

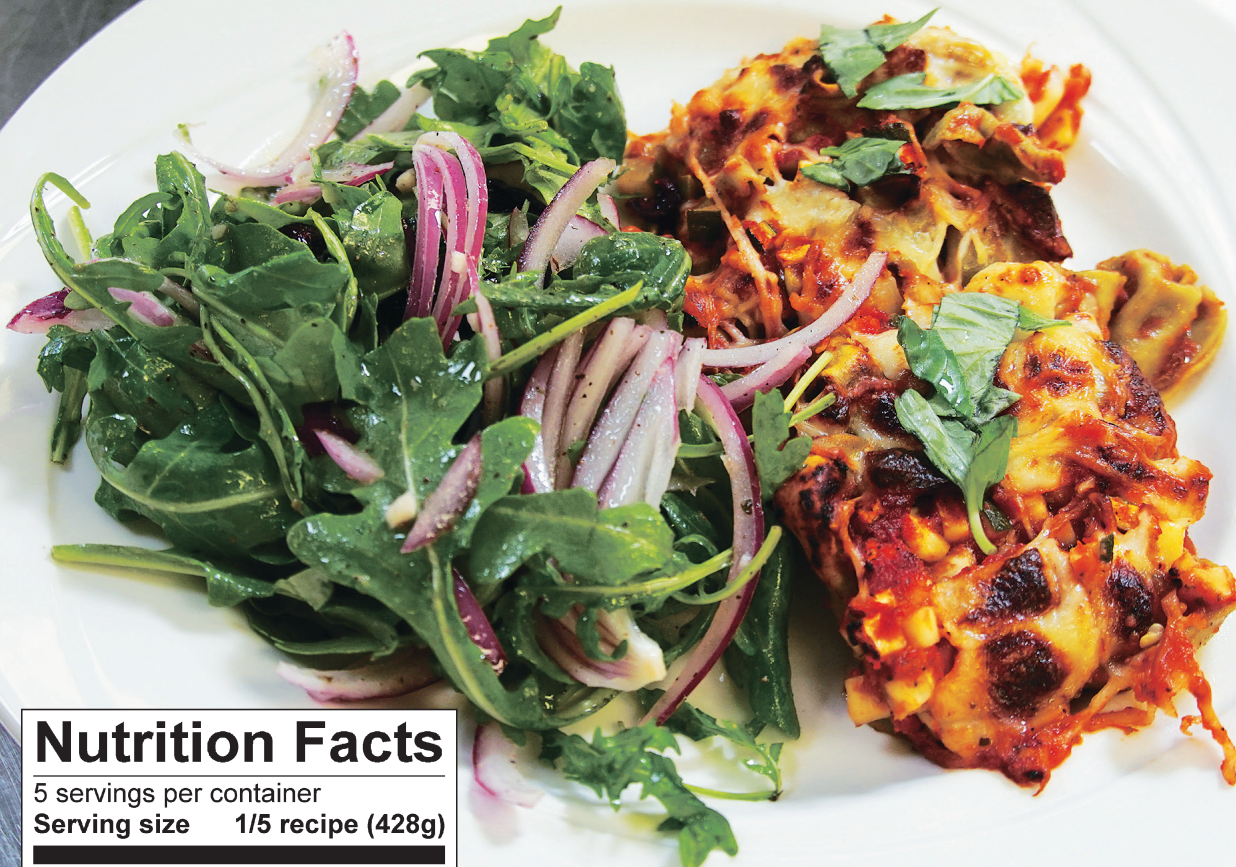


# Baked Caprese Tortellini with Arugula Salad

Prep time: **15** MINUTES

Cook time: **35** MINUTES

Servings: **5**



## Nutrition Facts

5 servings per container  
Serving size **1/5 recipe (428g)**

Amount per serving

**Calories** **520**

% Daily Value\*

<b>Total Fat</b> 21g	<b>27%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 125mg	<b>42%</b>
<b>Sodium</b> 710mg	<b>31%</b>
<b>Total Carbohydrate</b> 59g	<b>21%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 28g	
Includes 7g Added Sugars	<b>14%</b>
<b>Protein</b> 31g	
Vitamin D 1mcg	<b>6%</b>
Calcium 658mg	<b>50%</b>
Iron 4mg	<b>20%</b>
Potassium 916mg	<b>20%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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## Ingredients:

- 16 ounces spinach-filled tortellini
- 5 cloves garlic
- 1 ½ tablespoons fresh basil
- 1 medium zucchini
- 4 ounces baby arugula
- ½ small red onion
- 8 ounces fat-free mozzarella, shredded
- 1 can (28 oz) unsalted crushed tomatoes
- 1 teaspoon red pepper flakes
- ¾ cup shredded Parmesan cheese
- ½ cup dried sweetened cranberries
- ¼ cup red wine vinegar
- 4 tablespoons olive oil
- ½ teaspoon lemon juice
- 1 tablespoon salt-free Italian seasoning
- 1 teaspoon ground black pepper
- 2 tablespoons honey

Recipe adapted from Chef Ami

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# Instructions:



## 1. Prep

Preheat oven to 425°F. Rinse fresh produce. Mince garlic cloves and set aside one. Roughly chop the basil. Cut the zucchini into small dice. Thinly slice the red onion and place in a small bowl of ice water to reduce the sharpness of the flavor. Remove from the bowl of ice water before use.



## 2. Make the sauce

Heat 1 tablespoon olive oil in a large skillet over medium heat. Add 4 cloves garlic and red pepper flakes and saute until fragrant. Add crushed tomatoes, honey, 2 teaspoons Italian seasoning, and  $\frac{3}{4}$  teaspoon ground black pepper and bring to a simmer.



## 3. Cook tortellini

Boil tortellini in a medium pot of water over high heat for 1 to 2 minutes. Drain and set aside.



## 4. Bake the pasta

Mix the tortellini and zucchini into the sauce. Pour mixture onto a lined baking dish and sprinkle the mozzarella and Parmesan evenly over the tortellini mixture. Bake for 20 to 25 minutes, or until cheese is golden brown.



## 5. Make dressing

In a small bowl, mix red wine vinegar, lemon juice, 3 tablespoons olive oil, 1 clove garlic, 1 teaspoon Italian seasoning, and  $\frac{1}{4}$  teaspoon ground black pepper and set aside.

## 6. Make salad and final touches

Combine baby arugula, dried cranberries, red onions, and dressing in a large bowl. Plate baked tortellini and garnish with basil. Serve with the salad.

## Did you know ?

- » Onions contain flavonoids, which are compounds that keep the body healthy.
- » Arugula is a leafy green with a peppery taste.

## Try these tips!

- » Replace the tortellini with any filled pasta like ravioli!
- » Use half of the red pepper flakes in the sauce to make it mild.



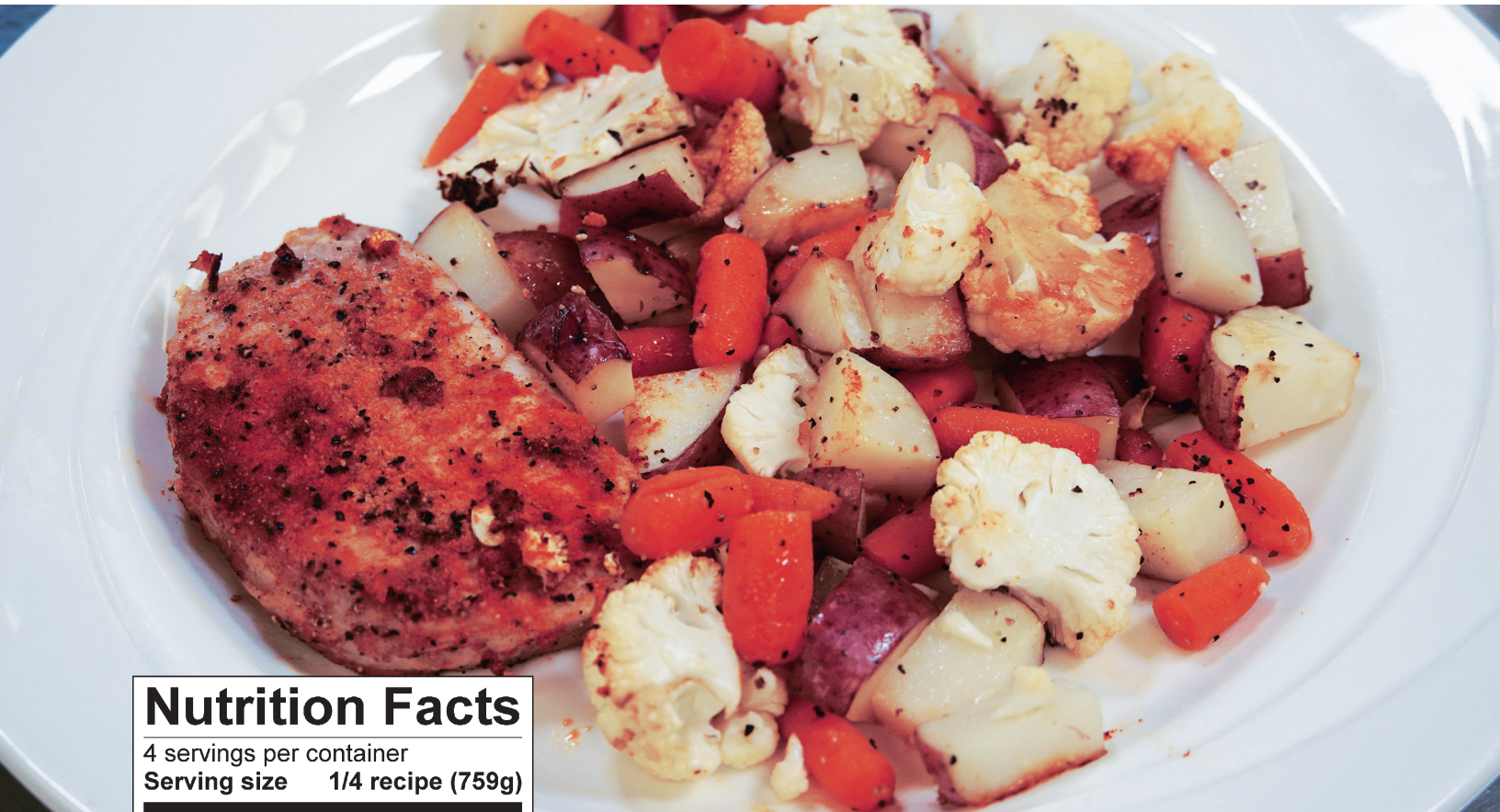


# Baked Pork Chops with Vegetables

Prep time: **10** MINUTES

Cook time: **35** MINUTES

Servings: **4**



## Nutrition Facts

4 servings per container  
Serving size 1/4 recipe (759g)

Amount per serving

**Calories** **650**

% Daily Value\*

<b>Total Fat</b> 21g	<b>27%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 100mg	<b>33%</b>
<b>Sodium</b> 610mg	<b>27%</b>
<b>Total Carbohydrate</b> 74g	<b>27%</b>
Dietary Fiber 13g	<b>46%</b>
Total Sugars 13g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 46g	
Vitamin D 1mcg	<b>6%</b>
Calcium 123mg	<b>10%</b>
Iron 6mg	<b>35%</b>
Potassium 2836mg	<b>60%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Scan code for a video of how to make this recipe!



