

## Week Eight Recipes

### Recipe 1: Chicken and Broccoli Alfredo

| Ingredients                            | Instructions   |
|--|--|
| 1 lb boneless, skinless chicken breast | 1. Cook pasta according to package directions. Drain and set aside.  |
| 2 cups cooked whole wheat pasta        | 2. Heat oil in a skillet over medium heat. Add chicken, season with salt and pepper, and cook until browned. |
| 1 cup frozen broccoli, thawed          | 3. Add thawed broccoli and stir for 3-5 minutes.   |
| 1 tablespoon olive oil                 | 4. Reduce heat, stir in milk and parmesan cheese until creamy.   |
| 1 cup skim milk                        | 5. Toss with pasta and serve warm.   |
| ½ cup grated parmesan cheese           |  |
| Salt and pepper to taste               |  |

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### Recipe 2: Spaghetti Squash and Turkey Marinara

| Ingredients                     | Instructions   |
|---------------------------------|--|
| 1 medium spaghetti squash       | 1. Preheat oven to 400°F. Cut spaghetti squash in half, remove seeds, and place cut-side down on a baking sheet. |
| 1 lb ground turkey              | 2. Bake for 30-40 minutes or until tender. Use a fork to scrape the squash into strands.                         |
| 1 can low-sodium diced tomatoes | 3. While squash bakes, brown turkey in a skillet.  |
| 1 teaspoon Italian seasoning    | 4. Add tomatoes, Italian seasoning, garlic powder, and pepper to turkey. Simmer for 10 minutes.                  |
| 1 teaspoon garlic powder        | 5. Serve marinara sauce over spaghetti squash strands.   |
| Black pepper to taste           |  |

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### Recipe 3: Beef and Potato Hash

| Ingredients                     | Instructions   |
|---------------------------------|--|
| ½ lb lean ground beef           | 1. Cook ground beef in a skillet over medium heat. Drain and set aside.                          |
| 2 medium russet potatoes, diced | 2. Heat oil in the same skillet. Add potatoes and cook for 10-12 minutes, stirring occasionally. |
| 1 small onion, diced            | 3. Add onion and cook for another 5 minutes until softened.                                      |

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| 1 teaspoon garlic powder | 4. Return beef to the skillet, season with garlic powder, cumin, salt, and pepper, and stir well. |
| ½ teaspoon ground cumin  | 5. Serve as-is or with a fried egg on top for extra protein.                                      |
| 1 tablespoon olive oil   |   |
| Salt and pepper to taste |   |

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#### Recipe 4: Tuna and Chickpea Salad

| Ingredients                         | Instructions   |
|-------------------------------------|--|
| 2 cans low-sodium tuna, drained     | 1. In a large bowl, combine tuna, chickpeas, diced cucumber, and dressing. |
| 1 can low-sodium chickpeas, drained | 2. Mix well and season with lemon juice, dill, salt, and pepper to taste.  |
| 1 cucumber, diced                   | 3. Chill for at least 30 minutes before serving.                           |
| 1 tablespoon olive oil              |  |
| 1 tablespoon lemon juice            |  |
| 1 teaspoon dried dill               |  |
| Salt and pepper to taste            |  |

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#### Recipe 5: Baked Herb-Crusted Tilapia

| Ingredients                  | Instructions  |
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| 4 tilapia fillets            | 1. Preheat oven to 375°F and line a baking sheet with parchment.                                    |
| ½ cup breadcrumbs            | 2. In a small bowl, combine breadcrumbs, parmesan cheese, garlic powder, and Italian seasoning.     |
| ¼ cup grated parmesan cheese | 3. Brush fillets lightly with olive oil, then press breadcrumb mixture onto the top of each fillet. |
| 1 tablespoon olive oil       | 4. Bake for 12-15 minutes or until fish flakes easily with a fork.                                  |
| 1 teaspoon garlic powder     |   |
| 1 teaspoon Italian seasoning |   |

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