

Week Seven Recipes

Recipe 1: Turkey and Vegetable Skillet

Ingredients	Instructions
1 lb ground turkey	1. Heat a large skillet over medium heat and cook the turkey until browned, then drain excess liquid.
1 small onion, diced	2. Add the onion and cook for 3 minutes, stirring frequently.
1 zucchini, diced	3. Stir in the zucchini and frozen peas, cooking for 5 more minutes.
1 cup frozen peas	4. Add the garlic powder, Italian seasoning, and salt/pepper to taste, and mix well.
1 teaspoon garlic powder	5. Serve warm with a side of rice or quinoa, if desired.
1 teaspoon Italian seasoning	
Salt and pepper to taste	

Recipe 2: Sheet Pan Lemon Herb Chicken

Ingredients	Instructions
1 lb boneless, skinless chicken breasts	1. Preheat oven to 375°F and line a baking sheet with foil.
2 medium potatoes, diced	2. Toss the potatoes and green beans with olive oil, salt, and pepper, and spread on one half of the sheet.
1 cup frozen green beans	3. Season chicken with lemon juice, dried dill, garlic powder, and pepper, then place on the other half.
1 lemon, juiced	4. Bake for 25 minutes, flipping veggies halfway, until chicken is fully cooked.
1 teaspoon dried dill	
1 teaspoon garlic powder	
Salt and pepper to taste	

Recipe 3: Beef and Lentil Soup

Ingredients	Instructions
½ lb lean ground beef	1. Cook ground beef in a large pot over medium heat, then drain and rinse to remove excess fat.
1 cup dry lentils	2. Add onion and carrots to the pot, cooking for 5 minutes.

1 small onion, diced	3. Stir in lentils, diced tomatoes, broth, garlic powder, cumin, and thyme.
2 medium carrots, diced	4. Bring to a boil, then reduce heat and simmer for 25 minutes until lentils are tender.
1 can low-sodium diced tomatoes	5. Serve warm with a garnish of parsley, if desired.
4 cups low-sodium beef broth	
1 teaspoon garlic powder	
1 teaspoon ground cumin	
½ teaspoon dried thyme	

Recipe 4: Tuna and Veggie Pasta Salad

Ingredients	Instructions
2 cans low-sodium tuna, drained	1. Cook pasta according to package instructions, then drain and rinse under cold water.
2 cups cooked whole wheat pasta	2. In a large bowl, combine tuna, pasta, chopped veggies, and dressing.
1 cup grape tomatoes, halved	3. Toss well to coat, adjust seasoning with salt/pepper, and chill before serving.
1 cup frozen peas, thawed	
2 tablespoons olive oil	
1 tablespoon red wine vinegar	
Salt and pepper to taste	

Recipe 5: Sweet Potato and Black Bean Casserole

Ingredients	Instructions
2 medium sweet potatoes, diced	1. Preheat oven to 375°F and lightly grease a baking dish.
1 can low-sodium black beans, drained	2. In a large bowl, mix sweet potatoes, black beans, tomatoes, cumin, chili powder, and garlic powder.
1 can low-sodium diced tomatoes	3. Pour into the dish, cover with foil, and bake for 25 minutes.
1 teaspoon cumin	4. Remove foil, sprinkle with cheese, and bake for another 10 minutes until cheese is melted.

1 teaspoon chili powder	
1 teaspoon garlic powder	
½ cup shredded cheddar cheese	