## Ingredients:

- 3 cups cauliflower florets
- 8 small red potatoes
- 3 cups baby carrots
- 4 tablespoons olive oil
- 1/2 teaspoon salt
- 2 teaspoons ground black pepper
- 4 (6-ounce) boneless, lean pork chops
- 2 teaspoons paprika
- 2 teaspoons onion powder

Recipe adapted from USDA Mixing Bowl





# Instructions:

2.



## 1. Preheat

Preheat oven to 400°F.

## 2. Prep vegetables

Rinse cauliflower, potatoes, and carrots thoroughly. Cut large cauliflower florets into smaller pieces. Halve the baby carrots and chop the red potatoes into a similar size. Vegetables should be close in size for even cooking. Set aside in a bowl.

3.



## 3. Make seasoning

In a small bowl, mix ¼ teaspoon salt, 1 teaspoon ground black pepper, 2 teaspoons paprika, and 2 teaspoons onion powder.

4.



## 4. Season pork chops

Coat each side of the pork chops with 2 tablespoons olive oil and the seasoning. Place pork chops in the center of a large baking sheet lined with foil or parchment paper and set aside.

5.



## 5. Season vegetables

To the bowl of vegetables, add remaining salt, ground black pepper, and olive oil and mix. Lay vegetables around the edge of the cooking sheet with pork chops. Cover the pork chops and vegetables with foil to prevent burning.

6.



## 6. Bake and serve

Bake for 20 to 30 minutes until the internal temperature of the pork chops is 145°F, and the potatoes are cooked. Remove the foil a few minutes before the pork is cooked to brown the pork and potatoes. Serve pork chop with roasted vegetables.

## Did you know ?

- » Roasting vegetables is an easy way to cook vegetables!
- » Cauliflower can be used as a rice and mashed potato substitute.

## Try these tips!

- » Swap with in-season vegetables for a cheaper alternative.
- » Exchange the pork chops with any protein like chicken!





# Bangin' Burrito Bowl

Prep time: **10** MINUTES

Cook time: **35** MINUTES

Servings: **4**



## Nutrition Facts

4 servings per container  
Serving size 1/4 recipe (759g)

Amount per serving

**Calories** **640**

% Daily Value\*

<b>Total Fat</b> 25g	<b>32%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 750mg	<b>33%</b>
<b>Total Carbohydrate</b> 92g	<b>33%</b>
Dietary Fiber 19g	<b>68%</b>
Total Sugars 13g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 16g	
Vitamin D 0mcg	<b>0%</b>
Calcium 149mg	<b>10%</b>
Iron 5mg	<b>30%</b>
Potassium 1580mg	<b>35%</b>

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## Ingredients:

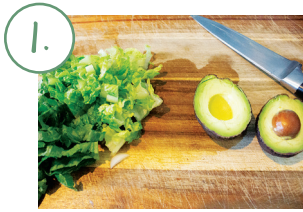
- 1 large green bell pepper
- 1 large red bell pepper
- 4 cups romaine lettuce
- 1 large red onion
- 2 medium avocados
- 1 large tomato
- 2 tablespoons olive oil
- 1 tablespoon garlic powder
- 1 teaspoon ground black pepper
- 3 tablespoons sriracha
- ½ teaspoon salt
- 1 teaspoon chili powder
- 2 ½ cups low-sodium vegetable broth
- 1 cup brown rice
- ¼ cup cilantro
- ¼ cup lime juice
- 1 can (15.5 oz) unsalted black beans
- 1 can (15 oz) unsalted corn

Recipe adapted from Slice and Spice





# Instructions:



## 1. Prep

Preheat oven to 365°F. Rinse fresh produce. Slice bell peppers into ½ inch strips. Thinly slice the lettuce and half of the red onion. Cut the other half of the onion and the tomato into small dice. Cut each avocado into medium dice.



## 2. Roast vegetables

Place bell peppers and sliced red onions on a baking sheet lined with foil or parchment paper. Drizzle olive oil and add chili powder, 1 teaspoon garlic powder, ½ teaspoon ground black pepper, and ¼ teaspoon salt. Mix and bake for 20 minutes.



## 3. Cook rice

In a medium pot, add 2 cups vegetable broth and brown rice. Bring to a boil over medium-high heat. Reduce heat to medium-low and cover. Simmer for 20 minutes or until the water is absorbed. Allow to cool for 5 minutes then add 2 tablespoons cilantro and 2 tablespoons lime juice.



## 4. Cook black beans

Add black beans, ½ cup vegetable broth, 1 teaspoon garlic powder, and ½ teaspoon ground black pepper to a medium pot. Simmer for 5 to 10 minutes over medium-low heat or until tender.



## 5. Make salsa

Combine tomato, diced onion, 1 teaspoon garlic powder, 2 tablespoons lime juice, ¼ teaspoon salt, and 2 tablespoons cilantro in a medium bowl. Mix and set aside.

## 6. Prepare corn and final touches

Drain corn and set aside. Plate cilantro-lime brown rice, lettuce, salsa, roasted vegetables, corn, and black beans. Top with avocado and a drizzle of sriracha.

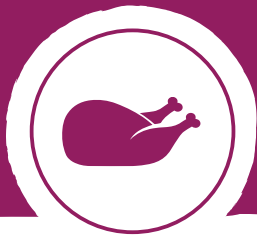
## Did you know ?

- » Red bell peppers are sweeter than green ones because bell peppers sweeten as they ripen.
- » Roasting vegetables is a quick, easy way to get in your veggies.

## Try these tips!

- » Line the baking sheet with parchment paper or aluminum foil to make the clean-up process easier.
- » Double or triple the salsa recipe as a perfect snack with whole-grain chips.





# BBQ Chicken Pizza with Garden Salad

Prep time: **15** MINUTES

Cook time: **30** MINUTES

Servings: **4**



## Nutrition Facts

4 servings per container  
Serving size 1/4 recipe (472g)

Amount per serving

**Calories** **560**

% Daily Value\*

<b>Total Fat</b> 19g	<b>24%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 75mg	<b>25%</b>
<b>Sodium</b> 730mg	<b>32%</b>
<b>Total Carbohydrate</b> 66g	<b>24%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 20g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 34g	
Vitamin D 0mcg	<b>0%</b>
Calcium 365mg	<b>30%</b>
Iron 4mg	<b>20%</b>
Potassium 888mg	<b>20%</b>

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## Ingredients:

- 6 whole-wheat English muffins
- 1/2 cup barbecue sauce
- 12 ounces boneless, skinless chicken breasts
- 3 tablespoons olive oil
- 3/4 cup shredded mozzarella cheese
- 1 medium red bell pepper
- 1 small red onion
- 2 cups lettuce mix
- 1 cup cherry tomatoes
- 1 small cucumber
- 2 medium carrots
- 2 tablespoons balsamic vinegar
- 1/2 teaspoon ground black pepper

Recipe adapted from USDA Mixing Bowl





# Instructions:



## 1. Slice and cook chicken

Slice chicken into strips. Heat 1 tablespoon olive oil in a large skillet over medium-high heat. Add chicken strips to the heated pan and cook until the internal temperature is 165°F when done. On a different surface, cut the cooled chicken into medium dice.



## 2. Prep English muffins

Preheat oven to 450°F. Slice English muffins in half and place on an ungreased large baking tray or two ungreased medium baking trays.



## 3. Prep vegetables

Rinse fresh produce. Cut the bell pepper into small dice. Halve the red onion and cherry tomatoes. Peel the carrots. Slice the onion, cucumber, and carrots and set aside.



## 4. Top and bake

Spread barbecue sauce on each half of the English muffin to within ¼ inch of edges. Evenly top each English muffin half with chicken, shredded cheese, and bell pepper. Bake pizzas for 7 to 12 minutes, or until cheese melts.



## 5. Make dressing

In a small bowl, combine 2 tablespoons of olive oil, balsamic vinegar, and ground black pepper. Set aside.

## 6. Final touches

Plate English muffin pizzas and serve with lettuce mix topped with carrots, tomatoes, cucumbers, onions, and dressing.

## Did you know ?

- » Slicing the chicken before cooking reduces the cooking time.
- » Balsamic vinegar has a complex sweet and tart flavor.

## Try these tips!

- » Feel free to replace the English muffins with sliced whole grain bread or whole wheat bagels.
- » Top each pizza with some red pepper flakes to make it spicy.





# Black Bean Quesadilla with Corn, Avocado, and Tomato Salad

Prep time: **15** MINUTES

Cook time: **15** MINUTES

Servings: **4**



## Nutrition Facts

4 servings per container  
Serving size **1/4 recipe (412g)**

Amount per serving

**Calories** **510**

% Daily Value\*

**Total Fat** 24g **31%**

Saturated Fat 7g **35%**

Trans Fat 0g

**Cholesterol** 15mg **5%**

**Sodium** 760mg **33%**

**Total Carbohydrate** 57g **21%**

Dietary Fiber 11g **39%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

**Protein** 20g

Vitamin D 0mcg **0%**

Calcium 464mg **35%**

Iron 3mg **15%**

Potassium 852mg **20%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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## Ingredients:

- 1 cup canned corn kernels (drained)
- 1 medium avocado
- 1 medium cucumber
- 1 cup cherry tomatoes
- 1 medium lemon
- ½ small red onion
- 3 tablespoons olive oil
- ½ cup chunky salsa
- 1 (15.5 oz) can low-sodium black beans
- 1 cup shredded reduced-fat Colby and Monterey jack cheese
- 4 tablespoons fresh cilantro
- 4 (8-inch) flour tortillas
- 1 clove garlic
- ½ teaspoon salt

Recipe adapted from USDA Mixing Bowl

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# Instructions:



## 1. Prep

Thoroughly rinse fresh produce. Cut the cucumber and red onion into small dice. Slice the tomatoes and lemon in half. Finely chop the cilantro. Remove the avocado's peel and seed and cut the avocado into medium dice. Mince the garlic clove. Drain corn and black beans. Rinse the black beans.



## 2. Make corn, avocado, and tomato salad

To a large bowl, add the avocado, cucumber, tomatoes, red onion, and corn. Carefully juice the lemon into the avocado mixture. Remove any seeds. Add 1 tablespoon olive oil, garlic, and salt.



## 3. Make the filling

Mix the black beans, cheese, cilantro, and salsa in a medium bowl and set aside.



## 4. Assemble quesadilla

Spread about ½ cup of the black bean mixture on half of the tortilla. Fold tortillas in half and set aside. Repeat this step for the remaining tortillas.



## 5. Cook quesadilla

Heat 2 tablespoons olive oil in a large skillet over medium-high heat. Place filled tortillas in skillet. Cook for 3 minutes per side or until tortillas are golden brown and cheese filling melts. Repeat for the remaining filled tortillas.

## 6. Final touches

Cut quesadillas into wedges and serve with corn, avocado, and tomato salad.

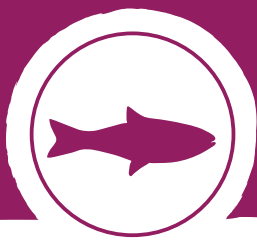
## Did you know ?

- » Black beans are a good plant-based protein.
- » Reduced-fat cheese offers good flavor with less saturated fat.

## Try these tips!

- » Avocados have one large seed in the middle; carefully remove it with a knife or spoon.
- » Squeeze the lemon over a slotted spoon to separate the seeds from the juice.





