

# Creamy Pesto Pasta Salad

## Ingredients

### **For the salad:**

- ½ package dry whole wheat pasta
- ½ cup cherry tomatoes, halved
- ½ cup frozen peas, thawed
- ½ cup small broccoli florets
- ½ cup canned pinto beans, rinsed and drained

### **For the dressing:**

- Zest of 1 lemon + juice from half a lemon
- 2 tablespoons green pesto
- 3 tablespoons thick plain Greek yogurt
- 2 tablespoons grated Parmesan cheese
- Salt and pepper to taste

- ½ cup canned dark red kidney beans, rinsed and drained
- 2 green onions, sliced
- Handful of fresh spinach or arugula
- Optional: 5-6 oz cooked chicken or protein of choice



## Instructions

1. Bring a large pot of salted water to a boil. Add the pasta and cook according to package instructions until al dente. Drain and rinse with cold water to stop the cooking. Set aside to cool.
2. In a bowl, whisk together the Greek yogurt, pesto, lemon zest, lemon juice, and Parmesan cheese. Add salt and pepper to taste. You want it bright, tangy, and creamy.
3. In a large mixing bowl, combine the cooled pasta with the beans, broccoli, peas, cherry tomatoes, green onions, spinach or arugula, and any other add-ins. Toss gently.
4. Pour the dressing over the pasta salad and toss everything to coat well. Sprinkle with additional Parmesan if desired.

# CHICKEN SKEWERS

## Ingredients:

- 2.5 lbs boneless, skinless chicken tenderloins (cut into 1.2-2 inch pieces)
- 2 tbsp olive oil
- 1 tsp salt
- 1 tsp black pepper
- 1 tbsp paprika
- ¼ tsp cinnamon
- ¼ tsp tumeric
- 1.5 tbsp tomato paste
- 2 tbsp Greek yogurt
- Juice and zest of 1 small lemon
- 3 garlic cloves, pressed or minced
- Optional: Sliced onions for layering on or between skewers
- Optional: Fresh parsley for garnish

## Directions:

1. Preheat oven to 400°. Line a baking sheet with parchment paper
2. In a large bowl, add your chicken tenderloin pieces.
3. Drizzle in olive oil and season with salt, pepper, paprika, cinnamon, and turmeric.
4. Add the tomato paste, Greek yogurt, lemon juice + zest, and pressed garlic.
5. Mix everything really well to coat the chicken evenly.
6. Skewer the chicken pieces. Add slices of onion between pieces if desired.
7. Place skewers on the prepared baking sheet and bake for about 30 minutes, or until fully cooked and golden around the edges.
8. Optional: Garnish with parsley and a squeeze of lemon before serving.

# Fresh Quinoa Chickpea Salad

## Ingredients:

- 1 cup uncooked quinoa, rinsed
- 2 cups water
- 1 (15 oz) can chickpeas, drained and rinsed
- 1 medium cucumber, chipped and seeded
- Handful cherry tomatoes, halved
- 1 red bell pepper, chopped
- $\frac{3}{4}$  cup chopped red onion
- 1 cup finely chopped fresh parsley
- $\frac{1}{4}$  cup olive oil
- $\frac{1}{4}$  cup fresh lemon juice
- 2 cloves garlic, minced or grated
- $\frac{1}{2}$  teaspoon salt



## Instructions:

1. In a medium saucepan, combine the rinsed quinoa and water. Bring to a boil over medium-high heat, then reduce to a low simmer. Cover and cook until all the water is absorbed, about 15 minutes. Turn off the heat and let it sit for 5 minutes to steam and fluff.
2. While the quinoa cools, add the chickpeas, cucumber, cherry tomatoes, red bell pepper, onion, and parsley to a large mixing bowl.
3. In a small bowl or jar, combine olive oil, fresh lemon juice, minced garlic and salt. Whisk or shake until well combined.
4. Once the quinoa has cooled slightly, add it to the bowl with your veggies. Drizzle the lemon dressing on top and toss everything together until evenly coated. Taste test and feel free to add a pinch more salt or an extra squeeze of lemon.

## Meal Prep Tips:

- **Storage:** Keeps in the fridge for up to 4 days in an airtight container.
- **Serving:** Enjoy cold or at room temp. Serve with grilled chicken, hard-boiled eggs, Greek yogurt or avocado for a balanced meal.
- **Customization Ideas:** Toss in feta cheese, olives, or chopped spinach to switch it up!

