6. Add the cooked and drained pasta to the skillet. Toss until the pasta is coated in the sticky sauce and everything is combined. Top with shredded Parmesan.

Per Serving: 396 Cal; 11 g Tot Fat; 4 g Sat Fat; 728 mg Sodium; 63 g Carb; 13 g Fiber; 5 g Sugar; 19 g Protein



Salmon Cakes Made with Whole Wheat Panko Crumbs

serves 4 / prep time 10 min / cook time 10 min / total time 20 min

DF

INGREDIENTS

- 3 (5-ounce) cans salmon, drained
- 1 egg
- ½ cup whole wheat Panko crumbs
- ½ teaspoon garlic powder
- ½ teaspoon smoked paprika
- ½ teaspoon dry mustard
- ⅛ teaspoon black pepper
- ¼ cup fresh parsley, finely chopped
- 2 tablespoons canola oil

DIRECTIONS

1. Combine all ingredients. Refrigerate for at least 30 minutes.
2. Form mixture into equal size patties.
3. Coat a skillet with canola oil over medium-high heat.
4. Add patties to skillet. Heat on both sides for about 5 minutes or until lightly browned.

Per Serving: 278 Cal; 15 g Tot Fat; 3 g Sat Fat; 454 mg Sodium; 10 g Carb; 1 g Fiber; 1 g Sugar; 24 g Protein



Sweet Potato Black Bean Casserole

serves 6 / prep time 10 min / cook time 20 min / total time 30 min

VT

INGREDIENTS

- 1 large sweet potato peeled and diced (cook in the microwave for about 3-5 minutes, to soften)
- 1 tablespoon olive oil
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (14.5-ounce) can diced tomatoes, drained
- ½ large onion, chopped
- 1 red or green bell pepper, chopped
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- ½ teaspoon ground cinnamon
- 1 cup salsa, divided
- 3 whole wheat tortillas
- ½ cup Mexican-style shredded cheese
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 400 F. Spray an 8 x 8 baking dish with non-stick cooking spray.
2. Heat oil in a skillet over medium-high heat and add onion. Sauté for about 5 minutes.
3. In a large bowl, combine sautéed onion, diced sweet potato, black beans, tomatoes, bell pepper, chili powder, garlic salt, and cinnamon.
4. Spread ½ cup salsa on the bottom of the baking dish. Arrange a tortilla on top, ripping into strips to get the right fit. Spoon a large layer of sweet potato/black bean mixture over tortillas. Spread the remaining ½ cup salsa over the sweet potato/black bean layer.
5. Add one more layer of tortillas and then add the rest of the sweet potato/black bean mixture over the tortilla layer. Top with cheese.
6. Bake, uncovered, 20-25 minutes and until cheese is melted and top is slightly browned. Let stand 5 minutes.

Per Serving: 253 Cal; 7 g Tot Fat; 3 g Sat Fat; 537 mg Sodium; 39 g Carb; 9 g Fiber; 8 g Sugar; 10 g Protein



Black Bean Croquettes with Fresh Salsa

serves 4 / prep time 10 min / cook time 20 min / total time 30 min

VT

INGREDIENTS

- 2 (15-ounce) cans black beans, drained and rinsed
- 1 teaspoon ground cumin
- 1 cup frozen corn kernels, thawed
- ¼ cup plus ⅓ cup plain dry breadcrumbs, divided
- 2 cups finely chopped tomatoes
- 2 scallions, sliced
- ¼ cup chopped fresh cilantro
- 1 teaspoon chili powder, divided
- ¼ teaspoon salt
- 1 tablespoon extra-virgin olive oil
- 1 avocado, diced

DIRECTIONS

1. Preheat oven to 425 F. Coat a baking sheet with non-stick cooking spray.
2. Mash black beans and cumin with a fork in a large bowl until no whole beans remain. Stir in corn and ¼ cup breadcrumbs.
3. Combine tomatoes, scallions, cilantro, ½ teaspoon chili powder and salt in a medium bowl. Stir 1 cup of the tomato mixture into the black bean mixture.
4. Mix the remaining ⅓ cup breadcrumbs, oil and the remaining ½ teaspoon chili powder in a small bowl until the breadcrumbs are coated with oil. Divide the bean mixture into eight ½ cup balls. Lightly press each bean ball into the breadcrumb mixture, turning to coat. Place on the prepared baking sheet.
5. Bake the croquettes until heated through and the breadcrumbs are golden brown, about 20 minutes. Stir avocado into the remaining tomato mixture. Serve the salsa with the croquettes.