# Blackened Catfish with Cheddar Cheese Grits & Collard Greens

Prep time: **15** MINUTES

Cook time: **30** MINUTES

Servings: **4**



## Nutrition Facts

4 servings per container

Serving size **1/4 recipe (478g)**

Amount per serving

**Calories** **590**

% Daily Value\*

**Total Fat** 23g **29%**

Saturated Fat 8g **40%**

Trans Fat 0g

**Cholesterol** 130mg **43%**

**Sodium** 650mg **28%**

**Total Carbohydrate** 55g **20%**

Dietary Fiber 6g **21%**

Total Sugars 10g

Includes 4g Added Sugars **8%**

**Protein** 46g

Vitamin D 21mcg **110%**

Calcium 632mg **50%**

Iron 4mg **20%**

Potassium 1166mg **25%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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## Ingredients:

- 4 (6-ounce) catfish fillets
- 1 medium yellow onion
- 1 medium lemon
- 4 cloves garlic
- 1 bag (16 ounces) collard greens
- 1 cup shredded fat-free cheddar cheese
- 1 cup quick white grits
- 1 cup fat-free half and half
- 3 tablespoons salted butter
- 2 teaspoons paprika
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 2 teaspoons dried thyme leaves
- 2 teaspoons ground black pepper
- ¼ teaspoon salt
- 1 tablespoon honey
- 2 tablespoons olive oil

Recipe adapted from Chef Ami

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# Instructions:



## 1. Prep

Thoroughly rinse and dry collard greens, garlic, and onion. Remove thick stems from the collard greens and roughly chop the leaves. Cut onion into small dice. Mince garlic cloves.



## 2. Cook collard greens

Bring a large pot of water to a boil over medium-high heat and add collard greens. Cook for 15 minutes, then drain and set aside. In the same pot, melt 1 tablespoon butter over medium heat. Add the onion and garlic and sauté until the garlic is fragrant and the onion is translucent. Increase heat to medium-high, add collard greens,  $\frac{1}{2}$  teaspoon of ground black pepper, and  $\frac{1}{8}$  teaspoon of salt, and sauté for 3 to 5 minutes. Drizzle with the juice of 1 lemon and remove from heat.



## 3. Make grits

In a medium pot, combine 3 cups water, half and half, and  $\frac{1}{2}$  teaspoon ground black pepper. Bring to a boil over medium-high heat. Reduce heat to low, slowly stir in the grits, and cover. Cook for 5 to 7 minutes, stirring occasionally. Once grits are thick and smooth, remove heat and stir in the honey and cheese until melted. Set aside for 5 minutes, then stir in remaining butter until completely smooth.



## 4. Make blackened seasoning

In a small bowl, mix paprika, garlic powder, onion powder, dried thyme leaves, 1 teaspoon ground black pepper, and  $\frac{1}{8}$  teaspoon salt.



## 5. Season and cook catfish

Pat catfish fillets dry with a paper towel. Season both sides of the fish with the blackened seasoning. In a large skillet, heat olive oil over medium-high heat. Add the catfish fillets, and cook for 3 to 4 minutes per side until the internal temperature is 145°F.

## 6. Final touches

Plate the grits and place the blackened catfish on top. Serve with the collard greens.

## Did you know ?

- » Catfish is a low calorie, high protein seafood; and is an excellent source of vitamin D.
- » Collard greens are an excellent source of vitamin K.

## Try these tips!



- » Save on cooking time by making grits while the collard greens are cooking.
- » Try baking the fish on a lined baking sheet at 425°F for 10 to 15 minutes until the internal temperature is 145°F.



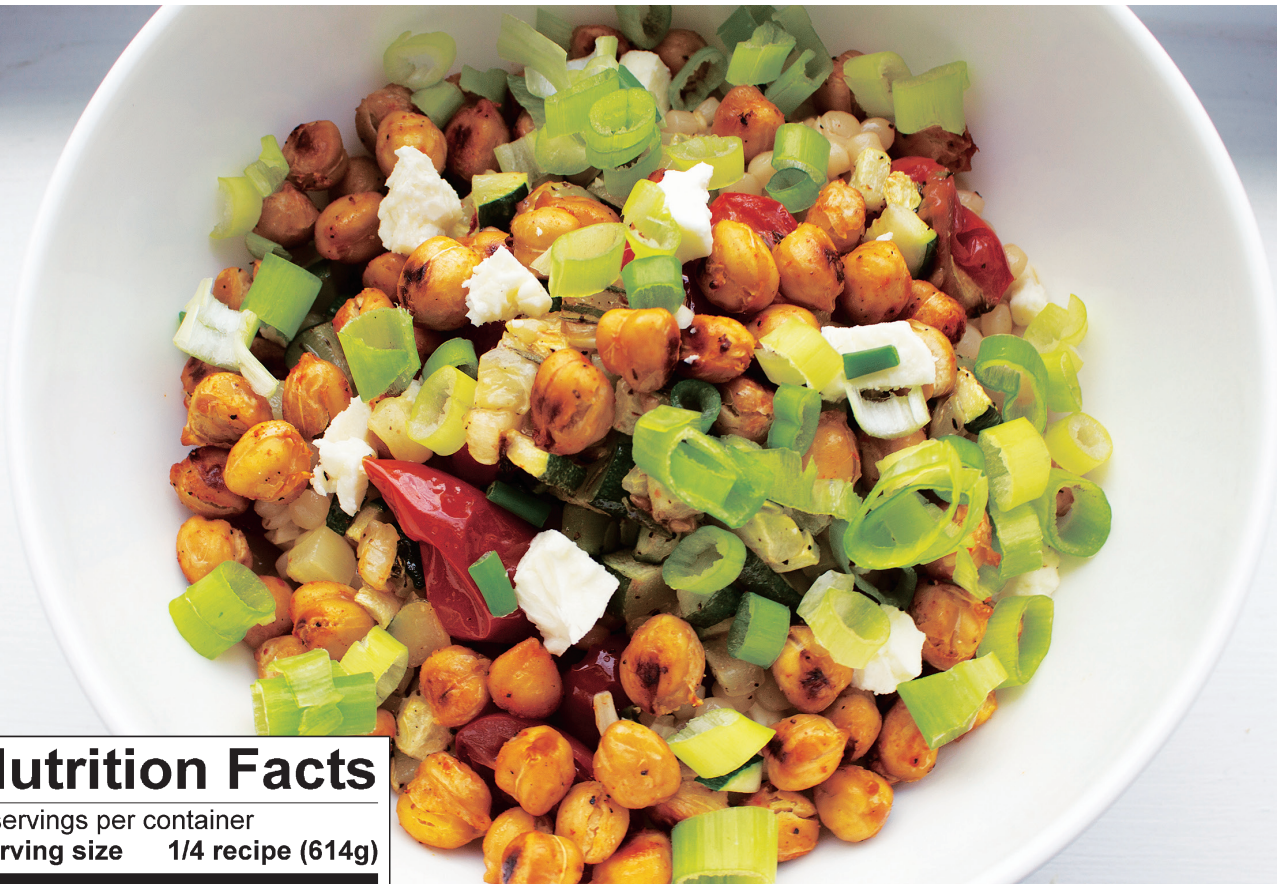


# Chickpea-Powered Mediterranean Couscous

Prep time: **10** MINUTES

Cook time: **30** MINUTES

Servings: **4**



## Nutrition Facts

4 servings per container  
Serving size **1/4 recipe (614g)**

Amount per serving

**Calories** **660**

% Daily Value\*

<b>Total Fat</b> 23g	<b>29%</b>
Saturated Fat 8g	<b>40%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 690mg	<b>30%</b>
<b>Total Carbohydrate</b> 92g	<b>33%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 14g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 24g	
Vitamin D 0mcg	<b>0%</b>
Calcium 297mg	<b>25%</b>
Iron 3mg	<b>15%</b>
Potassium 743mg	<b>15%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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## Ingredients:

- 2 medium zucchinis
- 1/2 ounce fresh thyme
- 1 1/2 cups Israeli couscous
- 1 can (15.5 oz) unsalted chickpeas
- 4 cloves garlic
- 3 cups unsalted vegetable broth
- 8 ounces cherry tomatoes
- 4 stalks scallions
- 2 teaspoons paprika
- 1 cup feta cheese
- 2 medium lemons
- 4 tablespoons olive oil
- 1/2 teaspoon salt
- 2 teaspoons ground black pepper
- 1 tablespoon honey

Recipe adapted from HelloFresh





# Instructions:



## 1. Prep

Preheat oven to 425°F. Rinse fresh produce thoroughly under running water. Chop zucchinis by slicing and then cutting into smaller pieces. Cut tomatoes and lemons in half. Mince garlic cloves. Separate the thyme leaves from stems and throw away the stems. Slice the scallions and separate the white and green sections.



## 2. Drain and bake chickpeas

Drain and rinse chickpeas. Add chickpeas, 2 tablespoons olive oil, 2 teaspoons paprika, ½ teaspoon salt, and 1 teaspoon ground black pepper to a baking sheet lined with foil or parchment paper and mix. Bake for 30 minutes.



## 3. Roast vegetables

Add zucchinis, tomatoes, and half of the thyme on another baking sheet lined with foil or parchment paper. Drizzle 2 tablespoons olive oil and mix in 1 teaspoon ground black pepper and ¼ teaspoon salt. Bake for 20 minutes, or until tender.



## 4. Toast and cook couscous

In a medium pot over medium-high heat, add garlic, white scallions, couscous, and thyme. Cook for 2 to 3 minutes, or until lightly toasted. Add vegetable broth and simmer over medium heat for 10 to 12 minutes, or until al dente. Stir in honey once the couscous is cooked.



## 5. Make couscous mixture

To the pot of couscous, add half the roasted vegetables, half the feta cheese, the juice of 2 lemons, ½ teaspoon salt, and 1 teaspoon ground black pepper and mix.

## 6. Final touches

Plate couscous mixture, remaining roasted vegetables, and roasted chickpeas. Top with feta cheese and green scallions.

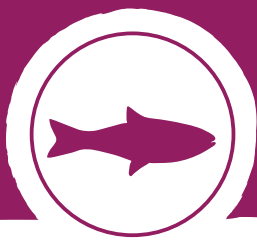
## Did you know ?

- » The white section of green onions has a strong flavor, similar to onions, and is usually cooked, while the green portion has a mild taste and can be used to garnish.
- » Chickpeas or garbanzo beans are a good plant-based protein.

## Try these tips!

- » Use zucchinis in place of pasta to increase your vegetable intake.
- » Look for whole-wheat couscous at the store.



