

Week One Recipes

Recipe 1: Greek Style Steak Pitas

4 servings

Recipe courtesy of the Food as Health Alliance adapted from Beefitswhatsfordinner.com

Ingredients	Instructions
<ul style="list-style-type: none">• 1.5lb flank or top sirloin steak*• 1 tablespoon lemon pepper seasoning• 1 can low-sodium white beans, drained & rinsed• Juice of ½ fresh lemon• 1 tablespoon olive oil• 2-3 tablespoons water• ½ teaspoon dried parsley• ½ teaspoon garlic powder• ½ cucumber, sliced thin• ½ bell pepper, cut into strips*• 1 red onion, sliced thin*• 2 whole wheat pitas, cut into halves	<ol style="list-style-type: none">1. Pat steak dry and season liberally on both sides with the lemon pepper seasoning2. Cook steak in a hot skillet for 3-4 minutes per side or until desired doneness then set aside to rest3. Blend beans, olive oil and lemon juice in a food processor or mash by hand, adding water 1 tablespoon at a time until desired consistency4. Season white bean spread with dried herbs, garlic powder, and salt & pepper to taste while stirring well5. Thinly slice the steak6. Open ½ pita and spread 1-2 tablespoon of spread on the inside7. Stuff pita with steak and veggies8. Squeeze extra lemon juice

***Set aside ½ of the cooked beef and whatever peppers and onions you haven't used in an airtight container for stir fry the following day!**

****Leftover hummus can be kept in the fridge for 3-4 days. It's a nutritious snack when paired with the leftover cucumber and pita bread.**

Recipe 2: Beef and Broccoli Stir Fry

4 servings

Recipe courtesy of the Food as Health Alliance

	Instructions
Ingredients <ul style="list-style-type: none">• Remaining cooked flank steak• Remaining sliced peppers and onions• 1 small head of broccoli, stems removed and cut into small florets (or ½ bag frozen broccoli)• 1 tablespoon olive oil• 1 teaspoon lemon pepper seasoning• 1 tablespoon soy sauce• 1 cup uncooked brown rice	<ol style="list-style-type: none">1. Heat olive oil in a large pan or wok2. Bring a pot of water to a boil and cook rice according to package instructions3. Add the peppers, onions, and broccoli to the hot pan and season with the lemon pepper4. Cook over medium heat for about 10 minutes, stirring frequently to avoid scorching5. Add the steak to veggies and cook only until heated through6. Top with soy sauce and mix well to combine7. Serve approximately ¼ of the stir fry mix over ½ cup of rice

Recipe 3: Root Vegetable and Herb Soup

6 servings

Recipe courtesy of the Food as Health Alliance

Ingredients	Instructions
<ul style="list-style-type: none">• 1 tablespoon olive oil• ½ bunch of fresh carrots, peeled and sliced	<ol style="list-style-type: none">1. Heat olive oil in a large pot with a lid over medium heat2. Cook sliced carrots and diced sweet potatoes in the oil for 5-10 minutes, stirring frequently3. Add box of cherry tomatoes and cook another 5 minutes until they begin to burst

<ul style="list-style-type: none"> • 1 box grape tomatoes (or 1 can diced) • 2 sweet potatoes diced • 24 ounces (3/4 box) chicken stock • 1 teaspoon onion powder • 1 teaspoon garlic powder • ½ teaspoon dried thyme • ½ teaspoon Italian seasoning • ½ teaspoon black pepper • ½ bag of frozen peas • ½ bag frozen green beans 	<ol style="list-style-type: none"> 4. Smash tomatoes with the back of a spoon to release juices 5. Add sweet potatoes and chicken stock 6. Add all herbs and spices 7. Cover and simmer about 15 minutes or until all vegetables are soft 8. Add peas and cook another 5 minutes until warmed through
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If you don't need it all this week, this soup freezes well. Just store in a freezer safe airtight container for up to 6 months. You can write the name of the dish and the date on a piece of masking tape and place on the container to keep track. Just reheat in a pan or the microwave, adding a splash of stock or water to get the desired consistency if the soup has thickened.

Recipe 4: Veggie Packed Chicken Fried Rice

4 servings

Recipe courtesy of the Food as Health Alliance

Ingredients	Instructions
<ul style="list-style-type: none"> • 2 tablespoons olive oil, divided • 1 pound of chicken tenders, cut into bit sized chunks • ½ bunch of fresh carrots, peeled and diced small • ½ bag frozen green beans • 1 cup uncooked brown rice • 2 eggs 	<ol style="list-style-type: none"> 1. Bring a pot of water to a boil and cook rice according to package instructions 2. Heat 1 tablespoon of the olive oil in a high sided pan or wok 3. Add the diced chicken tenders and cook for 5 minutes until halfway cooked through 4. Add the carrots and green beans and continue to cook another 5 minutes or until the chicken is cooked through 5. Add the other tablespoon of olive oil and swirl around the pan to coat

<ul style="list-style-type: none"> • 2 tablespoons low-sodium soy sauce • ¼ teaspoon ground ginger • ½ teaspoon garlic powder • ½ teaspoon onion powder • ½ teaspoon black pepper 	<ol style="list-style-type: none"> 6. Drain the cooked rice and add to the pan with the veggies and chicken 7. Make a small hole in the middle of the rice mixture and crack in two eggs 8. Stir the eggs rapidly with a fork to scramble, then mix into the other ingredients 9. Add the soy sauce and spices and mix well to combine
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Food safety tip: Be sure to cool any leftovers quickly and store in the fridge for no more than 24 hours. Reheat cooked rice in the microwave with a teaspoon of water for 1-2 minutes, stirring every 20 seconds until piping hot. Never reheat cooked rice more than once.

Recipe 5: Smoky Pork Chops with Apples

4 servings

Recipe courtesy of the Food as Health Alliance

<p>Ingredients</p> <ul style="list-style-type: none"> • 2 tablespoons olive oil, divided • 1 medium apple • 4 thin pork chops • ½ teaspoon cumin • ½ teaspoon paprika • ¼ teaspoon onion powder • 1 bag steamable frozen green beans • Salt and pepper to taste 	<p>Instructions</p> <ol style="list-style-type: none"> 1. Heat 1 tablespoon olive oil over medium heat in a large pan 2. Core and dice the apple then add to the hot pan 3. Cook the apple, stirring frequently to prevent burning, for about 5 minutes 4. Pat the pork chops dry and spread on the other tablespoon of olive oil 5. Cover the chops on both sides with the cumin, paprika, onion powder, salt, and pepper 6. Spread the apples to the side of the pan to make room for the pork chops 7. Cook the chops for about 3 minutes per side until cooked through to an internal temperature of 145 degrees 8. Steam the green beans in the microwave according to package instructions then season to taste with salt and pepper 9. Serve the pork chops topped with the apples with green beans on the side
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