Per Serving: 406 Cal; 12 g Tot Fat; 1 g Sat Fat; 345 mg Sodium; 60 g Carb; 20 g Fiber; 9 g Sugar; 18 g Protein



Baked Greek Chicken and Vegetables

serves 6 / prep time 10 min / cook time 20 min / total time 30 min

30

GF

DF

KT

INGREDIENTS

- 4 boneless skinless chicken breasts, pounded to even thickness (about 2 pounds)
Salt and pepper to taste
- 1 ½ tablespoons Mediterranean seasoning, divided
- 1 lemon, thinly sliced
- 1 red bell pepper, sliced
- ½ cup Kalamata olives, halved
- 1 medium onion, sliced
- 2 tablespoons capers
- 2 tablespoons olive oil

DIRECTIONS

1. Preheat oven to 400 F. Coat a rimmed baking pan with non-stick cooking spray.
2. Season chicken with salt and pepper to taste and about 3 teaspoons Mediterranean seasoning on both sides.
3. Combine lemon, peppers, olives, onions, and capers in a bowl. Drizzle with oil and stir to coat.
4. Sprinkle with remaining Mediterranean seasoning and stir well.
5. Arrange chicken, lemon slices, peppers, olives, onions, and capers on baking pan.
6. Bake, uncovered, for 15-20 minutes until chicken is cooked through and vegetables are tender.

Per Serving: 278 Cal; 11 g Tot Fat; 2 g Sat Fat; 526 mg Sodium; 8 g Carb; 2 g Fiber; 4 g Sugar; 36 g Protein



Southwest Quinoa Salad

serves 6 / prep time 10 min / cook time 20 min / total time 30 min

V

GF

DF

INGREDIENTS

SALAD

- 1 ½ cups quinoa, dry
- 1 (15-ounce) can black beans, drained and rinsed
- 1 cup frozen corn, thawed
- 4 green onions, chopped
- 1 cup tomatoes, chopped
- 1 red bell pepper, chopped
- ½ red onion, chopped
- 1 cup fresh cilantro leaves, chopped

DRESSING

- ¼ cup olive oil
- 2 tablespoons lime juice
- 1 tablespoon apple cider vinegar
- 1 tablespoon cumin
- 1 teaspoon minced garlic
- Salt and black pepper to taste

DIRECTIONS

1. Cook quinoa per package instructions, then let cool. While quinoa cooks, prepare other ingredients.
2. In large bowl, combine vegetables and cooled quinoa.
3. In a small bowl, whisk together dressing ingredients. Add salt and pepper to taste.
4. Pour dressing into salad and stir well.
5. Serve warm or let chill before serving.

Per Serving: 378 Cal; 13 g TotFat; 1 g Sat Fat; 94 mg Sodium; 55 g Carb; 8 g Fiber; 5 g Sugar; 13 g Protein



Shrimp and Broccoli Pasta

serves 4 / prep time 10 min / cook time 20 min / total time 30 min

INGREDIENTS

- 8 ounces dry whole wheat pasta
- ¼ cup olive oil, divided
- 1 pound raw shrimp peeled and deveined
- ¼ teaspoon salt
- ½ teaspoon black pepper
- 4 cloves garlic, minced
- 2 large heads broccoli, chopped (about 4 cups)
- 1 juice and zest of lemon
- ¼ cup Parmesan cheese

DIRECTIONS

1. Cook pasta according to directions. Reserve 1 cup of the pasta water and set aside.
2. Pat shrimp dry with paper towel then sprinkle evenly with salt and pepper.
3. Heat 2 tablespoons of the olive oil in a large, deep skillet over medium-high heat. Add garlic and heat for 30 seconds then add the shrimp.
4. Sauté shrimp in the pan until they turn pink, just 3-4 minutes total, being careful not to over cook. Remove from pan and set aside.
5. In the same pan, add broccoli florets and reserved pasta water. Bring to a boil then cover pan and reduce to a simmer. Cook for about 3-4 minutes.
6. Add shrimp back into the pan along with the cooked pasta. Stir in remaining 2 tablespoons olive oil, lemon zest and lemon juice. Toss well.
7. Top with Parmesan cheese.