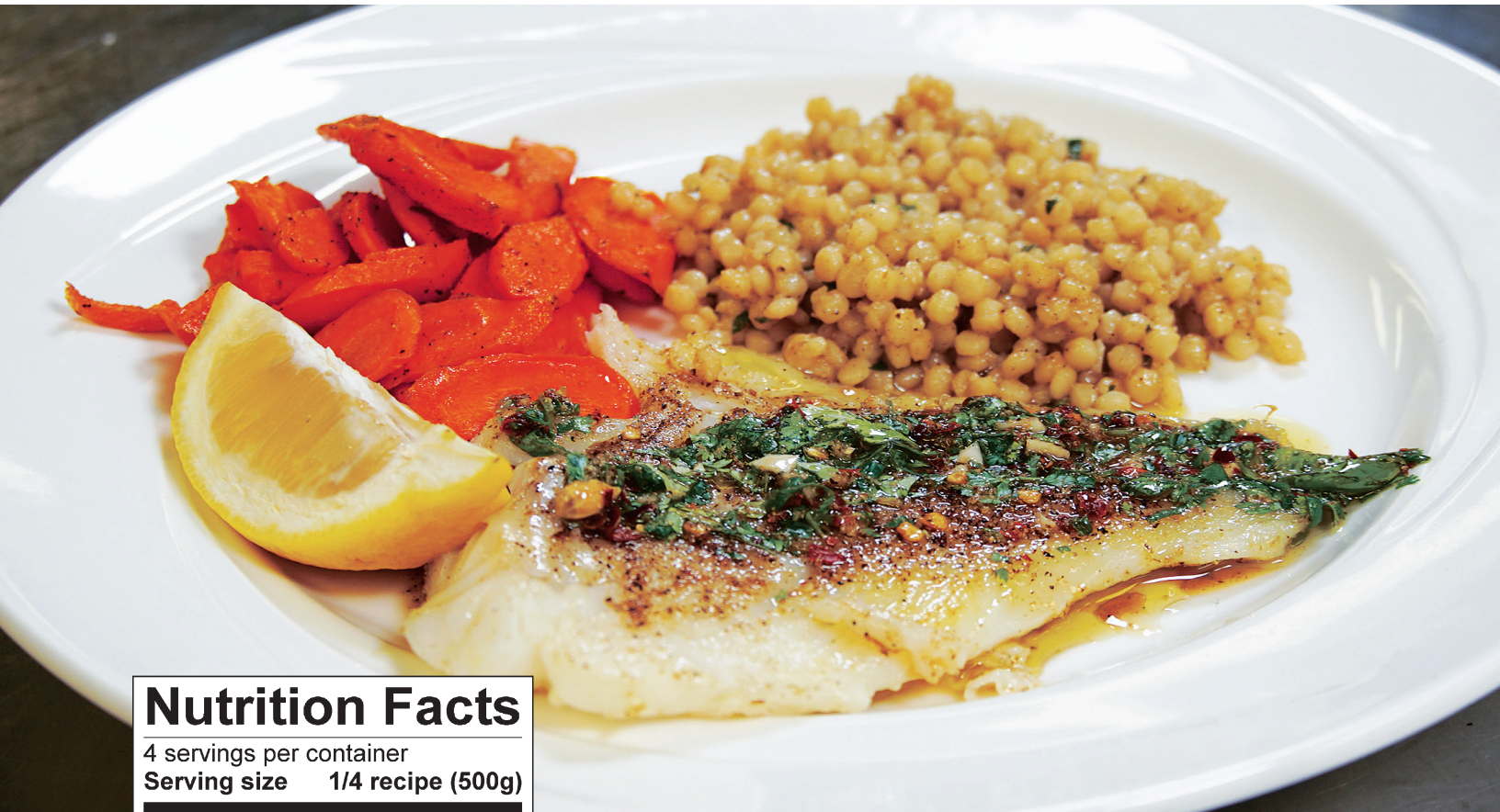


# Chimichurri Cod with Roasted Carrots & Garlic Herb Couscous

Prep time: **10** MINUTES

Cook time: **25** MINUTES

Servings: **4**



## Nutrition Facts

4 servings per container

Serving size **1/4 recipe (500g)**

Amount per serving

**Calories** **590**

% Daily Value\*

**Total Fat** 25g **32%**

Saturated Fat 5g **25%**

Trans Fat 0g

**Cholesterol** 70mg **23%**

**Sodium** 380mg **17%**

**Total Carbohydrate** 58g **21%**

Dietary Fiber 6g **21%**

Total Sugars 11g

Includes 0g Added Sugars **0%**

**Protein** 34g

Vitamin D 1mcg **6%**

Calcium 105mg **8%**

Iron 2mg **10%**

Potassium 1221mg **25%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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## Ingredients:

- 24 ounces medium carrots
- 2 medium lemons
- 2 teaspoons cumin
- 1 cup Israeli couscous
- 4 (5-ounce) cod fillets
- 6 tablespoons cilantro
- 2 cloves garlic
- 1 teaspoon chili flakes
- 1 ½ cups unsalted vegetable broth
- 6 tablespoons olive oil
- ¼ teaspoon salt
- 2 teaspoons ground black pepper
- 1 tablespoon salted butter

Recipe adapted from HelloFresh

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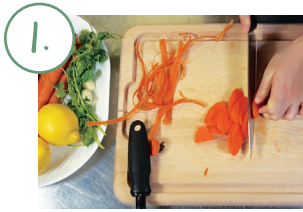


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# Instructions:



## 1. Prep

Preheat oven to 425°F. Rinse fresh produce. Peel and cut carrots on a diagonal into ½-inch thick slices. Mince garlic cloves. Finely chop the cilantro. Cut lemons into quarters.



## 2. Roast carrots

Add carrots to a baking sheet lined with parchment paper or foil. Add 2 tablespoons olive oil, ½ teaspoon salt, and ½ teaspoon ground black pepper. Bake for 20 to 25 minutes, or until softened and golden brown.



## 3. Make chimichurri sauce

Combine 4 tablespoons cilantro, 1 teaspoon cumin, juice of 1 lemon, 4 tablespoons olive oil, ½ teaspoon ground black pepper, ½ teaspoon salt, chili flakes, and half the garlic in a small bowl. Mix and set aside.



## 4. Make couscous

In a small pot over medium-high heat, add couscous and the other half the garlic. Stir for 1 to 2 minutes, or until the garlic is fragrant and couscous is lightly toasted. Add vegetable broth and bring to a boil. Cover and reduce heat. Simmer for 6 to 8 minutes, or until al dente, and add ½ teaspoon ground black pepper, 2 tablespoons cilantro, and butter. Remove from heat and cover until ready to serve.



## 5. Season and cook cod

Pat the cod dry with paper towels. Season with 1 teaspoon cumin and ½ teaspoon ground black pepper. Heat 2 tablespoons olive oil in a large pan over medium-high heat. Add the cod and cook for 4 to 6 minutes per side, until the internal temperature is 145°F.

## 6. Final touches

Plate cod, couscous, and carrots. Spoon the chimichurri sauce over the cod and serve with a lemon wedge.

## Did you know ?

- » Carrots contain beta-carotene, a form of vitamin A, which keeps your eyes healthy.
- » Cod is a low-fat flaky white meat fish that contains vital nutrients such as omega-3 fatty acids and vitamin B12.

## Try these tips!

- » Keep minced garlic in the freezer and use as needed!
- » Use extra virgin olive oil in the chimichurri for a more flavorful sauce.





# Easy Spanish Chicken with Tomato Sofrito Sauce

Prep time: 5 MINUTES

Cook time: 40 MINUTES

Servings: 4



## Nutrition Facts

4 servings per container

Serving size 1/4 recipe (656g)

Amount per serving

**Calories** 580

% Daily Value\*

<b>Total Fat</b> 25g	<b>32%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 85mg	<b>28%</b>
<b>Sodium</b> 750mg	<b>33%</b>
<b>Total Carbohydrate</b> 58g	<b>21%</b>
Dietary Fiber 11g	<b>39%</b>
Total Sugars 19g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 36g	
Vitamin D 18mcg	<b>90%</b>
Calcium 98mg	<b>8%</b>
Iron 5mg	<b>30%</b>
Potassium 1396mg	<b>30%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Scan code for a video of how to make this recipe!



## Ingredients:

- 1 medium yellow onion
- 1 cup quick pearly barley
- 2 1/4 cups unsalted vegetable broth
- 1 large red bell pepper
- 3 cloves garlic
- 15 white mushrooms
- 6 tablespoons olive oil
- 1 can (28 oz) crushed tomatoes
- 2 bay leaves
- 1/2 teaspoon salt
- 1 teaspoon ground black pepper
- 1 teaspoon chili powder
- 1 pound boneless, skinless chicken breasts
- 1 tablespoon honey

Recipe adapted from The Spruce Eats





# Instructions:



## 1. Toast and cook barley

Heat barley in a medium pot over medium heat for a few minutes. Set aside. Bring 2 cups of vegetable broth to a boil in the same pot. Add toasted barley and cook for 10 to 12 minutes over medium heat. Remove from heat and rest for 5 minutes.



## 2. Prep

Rinse fresh produce. Cut the onion and bell pepper into medium dice. Mince garlic cloves and slice the mushrooms.



## 3. Cook vegetables

Heat 3 tablespoons olive oil in a large skillet over medium heat. Add onion, bell pepper, garlic, and mushrooms and cook for about 7 minutes, or until the onions become translucent.



## 4. Make tomato sauce

Add crushed tomatoes, bay leaves, chili powder, ¼ teaspoon salt, and ½ teaspoon ground black pepper to the skillet with cooked vegetables.



## 5. Season and cook chicken

Pat the chicken breast dry with paper towels and season both sides with ¼ teaspoon salt and ½ teaspoon pepper. Heat 3 tablespoons olive oil in a large skillet over medium heat. Add chicken breasts and cook for about 10 minutes. Remove from heat and set aside. Note: Chicken will finish cooking in the sauce.

## 6. Final touches

Cut the chicken breasts into ½-inch slices. Add the sliced chicken to the tomato sauce and simmer for 10 minutes until the chicken reaches an internal temperature of 165°F. Serve barley with tomato sauce.

## Did you know ?

- » Barley is a whole grain and is a good source of fiber, which aids in digestion.
- » Red bell peppers are an excellent source of vitamin C!

## Try these tips!

- » Toast the barley kernels to enhance its flavor!
- » Use frozen chicken breast in place of fresh, but make sure to thaw it before use.



