Healthy Eating Recipe Book

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

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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. Welcome to the Next Generation of Primary Care, Your Healthcare Simplified.

Schedule your appointment today at AvanceCare.com
Weight Management Program

Are you tired of dieting and resorting to quick-fixes, only to regain the weight and then some? Enroll now in Avance Care’s 3-month intensive, individualized weight loss program to help you both lose weight AND keep it off.

Patients That Follow Our Program Have Seen

- Weight loss up to 1-2 lbs./week
- Significant reductions in LDL cholesterol, triglycerides, and A1C
- Medication dose reductions and/or fewer medications needed
- Sustained behavior changes and improved diet quality
- Increased energy and sense of wellbeing
- Improved relationship with food

What Our Program Offers

We suggest committing to biweekly appointments with your dietitian for optimal results.

Session 1: Nutritional Assessment

- 60-minute visit
- Assessment of medical history, personal goals, and current lifestyle habits
- Explanation of your nutrition analysis report
- Customized education and materials
- SMART goal setting

Session 2: Meal Planning

- 60-minute visit
- Individualized meal plan
- Menu planning practice
- Recipes to match meal plan

Session 3: Meal Plan Review and Coaching

- 45-60-minute visit
- Review of food tracking records and meal plan
- Nutrition coaching

Session 4: Individual Grocery Store Tour

- 90-minute visit
- Learn how to shop and plan meals without busting your budget
- Create your own healthy shopping list
- Decipher confusing food labels and ingredient lists
- Family members welcome to join

Session 5: Mindful Eating

- 30-60-minute visit
- Mindful eating coaching and guided mindful eating activity
- SMART Goal Setting
- Review of goals and progress

Session 6: Healthy Dining Out and Social Occasions

- 30-60-minute visit
- Review of restaurant menus and tips for eating out and navigating social occasions and holidays
- Reassessment of body composition

Post Program Support

Ongoing follow up sessions are recommended for accountability and additional coaching. We suggest committing to biweekly sessions with your dietitian (RDN) for optimal results.

What Will it Cost?

Most health insurance plans cover this program provided by a licensed dietitian. In some cases, you may be eligible for unlimited benefits with no copay or deductible. Our Specialty Services Coordinators will call your insurance provider to verify your benefits and will alert you of any copays or fees, if applicable.

Speak to your healthcare provider for a program referral or call Avance Specialty Services directly at 919-237-1337.

AvanceCare.com/Weight-Management-Program
Emotional Eating Program

Emotional eating occurs when you choose food in response to feelings (positive or negative), instead of physical hunger. Most people experience this occasionally, but for some individuals it can become a frequent challenge and create a pattern of disordered eating.

Am I an Emotional Eater?

Take this quick self-assessment to determine if you are struggling with emotional eating.

1. I often turn to food when I am feeling negative emotions such as stress or sadness, or in response to positive emotions such as happiness.
2. I am constantly thinking about food, even after I just ate.
3. I hide my eating from my family and friends.
4. I feel a lot of shame and regret after I eat too much.
5. I feel unable to control myself around food.

If 2 or more of these statements apply to you, the emotional eating program may be beneficial.

Program Structure

Avance Care's program combines nutrition and behavioral counseling in a structured format to empower you and support you in repairing your relationship with food.

The program consists of two 9-week tiers, providing both beginner and advanced levels of support to promote long-term success. Participants attend weekly one-hour appointments alternating between a registered dietitian and a behavioral therapist. After the first 9 weeks, graduates of tier 1 will be offered entry into tier 2, an advanced course in emotional eating, if considerable progress has been made.

The Program Is Designed to Help Participants:

- Embrace the nourishing qualities of eating
- Develop the skills needed to establish a healthier relationship with food
- Practice and implement mindfulness techniques in their daily life
- Understand the complex relationship between physical health, emotional health, and eating
- Investigate how previous experiences and habits affect their food behaviors
- Explore new strategies for self-care and self-acceptance

All potential participants will attend an introductory assessment with an Avance Care registered dietitian. Individuals who meet the program's eligibility criteria must be able to commit one hour each week for 9 weeks of in-person counseling. During each appointment, participants will be given at-home activities to practice mindfulness skills between sessions.

This is not a diet or weight loss program. It is an opportunity to build the skills and knowledge necessary to improve your relationship with food.

What Will It Cost?

Most health insurance plans cover this program provided by a licensed dietitian. In some cases, you may be eligible for unlimited benefits with no copay or deductible. Our Specialty Services Coordinators will call your insurance provider to verify your benefits and will alert you of any copays or fees, if applicable. Speak to your healthcare provider for a program referral or call Avance Specialty Services directly at 919-237-1337.