Per Serving: 377 Cal; 17 g Tot Fat; 3 g Sat Fat; 217 mg Sodium; 49 g Carb; 9 g Fiber; 12 g Protein



One Pan Broccoli Quinoa Skillet with Parmesan and White Beans

serves 4 / prep time 10 min / cook time 20 min / total time 30 min

VT

GF

INGREDIENTS

- 1 *tablespoon olive oil, divided*
- 1 *medium onion, finely chopped (about ½ cup)*
- 4 *cups chopped fresh broccoli florets*
- 3 *minced garlic cloves (about 1 tablespoon)*
- ¼ *teaspoon salt*
- ¼ *teaspoon black pepper*
- ¾ *cup uncooked quinoa*
- 1 ½ *cups low-sodium vegetable or chicken stock if not vegetarian/vegan*
- 1 *(15-ounce) can reduced-sodium white beans (such as Great Northern or cannellini), rinsed and drained*
- ¼ *cup freshly grated Parmesan cheese*
- 3 *tablespoons chopped fresh parsley*

DIRECTIONS

1. Heat a large, deep skillet or sauté pan over medium low. Add 1 ½ teaspoons of oil to the skillet. Once the oil is hot, add the onion. Cook until slightly softened, about 2 minutes, not allowing the shallot to brown.
2. Add the broccoli, garlic, salt, and pepper. Sauté until the broccoli is crisp-tender, about 3 to 4 additional minutes. Remove the broccoli and shallots from the skillet and set aside.
3. Add the remaining 1 ½ teaspoons of oil to the skillet. Add the quinoa and let toast for 1 minute, stirring often and scraping up along the bottom of the pan. Add the vegetable stock. Bring to a boil, and then lower the heat.
4. Cover and let simmer until the quinoa is tender, about 12 minutes.
5. Stir in the white beans and broccoli mixture and cook until warmed through, about 2 additional minutes.
6. Stir in the Parmesan and sprinkle with fresh parsley. Top with additional Parmesan if desired.

Per Serving: 375 Cal; 8 g Tot Fat; 2 g Sat Fat; 337 mg Sodium; 51 g Carb; 12 g Fiber; 6 g Sugar; 23 g Protein



Skillet Turkey Meatballs

serves 6 / prep time 5 min / cook time 10 min / total time 15 min

DF

INGREDIENTS

- 1 ¼ *pounds lean ground turkey OR lean ground beef*
- 1 *cup whole wheat Panko crumbs*
- ½ *teaspoon garlic powder*
- ¼ *teaspoon black pepper*
- 2 *teaspoon Italian seasoning*
- 1 *(24-ounce) jar marinara sauce*
Optional: Whole wheat pasta or sub buns, mozzarella cheese (exclude if dairy free)

DIRECTIONS

1. If serving with pasta, cook pasta according to directions.
2. Combine ground turkey, Panko crumbs, garlic powder, black pepper and Italian seasoning and mix well.
3. Form mixture into meatballs.
4. Heat a large skillet over medium heat and add meatballs. Turn often.
5. Cook for 10-12 minutes or until meat reaches 165 F.
6. Stir in marinara sauce. Serve on sub buns topped with mozzarella cheese, or over pasta.

Per Serving: 307 Cal; 12 g Tot Fat; 4 g Sat Fat; 570 mg Sodium; 24 g Carb; 4 g Fiber; 8 g Sugar; 22 g Protein



Quinoa Vegetarian Chili

serves 6 / prep time 5 min / cook time 30 min / total time 35 min

V
GF
DF

INGREDIENTS

- 2 teaspoons olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 ½ tablespoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- ¼ teaspoon cayenne (optional)
- 1 cup uncooked quinoa
- 3 cups low-sodium vegetable broth
- 1 ½ teaspoons cocoa powder
- 1 (15-ounce) can low-sodium black beans, rinsed and drained
- 1 (15-ounce) can low-sodium kidney beans, rinsed and drained
- 1 (15-ounce) can diced tomatoes
- Salt and black pepper, to taste

DIRECTIONS

1. Heat olive oil in a large pot over medium heat. Add onion and sauté for 3-4 minutes, until softened. Add garlic and sauté for 30 seconds.
2. Add chili powder, cumin, paprika and cayenne and stir to mix well.
3. Add uncooked quinoa and stir well. Cook for about 30 seconds to lightly toast the quinoa.
4. Add the vegetable broth and bring the mixture to a boil, then lower heat and let it simmer for 10 minutes.
5. Add the cocoa powder, beans and tomatoes and stir to combine. Return the chili to a simmer and cover for 15-20 minutes, stirring occasionally.