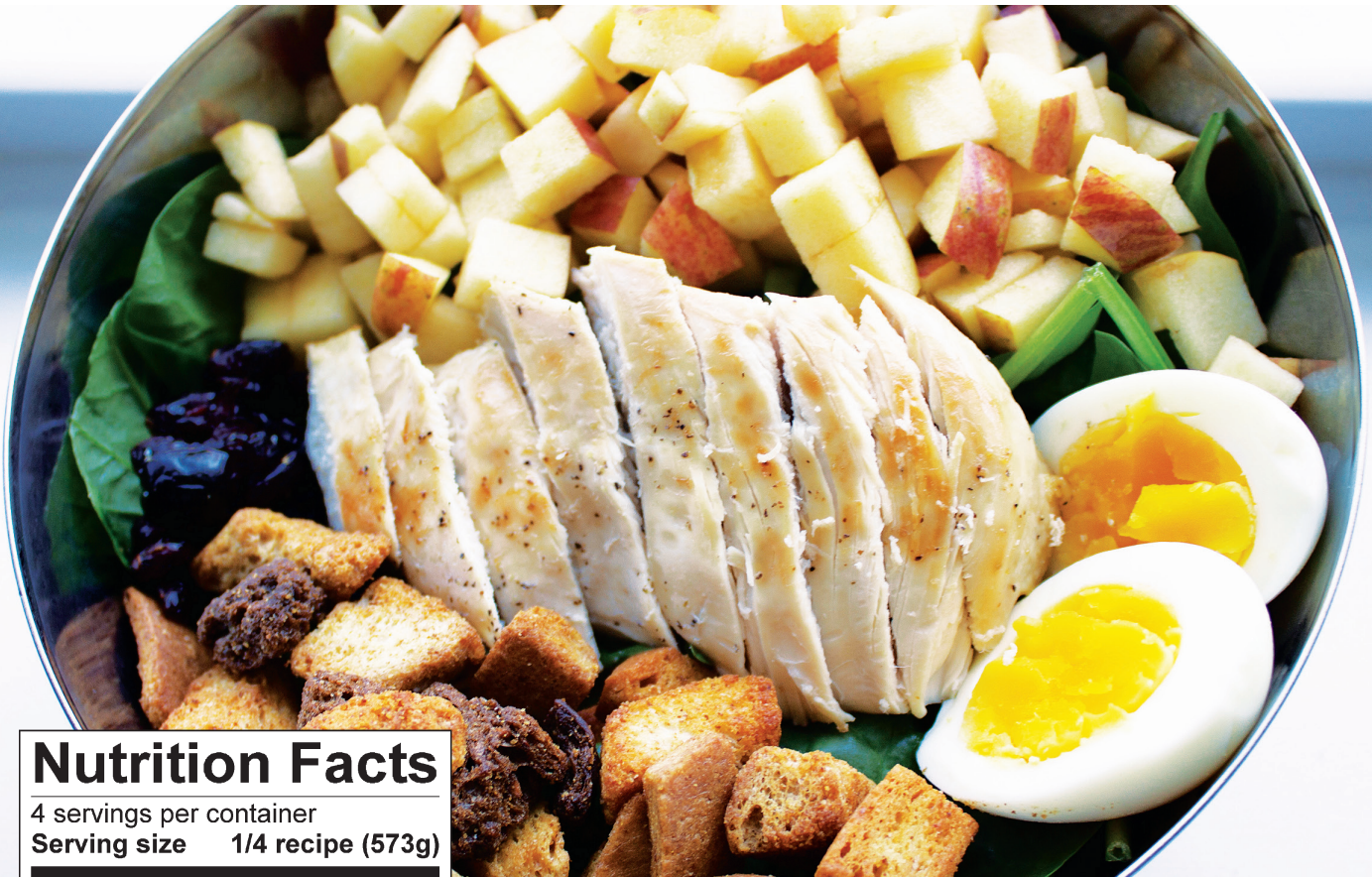


# Hearty Spinach Salad

Prep time: **20 MINUTES**

Cook time: **30 MINUTES**

Servings: **4**



## Nutrition Facts

4 servings per container

Serving size **1/4 recipe (573g)**

Amount per serving

**Calories 620**

% Daily Value\*

**Total Fat** 20g **26%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

**Cholesterol** 305mg **102%**

**Sodium** 760mg **33%**

**Total Carbohydrate** 62g **23%**

Dietary Fiber 8g **29%**

Total Sugars 42g

Includes 0g Added Sugars **0%**

**Protein** 49g

Vitamin D 2mcg **10%**

Calcium 143mg **10%**

Iron 5mg **30%**

Potassium 794mg **15%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Scan code  
for a video  
of how to  
make this  
recipe!



## Ingredients:

- 4 (6-ounce) boneless, skinless chicken breasts
- 4 large eggs
- ¼ teaspoon salt
- 1 teaspoon ground black pepper
- 1 tablespoon olive oil
- 2 medium apples
- 8 cups fresh spinach
- ½ cup dried sweetened cranberries
- 1 cup croutons
- ½ cup lite poppy seed dressing
- 1 teaspoon garlic powder
- 1 cup strawberries
- 1 cup blueberries

Recipe adapted from USDA Mixing Bowl

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# Instructions:



## 1. Preheat

Preheat oven to 400°F.



## 2. Season and cook chicken

Place chicken on a baking sheet lined with foil or parchment paper. Season chicken with olive oil, salt, and ground black pepper. Bake chicken breasts in the oven for 30 minutes until the internal temperature is 165°F. Allow chicken to cool, then cut into slices.



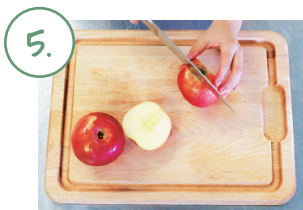
## 3. Cook eggs

While chicken is cooking, place eggs in a pot and cover with room temperature water by 1 inch. Bring to a boil over medium-high heat, then cover and remove from heat. Set aside for 10 minutes.



## 4. Peel and slice eggs

Remove the eggs from the water using a spoon and place in a bowl with water and ice to cool. Peel and slice the cooled eggs.



## 5. Prep produce

Rinse and dry the apples, strawberries, blueberries, and spinach thoroughly while chicken and eggs are cooking. Remove the apples' core and cut it into medium dice. Remove the strawberry leaves and cut them into quarters. Set aside.

## 6. Final touches

Plate the spinach and top with fresh fruits, an egg, chicken breast, dried cranberries, and croutons. Drizzle with the dressing.

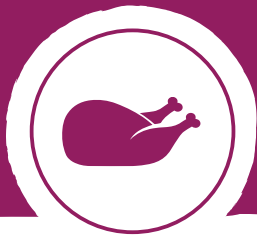
## Did you know ?

- » Spend less time in the kitchen by preheating the oven while preparing the ingredients!
- » Put the eggs in cold water to peel them more easily.

## Try these tips!

- » Swap the spinach with your favorite leafy greens like lettuce and kale.
- » Add some roasted chickpeas for more protein and crunch!



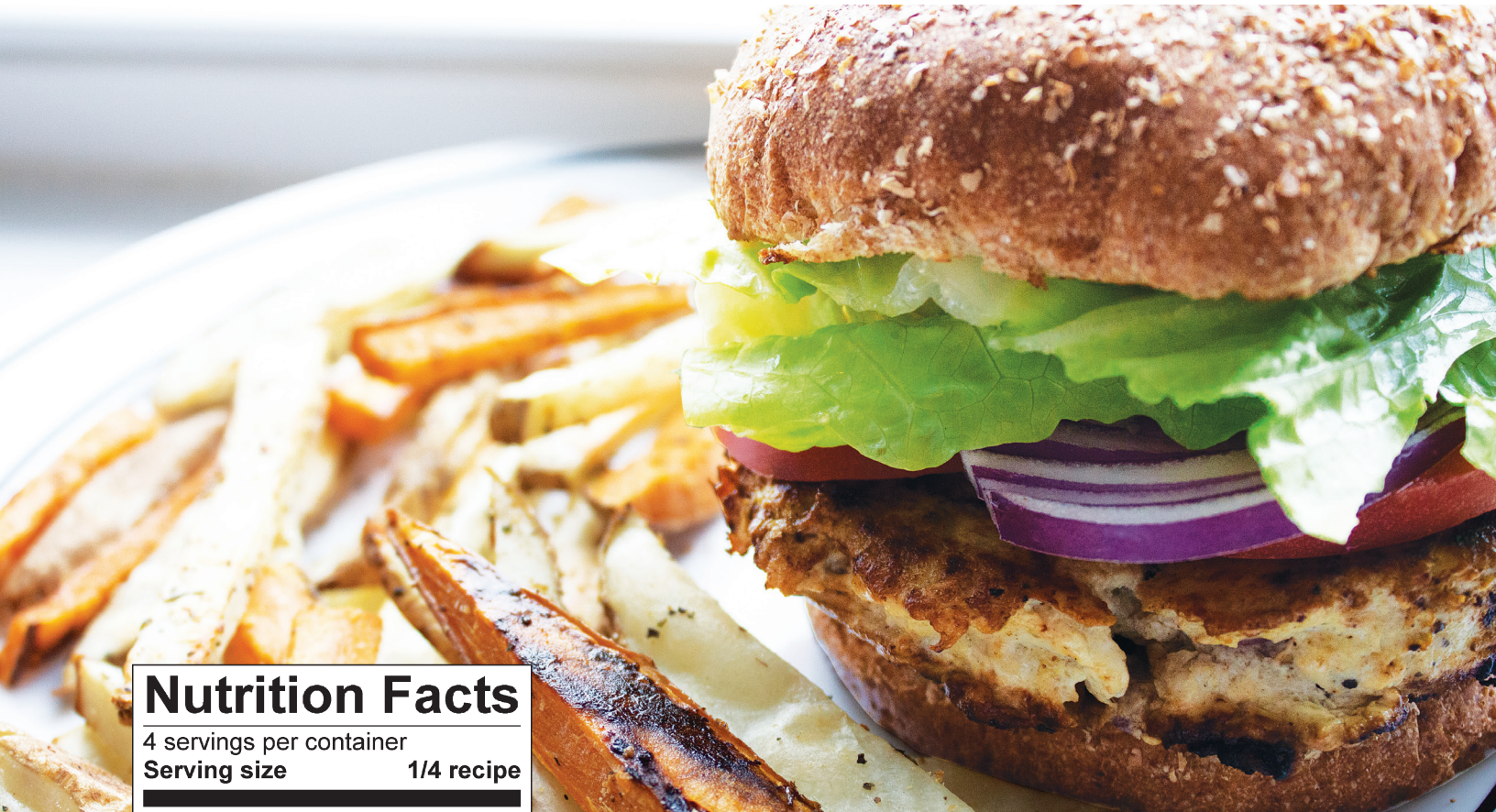


# Honey Mustard Turkey Burger with Seasoned Fries

Prep time: **10** MINUTES

Cook time: **40** MINUTES

Servings: **4**



## Nutrition Facts

4 servings per container  
Serving size **1/4 recipe**

Amount per serving

**Calories** **600**

% Daily Value\*

<b>Total Fat</b> 18g	<b>23%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 100mg	<b>33%</b>
<b>Sodium</b> 760mg	<b>33%</b>
<b>Total Carbohydrate</b> 74g	<b>27%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 16g	
Includes 7g Added Sugars	<b>14%</b>
<b>Protein</b> 33g	
Vitamin D 1mcg	<b>6%</b>
Calcium 180mg	<b>15%</b>
Iron 5mg	<b>30%</b>
Potassium 250mg	<b>6%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Scan code for a video of how to make this recipe!



## Ingredients:

- 4 teaspoons garlic powder
- 4 teaspoons ground black pepper
- 1 ½ teaspoons salt-free Italian seasoning
- 4 whole-wheat hamburger buns
- 1 large tomato
- 3 ½ teaspoons Montreal seasoning
- 4 tablespoons olive oil
- 1 pound ground turkey breast
- 1 large egg
- 5 teaspoons mustard
- 5 teaspoons honey
- ¼ teaspoon paprika
- ¼ teaspoon salt
- 1 small onion
- 2 cups romaine lettuce
- ½ pound sweet potatoes
- ¾ pound potatoes
- 1 small apple

Recipe adapted from *Slice and Spice*





# Instructions:

2.



## 1. Prep

Scrub the potatoes and sweet potatoes thoroughly under running water with a veggie brush. Rinse other fresh produce thoroughly. Preheat the oven to 425°F. Cut the potatoes and sweet potatoes into fry shaped pieces. Cut the onion in half. Thinly slice half and finely chop the other half. Slice the tomato. Remove the apple's core and grate the apple into a small bowl.

3.



## 2. Season and bake fries

Add the cut potatoes and sweet potatoes to a baking sheet lined with foil or parchment paper and drizzle with 1 ½ tablespoons olive oil. Season with salt, 1 teaspoon garlic powder, 1 teaspoon onion powder, 1 teaspoon ground black pepper, and ½ teaspoon Italian seasoning. Bake for 25 minutes, or until crispy and golden brown.

4.



## 3. Make burger patties

In a large bowl, combine ground turkey breast, apple, whisked egg, diced onion, Montreal seasoning, 1 tablespoon onion powder, 1 tablespoon garlic powder, 1 tablespoon ground black pepper, and ½ teaspoon Italian seasoning. Mix by hand with a glove or fork. Divide the mixture into 4 and form burger patties.

5.