AvanceCare.com/Emotional-Eating
Thriving with Diabetes Education Program

Why settle for surviving with diabetes when you can thrive! Learning you have diabetes can be overwhelming. Avance Care’s Diabetes Education program can help you develop practical strategies that make managing diabetes easier and even enjoyable. Classes are offered for individuals as well as group sessions.

What Our Program Offers

Two out of three patients achieve an A1C less than 7 within 3 months of starting the program.

Session 1: “Get to Know You” Visit (60-minute visit)
- Discuss your medical history, current lifestyle habits, diabetes self-care behaviors, and goals
- Create an individualized learning plan with your dietitian for how to manage your diabetes and overall wellness
- Learn the basics of diabetes, blood sugar monitoring, and treatment options available to you

Session 2: Eating Healthy with Diabetes (60-minute visit)
- Review your food and blood sugar journals to learn your patterns
- Learn how your daily eating habits compare with recommendations by participating in a nutritional analysis activity
- Discuss carbohydrate counting, reading food labels, and strategies for dining out

Session 3: Personalized Healthy Eating Plan (60-minute visit)
- Create an individualized meal plan tailored to your food preferences
- Practice meal planning and tips for eating healthier “on the go”
- Receive delicious and healthy recipes to match your meal plan

Session 4: The Daily Dose: Medications and Preventing High and Low Blood Sugar (60-minute visit)
- Review your medications and how they work in your body
- Discuss additional vitamins, minerals, and complementary and alternative medicine
- Learn how to prevent and treat low and high blood sugar and how to navigate sick days

Session 5: Staying Active and Moving Towards Health (60-minute visit)
- Find out how physical activity affects your blood sugar
- Create personalized physical activity goals
- Learn how to reduce your risk of cardiovascular, kidney, eye, and nerve complications and how to care for your feet

Session 6: Getting the Support You Need (60-minute visit)
- Find out how stress affects your blood sugar
- Discuss problem solving, motivation, stress management, and relaxation techniques, as well as strategies for increasing support from family, friends, healthcare providers, and the community
- Practice stress management techniques such as meditation or breathing exercises, if desired
- Behavioral wellness providers are available to assist with healthy coping and stress management, as needed

Post Program Support

Ongoing follow up sessions are recommended for accountability and additional coaching. We suggest committing to biweekly sessions with your dietitian (RDN) for optimal results.

What Will it Cost?

Most health insurance plans cover this program provided by a licensed dietitian. In some cases, you may be eligible for unlimited benefits with no co-pay or deductible. Our Specialty Services Coordinators will call your insurance provider to verify your benefits and will alert you of any copays or fees, if applicable.

Speak to your healthcare provider for a program referral or call Avance Specialty Services directly at 919-237-1337.

AvanceCare.com/Thriving-With-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, 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.

2. Before beginning therapy, our Behavioral Wellness Coordinator helps you understand your insurance coverage. Behavioral Wellness services are covered ONLY by Blue Cross Blue Shield, UnitedHealthcare, Medicare, and Medcost at this time. Self-pay, discounted bundle fees available for non-insured patients.

AvanceCare.com/BW
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-butter-oatmeal-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 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.

### Nutrition Information:
- **Serving Size:** ¼ of recipe  
- **Calories:** 171,  
- **Fat:** 8g,  
- **Protein:** 17g,  
- **Carbohydrates:** 6g,  
- **Fiber:** 1g,  
- **Sodium:** 735mg

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 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!

Nutrition Information:  
Serving Size: ⅓ of recipe  
Calories: 299, Fat: 15g, Protein: 14g, Carbohydrates: 26g, Fiber: 5g, Sodium: 371mg

Adapted from: https://www.foodfaithfitness.com/breakfast-hash-squash-kale/
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
- 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
- ½ cup cilantro, roughly chopped
- ⅓ cup pepitas (see note)
- ⅓ cup queso fresco or cotija cheese, crumbled
- 8 ounces shrimp, blackened (see Nutrition Tip for other protein ideas)

Cumin-Lime Dressing
- 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 garlic clove, minced

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

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 of the 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**
- 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**
- 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 pre-cut 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.