# Curry Meatballs over Jasmine Rice with Mango Salsa

**Ingredients: Serves 4 – 6, depending on how hungry you are**

## **Mango Salsa:**

- 1 mango, peeled and chopped ¼"
- ¼ cup fresh cilantro leaves, chopped fine
- Zest and juice of 1 medium lime
- Pinch of salt

## **Curry Meatballs:**

- 1-pound lean ground beef
- 1 large egg
- ⅓ cup Panko breadcrumbs
- 2 green onions, thinly sliced
- 1 tablespoon curry powder
- 1 teaspoon garlic powder
- 1 teaspoon salt
- ½ teaspoon black pepper
- ¼ teaspoon cayenne pepper

## **Coconut rice:**

- Low sodium chicken broth
- ½ of 13.5 ounce can coconut milk
- 1 cup Jasmine rice

## **Curry Sauce:**

- 2 teaspoons oil
- 2-inch piece fresh ginger, peeled and minced
- 1 (13.5-ounce) can full fat coconut milk
- 2 tablespoons red or green curry paste
- 1 tablespoon + 1 teaspoon low sodium soy sauce
- 1 tablespoon + 1 teaspoon honey

## **Instructions:**

1. Make the Mango salsa by combine all ingredients. Set aside.

2. Make the curry meatballs: Preheat the oven to 375 degrees.

In a medium mixing bowl, mix together the meatball ingredients. Form into 2-inch meatballs and line on a baking sheet fitted with a rack, about 1-inch apart. Bake 15 minutes or so, until they are browning.

3. Make the coconut rice: Go by the instructions on the package, substituting the amount of chicken broth for the water, less 3 ounces. Add the ½ can of coconut milk and bring the liquid to a boil before adding the Jasmine rice. Reduce heat and cover to simmer.

4. To make the curry sauce: In a large skillet, heat oil to medium-low heat. Add the ginger and sauté 30-60 seconds or until fragrant. Stir in the coconut milk, curry paste, soy sauce and honey and bring to a simmer.

5. Add the meatballs to the sauce and simmer about 5 minutes or until the internal temperature reaches 160°.

6. Assemble your bowl starting with the rice, adding the meatballs and sauce, and topping with mango salsa as desired.



# Spring Vegetable Pasta with Shrimp

Serves 6 – 8

- 3 medium leeks
- 1 pound asparagus
- 2 cups frozen baby peas, thawed
- 4 medium garlic cloves, minced or pressed through garlic press (about 4 teaspoons)
- 4 cups vegetable broth
- 1 cup water
- 2 tablespoons minced fresh mint leaves
- 2 tablespoons minced fresh chives
- ½ teaspoon finely grated zest plus 2 tablespoons juice from 1 lemon
- 6 tablespoons extra-virgin olive oil
- ¼ teaspoon red pepper flakes
- 1 ½ pounds shrimp, peeled and deveined
- Italian-style breadcrumbs
- 1 pound pasta (campanelle, farfalle or penne)
- 1 cup dry white wine
- 1 ounce grated Parmesan cheese (about ½ cup), plus extra for serving
- Salt and ground black pepper

## Instructions:

1. Cut the dark green part of the leeks off and wash out any soil. Roughly cut 3 cups and place in a Dutch oven. Wash asparagus and cut or snap off tough ends and add to pot, along with 1 cup peas, 2 teaspoons garlic, vegetable broth, and water. Bring to simmer over high heat, then lower heat to medium-low and gently simmer for at least 10 minutes. While broth simmers, combine mint, chives, and lemon zest in small bowl.
2. Strain broth into a bowl, pressing on solids to extract as much liquid as possible. You will need 5 cups and may add water if needed.
3. Wash out any soil from the white part of the leeks and cut into ½" slices. Cut asparagus into ½" pieces. Heat 2 tablespoons oil in Dutch oven over medium-low to medium heat. Add sliced leeks and cook, covered, stirring often, until leeks begin to brown. Add asparagus pieces and cook until crisp-tender, 4 to 6 minutes. Add remaining 2 teaspoons garlic and pepper flakes; cook until fragrant, about 30 seconds. Add remaining cup peas and continue to cook 1 minute. Transfer vegetables to plate and set aside. Wipe out pot.
4. Pre-heat oven to 450°. Coat the shrimp with breadcrumbs and place on a sheet pan that's sprayed or coated with oil. Spray the top of the shrimp.
5. Heat remaining 4 tablespoons oil in now-empty Dutch oven over medium heat until shimmering. Add pasta and cook, stirring to coat. Add wine and cook, stirring constantly, until absorbed.
6. When wine is fully absorbed, add warm broth. Increase heat to medium-high and bring to boil. Cook, stirring frequently, until most of liquid is absorbed and pasta is tender, 8 to 10 minutes.
7. While pasta is cooking, place shrimp in oven and set timer for 4 minutes, then check for doneness. It is easy to overcook.
8. Once pasta is tender, remove pot from heat, stir in lemon juice, Parmesan, half of herb mixture, and vegetables. Season with salt and pepper to taste. For each plate, top with shrimp, Parmesan cheese and remaining herb mixture.