## 4. Cook burger patties

Heat 2 ½ tablespoons olive oil in a large skillet over medium heat. Cook the burger patties for 5 minutes per side until the internal temperature reaches 165°F. Frequently baste each patty by spooning the olive oil in the pan over each to keep it moist.

6.



## 5. Toast hamburger buns

In the same skillet, place each side of the burger bun cut side down and toast. Set aside.

## 6. Make honey mustard sauce and plate

Mix paprika, honey, and mustard in a small bowl and spread the sauce on the top and bottom of each bun. Add the patty, romaine lettuce, tomato, and onion, and serve the fries on the side.

## Did you know ?

- » Ground turkey is a lean, high protein alternative to ground beef!
- » Homemade sauces are a good way to control your sodium and added sugar intake.

## Try these tips!

- » Be careful when grating the apple, and avoid grating too close to your fingers.
- » Feel free to add alternate vegetable toppings to your burger!





# Lentil Tacos with Mexican Salad

Prep time: **10** MINUTES

Cook time: **25** MINUTES

Servings: **4**



## Nutrition Facts

4 servings per container  
Serving size 1/4 recipe (594g)

Amount per serving

**Calories** **690**

% Daily Value\*

**Total Fat** 33g **42%**

Saturated Fat 7g **35%**

Trans Fat 0g

**Cholesterol** 15mg **5%**

**Sodium** 730mg **32%**

**Total Carbohydrate** 77g **28%**

Dietary Fiber 9g **32%**

Total Sugars 13g

Includes 0g Added Sugars **0%**

**Protein** 26g

Vitamin D 0mcg **0%**

Calcium 413mg **30%**

Iron 8mg **45%**

Potassium 980mg **20%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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of how to  
make this  
recipe!



## Ingredients:

- 1 medium red onion
- 3 cloves garlic
- 4 tablespoons olive oil
- 1 can (15 oz) lentils
- 1 tablespoon chili powder
- 2 ½ teaspoons cumin
- 2 teaspoons ground oregano
- 8 (6-inch) whole-wheat tortillas
- 1 ½ cups shredded lettuce
- ½ cup shredded cheddar cheese
- ¼ cup low-fat greek yogurt
- 2 ½ cups cherry tomatoes
- ¾ cup mild salsa
- ½ teaspoon ground black pepper
- 1 cup cilantro
- 1 tablespoon lime juice
- ¼ teaspoon salt
- 1 bag (5-ounce) mixed greens
- 1 medium avocado
- 10 ounces spicy tofu crumbles

Recipe adapted from Slice and Spice

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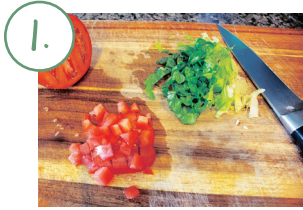


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# Instructions:



## 1. Prep

Rinse fresh produce. Cut the red onion in half. Thinly slice half and finely chop the other half. Shred the lettuce by slicing thinly. Cut half the tomatoes in half and the other half into dice. Cut the avocado into medium dice. Mince the garlic cloves and set aside one clove. Chop the cilantro finely.



## 2. Make taco filling

Heat 1 tablespoon olive oil over medium-high heat in a large skillet. Sauté diced red onion and 2 cloves garlic in olive oil until tender and fragrant. Add lentils, tofu crumbles, chili powder, oregano, and 2 teaspoons cumin and cook for an additional minute.



## 3. Make salad dressing

Mix 3 tablespoons olive oil, ½ teaspoon cumin, lime juice, salt, ground black pepper, and 1 garlic clove in a small bowl.



## 4. Make Mexican salad

Combine ⅔ cup cilantro, mixed greens, avocado, sliced onion, diced cherry tomatoes, and the dressing in a large bowl and mix.



## 5. Assemble tacos

Take a taco shell, add the taco filling, shredded lettuce, and some of the remaining cherry tomatoes. Top with cheddar cheese, greek yogurt, and salsa.

## 6. Final touches

Serve tacos with a side of the Mexican salad. Garnish with remaining cilantro.

## Did you know ?

- » Tofu and lentils are inexpensive plant-based proteins and a perfect addition to this meal!
- » Cumin is a spice made from the dried seed of a plant in the parsley family.

## Try these tips!

- » Rinse and drain lentils to reduce the sodium content.
- » Ripe avocados are darker in color and give in when gently pressed.





# Roasted Veggie Farro Bowl

Prep time: **15** MINUTES

Cook time: **40** MINUTES

Servings: **4**



## Nutrition Facts

4 servings per container

Serving size **1/4 recipe (703g)**

Amount per serving

**Calories** **620**

% Daily Value\*

**Total Fat** 17g **22%**

Saturated Fat 5g **25%**

Trans Fat 0g

**Cholesterol** 15mg **5%**

**Sodium** 550mg **24%**

**Total Carbohydrate** 106g **39%**

Dietary Fiber 13g **46%**

Total Sugars 24g

Includes 3g Added Sugars **6%**

**Protein** 19g

Vitamin D 0mcg **0%**

Calcium 279mg **20%**

Iron 3mg **15%**

Potassium 321mg **6%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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make this  
recipe!



## Ingredients:

- 1 ½ cups farro
- 2 medium yellow onions
- 2 teaspoons chili powder
- ¼ cup sweetened dried cranberries
- ½ cup shredded Parmesan cheese
- 6 cups unsalted vegetable broth
- 4 medium sweet potatoes
- 2 medium lemons
- 4 ounces arugula
- 1 ounce sunflower seeds
- 2 tablespoons olive oil
- 1 tablespoon salted butter
- ¼ teaspoon salt
- 1 teaspoon ground black pepper
- 2 teaspoons honey

Recipe adapted from HelloFresh

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# Instructions:



## 1. Cook farro

Preheat oven to 425°F. Boil farro in the vegetable broth in a medium pot over medium heat for 25 to 30 minutes, or until farro is tender. There should be no liquid left.



## 2. Marinate cranberries

Combine the juice of 1 lemon, honey, and dried cranberries in a small bowl. Mix and let sit for at least 15 minutes, stirring occasionally.



## 3. Prep and roast vegetables

Scrub the sweet potatoes and rinse the other fresh produce under running water. Halve and slice the onion into ½ inch wedges. Chop sweet potatoes into ½-inch pieces. Cut lemons into quarters. Add sweet potatoes, onions, olive oil, chili powder, ground black pepper, and salt to a baking sheet lined with foil or parchment paper and mix. Bake for 20 to 25 minutes, or until browned and tender.



## 4. Make dressing

Pour the liquid from the cranberries and lemon juice mixture into a small bowl and add 2 tablespoons olive oil, 1 teaspoon ground black pepper, and ¼ teaspoon salt. Mix together.



## 5. Make farro mixture

Add 2 tablespoons butter, half the roasted vegetables, and half the dressing to the pot with cooked farro and mix.

## 6. Make salad mixture

In a medium bowl, add arugula, cranberries, the remaining roasted vegetables, and dressing and mix. Plate the farro mixture with the salad mixture and top with Parmesan cheese and sunflower seeds. Serve with a lemon wedge on the side.

## Did you know ?

- » Sweet potatoes come in many colors such as white, yellow, red, purple, and brown!
- » Dried cranberries are packed with flavor and are a good source of fiber.

## Try these tips!

- » Add variety by roasting other vegetables such as zucchinis with the sweet potatoes.
- » Use a veggie brush to scrub the sweet potatoes.



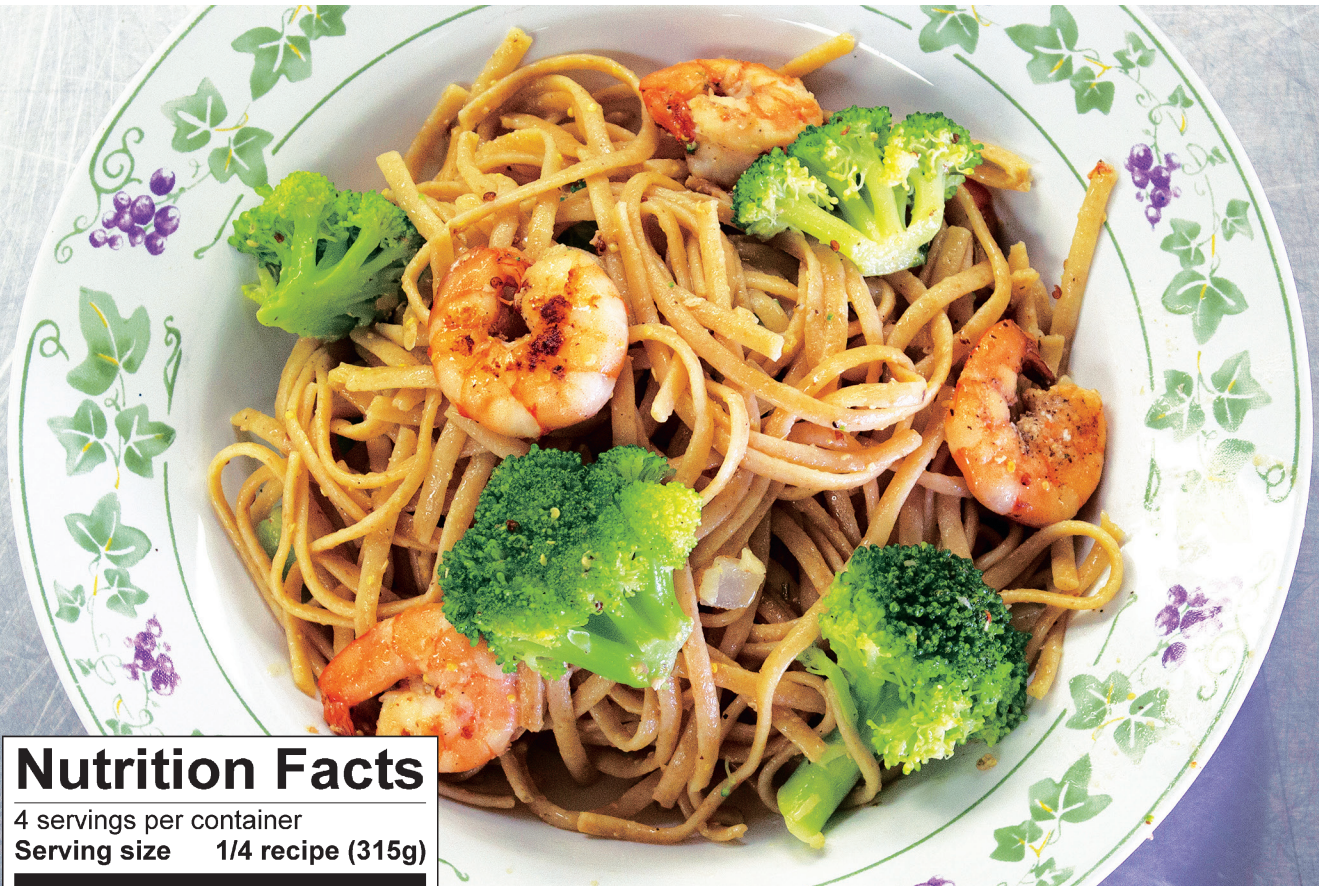


# Shrimp Scampi

Prep time: **10** MINUTES

Cook time: **35** MINUTES

Servings: **4**



## Nutrition Facts

4 servings per container

Serving size **1/4 recipe (315g)**

Amount per serving

**Calories** **600**

% Daily Value\*

<b>Total Fat</b> 19g	<b>24%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat 0g	
<b>Cholesterol</b> 205mg	<b>68%</b>
<b>Sodium</b> 550mg	<b>24%</b>
<b>Total Carbohydrate</b> 77g	<b>28%</b>
Dietary Fiber 9g	<b>32%</b>
Total Sugars 13g	
Includes 9g Added Sugars	<b>18%</b>
<b>Protein</b> 37g	
Vitamin D 0mcg	<b>0%</b>
Calcium 138mg	<b>10%</b>
Iron 4mg	<b>20%</b>
Potassium 911mg	<b>20%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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recipe!