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 beforehand, 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
• 1, 14.5 ounce can bean medley (about 2 cups)
• 1 medium red or orange pepper, diced
• ½ red onion, diced
• ⅓ cup green olives, cut in half
• ¾ cup corn, cooked

Vinaigrette
• 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 salad  
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**
- 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**
- 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

**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.

**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/
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 ¾-inch pieces
- 1 bell pepper (red, yellow or orange), diced
- 1 medium yellow onion, chopped
- 4 garlic cloves, minced
- ⅛ teaspoon dried oregano
- 1, 14.5-ounce can no-salt-added diced tomatoes
- 1 ½ cups low-sodium chicken stock (see note)
- 2 tablespoons balsamic vinegar
- 8 ounces whole wheat penne pasta
- 3 cups packed spinach leaves, coarsely chopped
- ¼ 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: % 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 fiber-rich, 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 ½ cups chicken stock. If the pasta has not cooked through by the time the stock has absorbed, then add more stock, ¼ 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

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 Information:**

- **Serving Size:** ¼ of recipe  
- **Calories:** 386, **Fat:** 7g, **Protein:** 37g, **Carbohydrates:** 36g, **Fiber:** 4g, **Sodium:** 435mg

**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.

Easy Weeknight Pizza

**Prep Time:** 10 minutes  
**Cook Time:** 15-20 minutes  
**Makes:** 6 servings

### Ingredients:

**Dough**
- 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 (reduce amount of toppings as needed)

**Toppings**
- 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)

### Nutrition Information:

**Serving Size:** 1 slice (1/6 of pizza)  
**Calories:** 302,  
**Fat:** 7g,  
**Protein:** 22g,  
**Carbohydrates:** 35g,  
**Fiber:** 3g,  
**Sodium:** 603mg

*Nutrition content based on store-bought dough, reduced-fat mozzarella cheese, peppers, onions, chicken and store-brand pizza sauce. Nutrition will vary depending on ingredients used.*

### 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.
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**
- 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 Tips:
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 & 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:** 1/3 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/](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

**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 ½ 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 ¾ 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 ¼ cup chicken broth, then stir into the stir-fry mixture.
8. Serve ¼ of the stir-fry mixture over ½ cup of cooked rice and garnish with sesame seeds if desired.

**Nutrition Information:**
**Serving Size:** ½ cup cooked rice, ¼ shrimp and vegetable stir-fry  
**Calories:** 337, **Fat:** 4g, **Protein:** 29g, **Carbohydrates:** 50g, **Fiber:** 6g, **Sodium:** 515mg  
**Adapted from:** https://hip2save.com/recipes/weeknight-chicken-stir-fry-recipe/

**Nutrition Tip:** This recipe has all the flavors of takeout without the sodium, sugar, and calories that come with typical Asian takeout 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.
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: 6 servings  
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 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 garlic cloves, 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: ¼ of recipe
Calories: 243, Fat: 12.6g, Protein: 29.3g, Carbohydrates: 2.7g, Fiber: 0.8g, 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 ½ lbs) boneless, skinless chicken breast
- ¼ 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: 21g, 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
- ¼ cup flour
- 2 tablespoons olive oil
- 1 pound baby red potatoes, quartered
- 6 medium carrots, cut diagonally into ½-inch slices
- 1 onion, diced
- 3 cloves garlic, minced
- 3 cups beef broth
- ¼ 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 ½ hours or HIGH for 3 ½ 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 Tip: This rich and comforting beef stew will be a cold-weather favorite. Simple to prepare on a weekend day, enjoy for lunch or dinner-time 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 crazy-busy, “I don’t have time to grocery shop,” sort-of weeks.

Nutrition Information:

<table>
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<tr>
<th>Serving Size: ⅛ of recipe</th>
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<tbody>
<tr>
<td>Calories: 272, Fat: 10g, Protein: 29g, Carbohydrates: 23g, Fiber: 4g, Sodium: 431mg</td>
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</tbody>
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Adapted from: https://damndelicious.net/2016/10/07/slow-cooker-beef-stew/
Slow Cooker Shrimp and Chicken Gumbo

Prep Time: 10 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 garlic cloves, 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  
- 1/8 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 cornstarch 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-minute-big-easy-shrimp-and-chicken-gumbo/
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: ¼ of recipe
Calories: 315, Fat: 12g, Protein: 49g, Carbohydrates: 3.5g, Fiber: 0.4g, 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 breasts 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: ½ of recipe, 1 whole wheat pita, and 2 tablespoons 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/
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
- ⅔ cup sweet corn kernels (from 1 ear of corn, use a fresh corn cob if possible, you won’t regret it)
- 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: ⅓ 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 ¼ 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: ⅛ of recipe  
Calories: 210, Fat: 9g, Protein: 12g, Carbohydrates: 19g, Fiber: 5g, Sodium: 491mg

Adapted from: https://smittenkitchen.com/2017/09/pizza-beans-cookbook-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 (see note)
- 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 5 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.