Per Serving: 306 Cal; 4 g Tot Fat; 0 g Sat Fat; 464 mg Sodium; 56 g Carb; 12 g Fiber; 7 g Sugar; 15 g Protein



One Pot Cheesy Southwest Pasta

serves 6 / prep time 5 min / cook time 25 min / total time 30 min

VT

INGREDIENTS

- 1 tablespoon olive oil
- 1 pound lean ground beef
- 1 large onion, chopped
- 1 red bell pepper, chopped
- 3 tablespoons taco seasoning (1 packet)
- 12 ounces dry whole wheat rotini pasta
- 2-3 cups water
- 1 cup salsa
- 1 cup low-sodium black beans, drained and rinsed
- 1 (4.5-ounce) can green chilies
- 1 cup shredded Mexican-blend cheese
- 2 green onions, chopped

DIRECTIONS

1. Cook rice on stove top according to directions.
2. Heat the olive oil in a large skillet over high heat. Add the shrimp, half the garlic, and half the ginger. Cook, stirring constantly, just until the shrimp are firm. Remove the shrimp and set aside.
3. In the same pan add the onion, bell pepper, peas, and the remaining garlic and ginger. Cook, stirring constantly, on high heat just until the vegetables begin to soften.
4. Return the shrimp to the pan, season with the salt and stir in the honey, soy sauce, and orange zest. Cook until all ingredients are coated in the sauce and hot.

Per Serving: 375 Cal; 7 g Tot Fat; 1 g Sat Fat; 692 mg Sodium; 49 g Carb; 4 g Fiber; 17 g Sugar; 29 g Protein



Ground Beef and Cabbage Stir Fry

serves 2 / prep time 5 min / cook time 15 min / total time 20 min

DF

INGREDIENTS

- 2 tablespoons low-sodium soy sauce
- 1 tablespoon Sriracha
- 1 pound lean ground beef
- 1 (9-ounce) bag coleslaw mix or mix of green cabbage, purple cabbage, shredded carrots
- 2 scallions, thinly sliced
- 1 tablespoon freshly grated ginger
- 1 tablespoon canola oil
- Sesame seeds for garnish

DIRECTIONS

1. Combine soy sauce and Sriracha in a small mixing bowl and stir well. Set aside.
2. Heat canola oil in a 3 quart or larger pan over medium-high heat. Add ground beef and cook until browned, about 5 minutes, stirring frequently and breaking the meat apart.
3. Add coleslaw mix to the pan and stir with the beef. Cook until cabbage is wilted and tender, about 5 minutes, stirring frequently.
4. Reduce heat to medium-low. Pour sauce over the pan and add ginger. Stir until everything is well-mixed.
5. Remove pan from heat. Stir in sliced scallions, and garnish with sesame seeds.

Per Serving: 200 Cal; 8 g Tot Fat; 2 g Sat Fat; 426 mg Sodium; 5 g Carb; 2 g Fiber; 2 g Sugar; 25 g Protein



Rustic Tomato Soup with Cheesy Toast

serves 4 / prep time 5 min / cook time 25 min / total time 30 min

VT

INGREDIENTS

- ½ cup coarsely chopped carrots
- ½ cup coarsely chopped onion
- ½ cup coarsely chopped fennel bulb
- 1 celery stalk, coarsely chopped
- 1 tablespoon olive oil
- 2 (14.5-ounce) cans diced tomatoes, undrained
- 1 cup low sodium chicken stock
- ¾ teaspoon freshly ground black pepper, divided
- ⅝ teaspoon salt
- 1 tablespoon butter
- 8 celery leaves
- 4 slices whole-grain bread
- 3 ounces Gruyère cheese, shredded (about ¾ cup)

DIRECTIONS

1. Combine first 4 ingredients in a food processor, process until finely chopped.
2. Heat a large saucepan over medium-high heat and add oil to pan.
3. Add vegetable mixture to pan; cook 5 minutes or until crisp-tender, stirring occasionally.
4. Add tomatoes to food processor; pulse until finely chopped. Add tomatoes, chicken stock, ½ teaspoon pepper, and salt to pan; bring to a simmer.
5. Reduce heat to low and simmer 10 minutes.
6. Stir in butter and sprinkle with celery leaves.
7. Preheat broiler to high.
8. Place bread on a baking sheet. Broil 2 minutes. Turn bread slices over; sprinkle evenly with cheese. Broil 2 minutes or until cheese is lightly browned. Sprinkle with remaining ¼ teaspoon black pepper.

Per Serving: 301 Cal; 14 g Tot Fat; 6 g Sat Fat; 753 mg Sodium; 32 g Carb; 5 g Fiber; 11 g Sugar; 13 g Protein