## Ingredients:

- 12 ounces whole-wheat linguine pasta
- 2 tablespoons olive oil
- 3 tablespoons salted butter
- 2 tablespoons Dijon mustard
- 1 tablespoon lemon juice
- 2 cloves garlic
- 1 tablespoon fresh parsley
- 1 pound medium raw shrimp (deveined with tails attached)
- ¼ teaspoon salt
- 1 teaspoon ground black pepper
- 3 cups broccoli florets
- 2 tablespoons honey
- ½ cup chopped onion
- 1 teaspoon red pepper flakes (optional)

Recipe adapted from Eastside High School  
Institute of Culinary Arts

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# Instructions:



## 1. Cook pasta

In a large pot, bring water to a boil. Submerge pasta and cook uncovered for approximately 10 to 12 minutes or until tender. Drain pasta using a colander, return to pot, and toss with 1 tablespoon olive oil to prevent sticking.



## 2. Prep produce

Rinse fresh produce. Mince garlic cloves. Roughly chop parsley. Cut large broccoli florets into smaller pieces.



## 3. Cook shrimp

Heat 1 tablespoon oil in a large skillet on high heat. Add shrimp, and occasionally stir until cooked (about 5 minutes until shrimp are pink and opaque). Remove from skillet and set aside.



## 4. Cook broccoli

Bring 2 cups water to a boil in a medium pot. Add broccoli florets to the pot of boiling water. Cover the pot and cook for about 2 minutes, or until broccoli is bright green. Drain and set aside.



## 5. Make scampi sauce

In a small saucepan over medium heat, combine butter, Dijon mustard, lemon juice, garlic, honey, chopped onion, and parsley. When the butter melts completely, remove from heat.

## 6. Final touches

Combine shrimp, pasta, broccoli, and scampi sauce in a large skillet over medium heat. Use tongs to help mix and sprinkle red pepper flakes.

## Did you know ?

- » The amount of grain foods needed in your diet depends on your age, sex, and level of physical activity; at least half of the grains you eat should be whole grains.
- » Broccoli is an excellent source of vitamin C.

## Try these tips!

- » Use smaller size shrimp for a shorter cooking time.
- » Combine the garlic and parsley with the butter first for more enhanced flavor!





# Stir Fry Vegetables and Beef

Prep time: **10** MINUTES

Cook time: **35** MINUTES

Servings: **4**



## Nutrition Facts

4 servings per container

Serving size **1/4 recipe (315g)**

Amount per serving

**Calories** **560**

% Daily Value\*

**Total Fat** 27g **35%**

Saturated Fat 6g **30%**

Trans Fat 0g

**Cholesterol** 70mg **23%**

**Sodium** 700mg **30%**

**Total Carbohydrate** 50g **18%**

Dietary Fiber 5g **18%**

Total Sugars 8g

Includes 4g Added Sugars **8%**

**Protein** 30g

Vitamin D 6mcg **30%**

Calcium 51mg **4%**

Iron 4mg **20%**

Potassium 863mg **20%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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## Ingredients:

- 1 cup brown rice
- 2 medium carrots
- 1 cup broccoli florets
- 1 large bell pepper
- ½ teaspoon ground ginger
- 3 tablespoons less-sodium soy sauce
- 4 tablespoons olive oil
- ¼ teaspoon garlic powder
- 16 ounces sliced lean beef
- 1 cup white mushrooms
- 1 teaspoon paprika (optional)
- 1 tablespoon honey
- ¼ teaspoon salt
- 1 tablespoon sesame oil
- 1 teaspoon ground black pepper

Recipe adapted from USDA Mixing Bowl

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# Instructions:



## 1. Cook rice

Combine brown rice and 2 cups water in a medium pot. Bring to a boil over high heat. Reduce heat to medium-low and cover. Cook for 20 minutes or until water is absorbed.



## 2. Prep

Rinse fresh produce. Peel and cut carrots into diagonal slices. Thinly slice mushrooms and bell pepper. Cut large broccoli florets into smaller pieces. Set aside.



## 3. Make soy sauce mixture

Mix ground ginger, garlic powder, less-sodium soy sauce, honey, and ½ cup water in a small bowl and set aside.



## 4. Cook beef

Heat 2 tablespoons olive oil in a large skillet over medium-high heat. Add sliced beef and cook for 2 to 3 minutes, stirring occasionally. Add salt, ground black pepper, and half of the soy sauce mixture to the skillet and continue to cook until the beef's internal temperature is at least 145°F. Remove from skillet and set aside.



## 5. Cook vegetables

Heat remaining olive oil in a skillet and add carrots, broccoli florets, bell pepper, and mushrooms. Cook for about 3 to 5 minutes.

## 6. Final touches

Add cooked beef back to the skillet and the remaining soy sauce mixture. Drizzle with sesame oil and add paprika. Bring to a simmer, reduce heat, and cover the pan. Continue to cook for 2 additional minutes. Serve stir fry over brown rice.

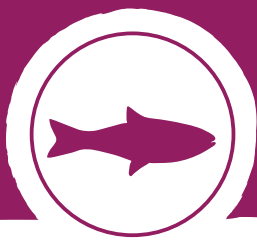
## Did you know ?

- » Stir-frying vegetables preserves the nutrients better than boiling.
- » Lean beef provides all the flavor with less fat.

## Try these tips!

- » Use this recipe with tofu instead of beef for a vegetarian option.
- » Make sure the oil is hot before adding ingredients.



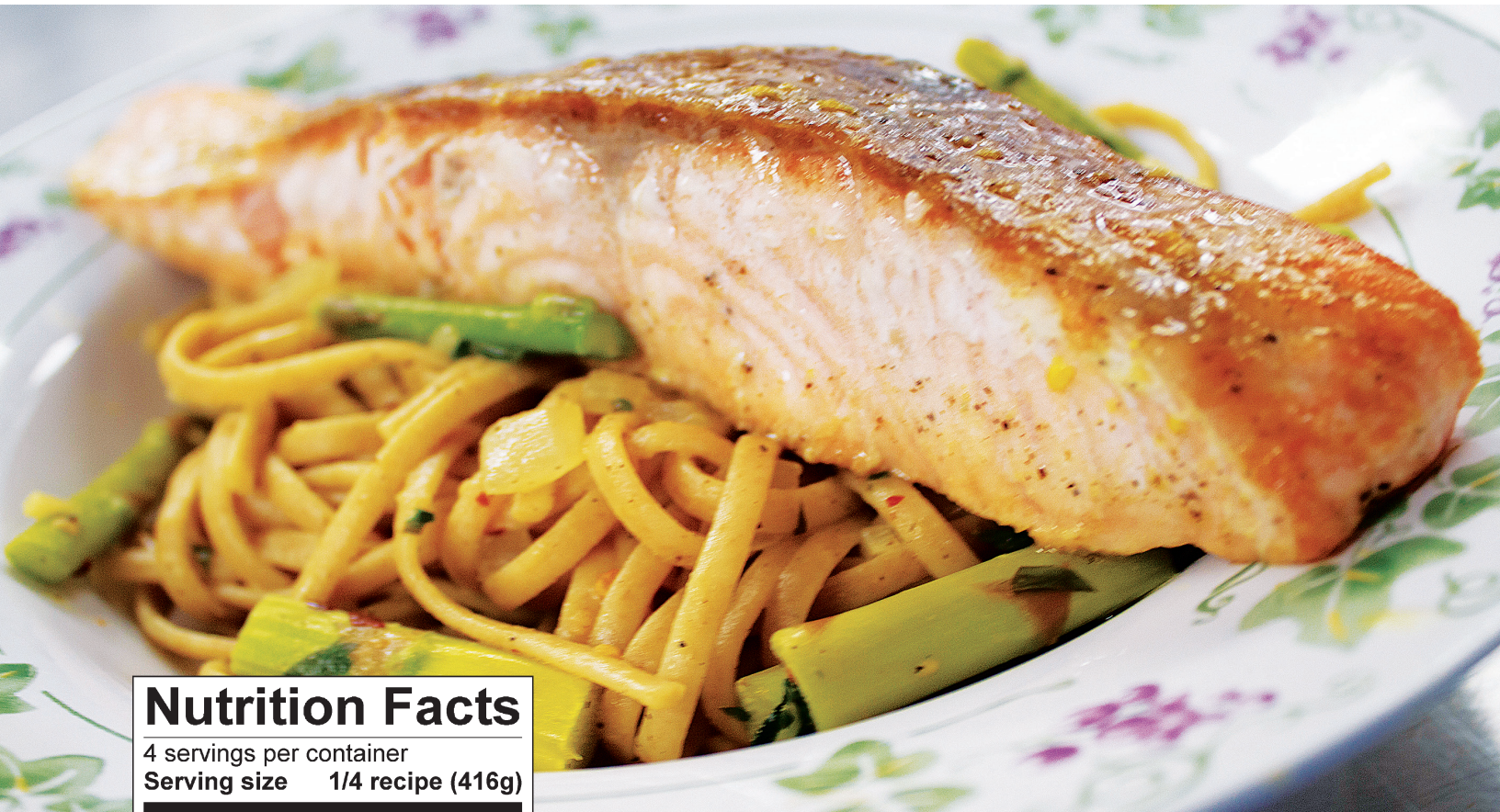


# Summer Salmon

Prep time: **15** MINUTES

Cook time: **30** MINUTES

Servings: **4**



## Nutrition Facts

4 servings per container

Serving size **1/4 recipe (416g)**

Amount per serving

**Calories** **700**

% Daily Value\*

**Total Fat** 24g **31%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

**Cholesterol** 95mg **32%**

**Sodium** 730mg **32%**

**Total Carbohydrate** 77g **28%**

Dietary Fiber 10g **36%**

Total Sugars 12g

Includes 4g Added Sugars **8%**

**Protein** 49g

Vitamin D 0mcg **0%**

Calcium 101mg **8%**

Iron 7mg **40%**

Potassium 1513mg **30%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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## Ingredients:

- ½ cup orange juice
- 3 tablespoons olive oil
- 1 tablespoon honey
- 1 tablespoon mustard
- 1 teaspoon salt
- 2 teaspoons ground black pepper
- 4 (6-ounce) salmon fillets
- 12 ounces whole-wheat linguine
- 20 asparagus spears
- ½ cup chopped onion
- 2 cloves garlic
- ¼ cup parsley
- 4 basil leaves
- 1 tablespoon grated Parmesan cheese
- 1 teaspoon red pepper flakes (optional)

Recipe adapted from USDA Mixing Bowl

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# Instructions:



## 1. Make orange sauce

Whisk together the orange juice, honey, mustard, ½ teaspoon salt, and 1 teaspoon ground black pepper in a small bowl and set aside.



## 2. Prep

Rinse produce thoroughly under running water. Trim the woody ends of asparagus spears and discard. Cut asparagus spears into 1 to 2 inch long pieces. Finely chop parsley and basil. Mince garlic cloves.