**Note:** If you have a mandolin, use that for easy zucchini slicing, otherwise use a large kitchen knife.

**Nutrition Information:**
- **Serving Size:** ⅛ of the recipe
- **Calories:** 274  
  - Fat: 11g  
  - Protein: 20g  
  - Carbohydrates: 24g  
  - Fiber: 3g  
  - Sodium: 533mg

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:** 1/6 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
- ⅔ 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!

### 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 year-round. 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:

<table>
<thead>
<tr>
<th>Serving Size: ⅙ casserole</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories: 205, Fat: 9g, Protein: 17g, Carbohydrates: 15g, Fiber: 2g, Sodium: 475mg</td>
</tr>
</tbody>
</table>

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 bite-sized pieces (we did this the day before)
- 1 cup frozen peas
- Salt and pepper to taste

**For Dumplings:**
- Nonstick cooking spray
- 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:** ¼ 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:
- 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 (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. To prepare 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. To prepare cornbread: whisk cornmeal, flour, sugar, baking powder, cumin, 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.

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

Nutrition Information:
Serving Size: ⅛ of recipe  
Calories: 487, Fat: 13g, Protein: 29g, Carbohydrates: 61g, Fiber: 9g, Sodium: 640mg  
Adapted from: http://www.eatingwell.com/recipe/250144/chili-cornbread-casserole/
Tips from Our Registered Dietitians
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)
- 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

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

**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, ½ 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 ¾ 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 thermos). Slice crusty bread (we like Italian bread) and put into 4 separate zip lock bags. Whole grain crackers, leftover cooked grains, cheese toast, or ½ 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 leftover 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 ¾ 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

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

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

<table>
<thead>
<tr>
<th>Time</th>
<th>Vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td>15</td>
<td>Tomatoes, kale (does not need to be in single layer)</td>
</tr>
<tr>
<td>20</td>
<td>Asparagus, bell peppers, green beans, yellow squash, zucchini</td>
</tr>
<tr>
<td>25</td>
<td>Broccoli, brussels sprouts (halved), cauliflower</td>
</tr>
<tr>
<td>30</td>
<td>Butternut squash, cabbage (1-inch slices), carrots, sweet potatoes, onions</td>
</tr>
<tr>
<td>40</td>
<td>Corn (whole ear with husk)</td>
</tr>
<tr>
<td>45</td>
<td>Potatoes (russet, red, Yukon)</td>
</tr>
</tbody>
</table>
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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Director of Nutrition Services
Christina completed her Master of Public Health in Nutrition and is a certified diabetes educator.

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Clinical Nutrition Manager
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Bonnie completed her Master of Science in Nutrition and loves providing individualized care based on patient’s needs and goals.

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Kathryn completed her Master of Science in Food and Nutritional Sciences and believes in finding nutrition plans by setting realistic goals.

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15 Triangle locations to keep you and your family healthy!

Same-Day, Evening, and Weekend Appointments

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Apex, NC 27502

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Cary, NC 27518

Central Raleigh: 919.322.4722
815 Oberlin Rd., Ste. 200
Raleigh, NC 27605

Clayton: 919.553.5711
2076 NC Hwy 42 W., Ste. 230
Clayton, NC 27520

Durham: 919.748.4990
1821 Martin Luther King Jr. Pkwy.
Durham, NC 27707

Garner: 919.803.2285
876 Timber Dr.
Garner, NC 27529

Holly Springs: 919.552.9952
1004 Werrington Dr., Ste. 200
Holly Springs, NC 27540

Morrisville: 919.655.1000
6402 McCrimmon Pkwy., Ste. 100
Morrisville, NC 27560

North Raleigh: 919.865.8000
12341 Strickland Rd., Ste. 102
Raleigh, NC 27613

Northeast Raleigh: 919.747.3033
7510 Ramble Way, Ste. 107
Raleigh, NC 27616

Wake Forest: 919.554.0177
1964 South Main St.
Wake Forest, NC 27587

West Cary: 919.234.1577
7750 McCrimmon Pkwy., Ste. 100
Cary, NC 27519

Knightdale: 919.679.3177
210 Hinton Oaks Blvd., Ste. E
Knightdale, NC 27545

South Chapel Hill: 919.590.9005
98 Chapelton Ctr., Ste. 310
Chapel Hill, NC 27516

Brier Creek: 919.578.7008
7850 Brier Creek Pkwy., Ste. 220
Cary, NC 27517

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