# Chipotle Chicken Bowl Recipe

## Chicken Marinade

- 2 lbs chicken breast/thigh (cubed)
- ¼ cup Chipotle peppers in adobo
- ½ cup plain Greek Yogurt
- 1 TBSP honey
- 2 tsp lime juice
- 1 tsp salt
- 1 tsp cumin
- 2 TBSP water

## Cilantro Lime Rice

- 2 Cups cooked rice
- 1 tsp salt
- 2 TBSP lime juice
- 12 cup chopped fresh cilantro

## Black Beans

- 2 15 ounce cans black beans
- 1 tsp minced garlic
- 1 tsp cumin
- 1 tsp oregano

## Vegetables

- 3 medium bell peppers (cut into strips)
- 1 large onion (thinly sliced)
- 1 Tbsp avocado oil
- Salt/pepper (to taste)

## Instructions

1. In a blender, combine all of the marinade ingredients and blend them until they are smooth.
2. Pour the marinade over the cubed chicken and stir gently until all pieces are well coated. Marinate for 10-15 minutes while you prep the rest of the ingredients.
3. In a saucepan, combine the beans and seasoning, then stir. Do not drain or rinse the black beans. Simmer the beans over low heat for about 10 minutes while you cook the remaining elements.
4. Add the salt, chopped cilantro, and lime juice to the warm cooked rice and stir. Taste and adjust the salt as desired.
5. Heat a cast iron skillet to medium-high heat and add 1 Tbsp of avocado oil.
6. Add the marinated chicken to the pan.
7. Cook the chicken for 5-6 minutes per side, until it is firm and cooked through. Charred bits are a good thing!
8. Remove the chicken to a plate, add 1 more Tbsp of oil, the veggies and salt/pepper to the skillet. Stir them well to coat them in the oil.
9. After 1-2 minutes, lower the skillet temperature to medium and continue cooking until the veggies are soft.
10. Assemble the bowls, topping with Greek Yogurt, fresh avocado, and a squeeze of lime. Serve and enjoy!

# Baked Feta-Eggs + Sauteed Veggie Wrap

## Ingredients

- 4-6 whole wheat tortillas
- 1 tsp butter (for greasing)
- $\frac{3}{4}$  cup crumbled feta or 7-8 oz block of feta
- 6-8 eggs
- 1 Tbsp olive oil
- $\frac{1}{2}$  yellow squash, diced
- $\frac{1}{2}$  bell pepper chopped (if using multiple colors, dice about  $\frac{1}{4}$  of one each)
- $\frac{1}{2}$  cup mushrooms, sliced
- 2 green onions, chopped
- 1 handful spinach
- 1 handful of arugula
- 4-6 slices of turkey
- Salt and black pepper to taste



## Instructions

1. Preheat oven to 400 F
2. Grease an 8x8 baking dish with softened butter.
3. Add feta (crumbled or whole block) to the center of the dish.
4. Crack eggs around the feta. Drizzle with olive oil, and season with salt and black pepper.
5. Bake for 20-22 minutes, or until most of the eggs are just set (a little runny in the center is okay- they'll keep cooking once stirred).
6. Once out of the oven gently stir the eggs and feta together with a fork until creamy.
7. While the eggs bake, saute your veggies:
  - a. In a hot pan with a drizzle of olive oil, cook the squash, bell peppers, mushrooms, and green onions until soft.
  - b. Stir in spinach and arugula at the end just until wilted.
8. Assemble wraps:
  - a. Lay out a tortilla, add a scoop of the baked feta eggs, a generous spoonful of sautéed veggies, and a slice of turkey.
  - b. Wrap tightly and optionally roll in parchment paper for a quick grab-and-go option.

## Meal prep tips

- Wraps will keep in the fridge for up to 4 days
- Store them individually wrapped in parchment or foil for easy reheating
- To reheat: microwave 30-45 seconds or toast in the air fryer
- If you like spice, add a smear of harissa or a few dashes of hot sauce before rolling

# Beef, Sweet Potato and Cottage Cheese Protein Bowl

## Ingredients

- 2 medium sweet potatoes, peeled and diced into ½ cubes
- 2 Tbsp olive oil divided
- 2 Tbsp taco seasoning divided
- 1 lb ground beef
- 2 cups cottage cheese (about ½ cup per bowl)
- 2 avocados, sliced (add fresh when ready to eat)
- 1 Tbsp honey + 1 tsp red chili flakes (or chili crisp) for drizzling

## Instructions

1. Roast the sweet potatoes- preheat the oven to 425 F. Toss sweet potatoes with 1 Tbsp olive oil and 1 tbsp taco seasoning. Spread out on a sheet pan and roast for 20-25 minutes, flipping halfway, until golden brown and crisp on the edges.

2. Cook the Ground Beef- Heat remaining 1 Tbsp olive oil in a large skillet over medium heat.

Add the ground beef, breaking it up with a wooden spoon. Sprinkle with remaining taco seasoning and cook until browned and fully cooked through (about 8 minutes)

3. Make the Hot Honey (optional but Recommended) – In a small bowl, combine 1 tbsp honey with 1 tsp chili flakes. Let it sit while everything cooks- the longer it sits, the spicier it gets. Or just use your favorite chili crisp!

4. Assemble the bowls- layer ¼ of the sweet potatoes and ¼ of the ground beef into each bowl or container. When you're ready to eat top with ½ an avocado, ½ cup of cottage cheese, and a drizzle of hot honey or chili crisp.

## Meal Prep tips:

- Store the beef and sweet potatoes together in airtight containers. Add cottage cheese and avocado fresh before serving.
- These keep well in the fridge for up to 4 days.
- Reheat the beef + sweet potatoes in the microwave, then add cold topping for best texture contrast.