## 3. Season and cook salmon

Season both sides of salmon with remaining salt and ground black pepper. Heat 2 tablespoons olive oil in a large skillet over medium-high heat and cook salmon on one side for 3 to 5 minutes. Flip the salmon, add half the orange sauce, and continue to cook until the salmon has an internal temperature of at least 145° F. Frequently baste each fillet by spooning the sauce in the pan over each to keep it moist. Once cooked, transfer to a plate.



## 4. Cook pasta and asparagus

In a large pot, bring water to a boil. Submerge pasta and cook uncovered for approximately 6 to 8 minutes. Add the asparagus and continue cooking for 2 more minutes. Set aside about 1/4 cup of the pasta water, then drain pasta and asparagus using a colander and return to pot.



## 5. Flavor pasta side

Heat the remaining olive oil over medium heat in a large skillet. Sauté the onion, garlic, parsley, and basil in the olive oil until fragrant. Stir in the remaining orange sauce and pasta water then add the pasta and asparagus. Sprinkle with cheese and red pepper flakes and toss to combine.

## 6. Final touches

Plate a bed of the pasta side and top with the salmon fillet.

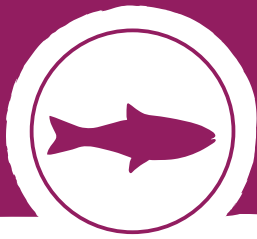
## Did you know ?

- » Salmon contains heart-healthy omega-3 fatty acids.
- » Pasta water modifies the consistency of the sauce and is a great way to add flavor.

## Try these tips!

- » Easily trim asparagus by bending the woody end until it breaks.
- » Pat the salmon dry before adding any seasoning.



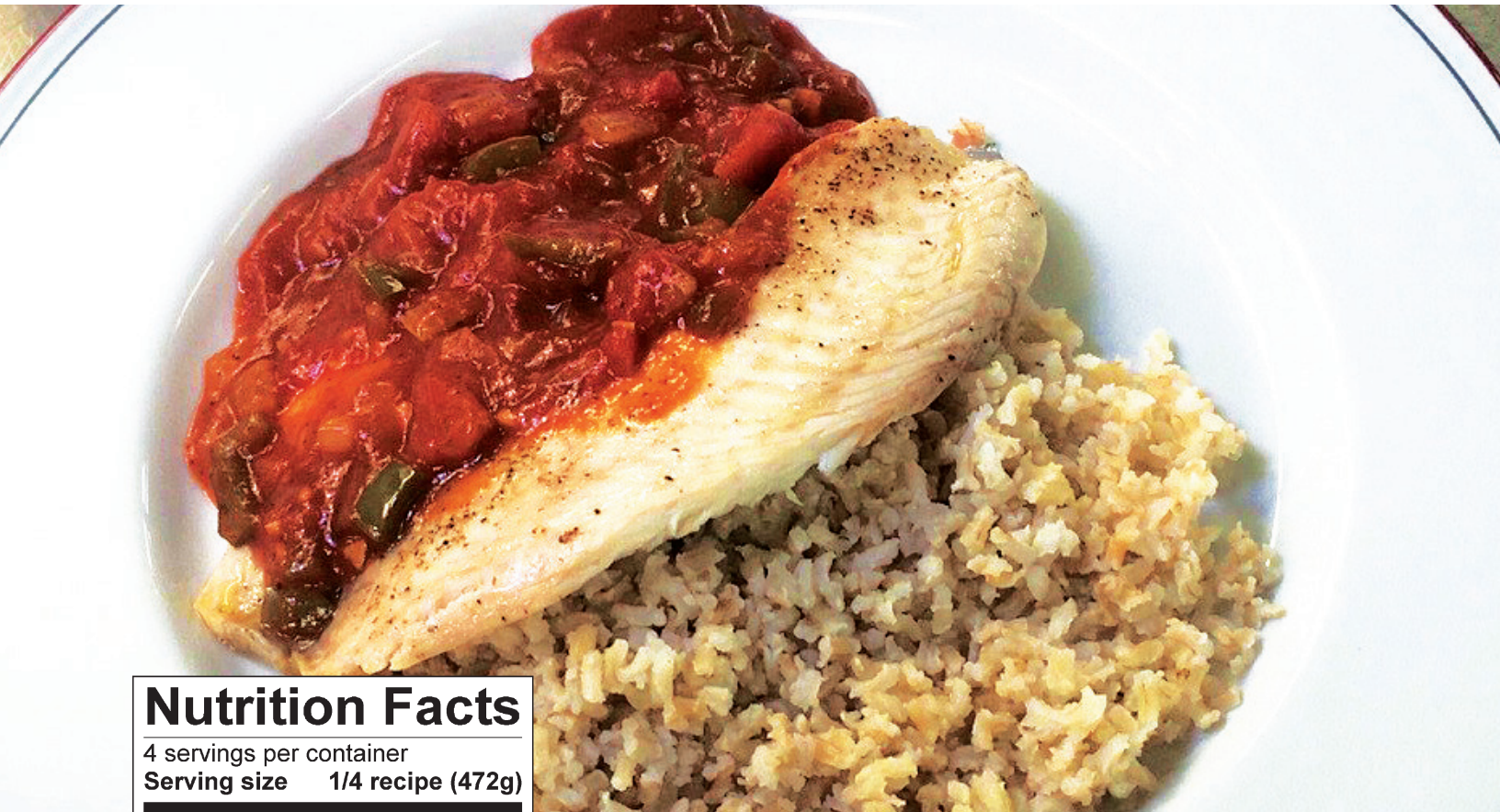


# Tilapia Creole

Prep time: **10** MINUTES

Cook time: **35** MINUTES

Servings: **4**



## Nutrition Facts

4 servings per container

Serving size **1/4 recipe (472g)**

Amount per serving

**Calories** **620**

% Daily Value\*

<b>Total Fat</b> 18g	<b>23%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 100mg	<b>33%</b>
<b>Sodium</b> 750mg	<b>33%</b>
<b>Total Carbohydrate</b> 75g	<b>27%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 42g	
Vitamin D 5mcg	<b>25%</b>
Calcium 109mg	<b>8%</b>
Iron 5mg	<b>30%</b>
Potassium 1244mg	<b>25%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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## Ingredients:

- 1 ½ cups brown rice
- 1 tablespoon Worcestershire sauce
- ⅓ cup finely diced onion
- 2 teaspoons chili powder
- 1 small green bell pepper
- ¼ teaspoon hot pepper sauce
- 1 medium stalk celery
- 2 tablespoons olive oil
- 2 cloves garlic
- 4 (6-ounce) tilapia fillets
- 2 tablespoons salted butter
- 1 tablespoon cornstarch
- ½ teaspoon salt
- 1 (14.5 oz) can stewed tomatoes
- 1 teaspoon ground black pepper
- 1 (8 oz) can unsalted tomato sauce
- 1 tablespoon honey

Recipe adapted from Eastside High School  
Institute of Culinary Arts

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# Instructions:



## 1. Cook rice

Combine brown rice and 3 cups water in a medium pot. Bring to a boil over high heat. Reduce heat to medium-low and cover. Cook for 20 minutes or until water is absorbed.



## 2. Prep produce

Rinse produce thoroughly under running water. Cut the green bell pepper and celery into small dice. Mince garlic cloves.



## 3. Make creole sauce

Melt butter in a medium pan over medium heat. Add onion, green pepper, celery, and garlic. Cook until onion and celery are translucent. Mix in cornstarch. Stir in stewed tomatoes, tomato sauce, Worcestershire sauce, chili powder, hot pepper sauce, honey,  $\frac{1}{4}$  teaspoon salt, and  $\frac{1}{2}$  teaspoon ground black pepper. Let simmer and stir frequently.



## 4. Season tilapia

Pat fish dry. Season both sides of the tilapia fillets with the remaining salt and ground black pepper.



## 5. Cook tilapia

Heat the olive oil over medium heat in a skillet. Add fillets and cook for 3 minutes per side until the internal temperature is 145°F.

## 6. Plate and serve

Plate brown rice and serve with tilapia fillets topped with Creole sauce.

## Did you know ?

- » Adding the garlic first when cooking the vegetables enhances the garlic flavor!
- » Tilapia is a mild-flavored fish that is very affordable.

## Try these tips!

- » Add a damp paper towel underneath the cutting board to help it move less when cutting.
- » Replace the stewed tomatoes with a can of diced tomatoes or freshly chopped peeled tomatoes!





# Vegetable and Shrimp Stir Fry

Prep time: **10** MINUTES

Cook time: **30** MINUTES

Servings: **4**



## Nutrition Facts

4 servings per container

Serving size **1/4 recipe (404g)**

Amount per serving

**Calories** **570**

% Daily Value\*

**Total Fat** 17g **22%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

**Cholesterol** 185mg **62%**

**Sodium** 760mg **33%**

**Total Carbohydrate** 75g **27%**

Dietary Fiber 5g **18%**

Total Sugars 14g

Includes 9g Added Sugars **18%**

**Protein** 32g

Vitamin D 0mcg **0%**

Calcium 136mg **10%**

Iron 3mg **15%**

Potassium 961mg **20%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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## Ingredients:

- 1 ½ cups brown rice
- 2 medium carrots
- 1 medium zucchini
- 1 cup mushrooms
- 1 medium red bell pepper
- 1 cup snow peas
- 1 clove garlic
- 3 tablespoons olive oil
- ½ cup low sodium vegetable broth
- 3 tablespoons reduced-sodium soy sauce
- 1 pound medium raw shrimp (deveined with tails attached)
- 2 tablespoons honey
- 1 tablespoon cornstarch
- ½ teaspoon ground ginger
- 1 tablespoon sesame oil
- 1 teaspoon paprika (optional)
- ¼ teaspoon salt
- 1 teaspoon ground black pepper

Recipe adapted from USDA Mixing Bowl

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# Instructions:

1.



## 1. Cook rice

Rinse rice with water and drain. Combine rinsed rice and 3 cups water in a medium pot. Bring to a boil over medium-high heat. Reduce heat to medium-low and cover. Simmer for 20 minutes or until the water is absorbed.

2.



## 2. Prep

Rinse vegetables. Peel carrots and garlic. Cut the carrots, mushrooms, and zucchini into slices. Cut the zucchini slices and the snap peas into halves. Slice the bell pepper into thin strips and mince the garlic. Set aside.

3.



## 3. Make soy sauce mixture

Whisk together vegetable broth, soy sauce, honey, cornstarch, ground ginger, and ¼ cup water in a small bowl. Set aside.

4.



## 4. Cook shrimp

Heat 1 tablespoon olive oil in a large skillet on high heat. Add shrimp and occasionally stir until cooked (about 5 minutes until shrimp are pink and opaque). Remove from skillet and set aside.

## 5. Cook vegetables

Heat 2 tablespoons olive oil in a skillet on high heat. Add minced garlic and sauté until fragrant. Add vegetables, salt, and ground black pepper. Continue to cook for 3 to 5 minutes.

5.



## 6. Final touches

Add cooked shrimp to cooked vegetables. Pour soy sauce mixture in skillet and stir. After 2 minutes, add sesame oil and paprika. Serve stir fry over brown rice.

## Did you know ?

- » Easily mince garlic by pressing down with a metal fork.
- » The smaller the shrimp, the less the cooking time required.

## Try these tips!

- » Add frozen vegetables when fresh ones aren't available!
- » Love the sauce? Use the recipe again for chicken or tofu!