

Week Two Recipes

Recipe 1: Italian Sheet Pan Chicken and Veggies

6 servings

Recipe courtesy of the Food as Health Alliance

Ingredients	Instructions
<ul style="list-style-type: none">• 1lb chicken tenders• 2 tablespoons olive oil• 1 tablespoons red wine vinegar• 2 teaspoons Italian seasoning• 1 teaspoon garlic powder• 1 teaspoon dried thyme• ½ teaspoon black pepper• 1 bag brussels sprouts• 1 bag radishes• 1 package died butternut squash	<ol style="list-style-type: none">1. Preheat the oven to 350 degrees2. In a large bowl, whisk together olive oil, vinegar, and all seasoning3. Pour half of the marinade in a small bowl or glass and reserve for the vegetables4. Place the chicken in the large bowl with the marinade and mix to coat5. Cut the brussels sprouts and radishes into halves6. Cover a large cookie sheet with foil and spread the veggies evenly across ½ the pan7. Top the vegetables with the reserved marinade and stir to coat evenly8. Roast the vegetables for 10 minutes while the chicken marinates9. Remove the pan from the oven, stir the vegetables and lay the chicken tenders on the empty half of the cookie sheet10. Roast for an additional 20 minutes or until chicken is cooked through to 165 degrees

This recipe makes 6 servings so you will have plenty of leftovers. Store the chicken and vegetables separately and they will keep refrigerated for 3-4 days or frozen for 6 months. Reheat separately in the oven or in a microwave. Leftover roasted vegetables are perfect for topping salads, enjoying in a wrap, or adding to soups and stews.

Recipe 2: Upside Down Shepherd's Pie

6 servings

Recipe courtesy of the Food as Health Alliance

Ingredients	Instructions
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<ul style="list-style-type: none"> • 1 lb lean ground beef • 6 small baking potatoes • 1 tablespoon tomato paste • 2 tablespoons all-purpose flour • 1 cup low-sodium beef broth • 1 teaspoon garlic powder • 1 teaspoon onion powder • 1 teaspoon dried parsley • 1/2 teaspoon black pepper • 1/2 bag frozen peas and carrots 	<ol style="list-style-type: none"> 1. Cook beef in a skillet over medium heat then rinse and drain in a colander 2. While beef cooks, pierce potatoes on all sides with a fork then microwave on a paper towel for 15-20 minutes, turning halfway (microwave times will vary depending on the size of the potatoes) 3. Return beef to the pan and add the flour and tomato paste 4. Stir well until completely incorporated 5. Add the remaining ingredients 6. Sauce will be thin, so allow to simmer uncovered for 10-15 minutes until desired consistency 7. Split open the potatoes, fluff the inside with a fork, and divide sauce evenly over the top
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Even if you don't need 6 servings, go ahead and prepare all of the sauce. You can store the sauce in the refrigerator for 3-4 days or in the freezer for up to 6 months. Then, just reheat the sauce in a saucepan and cook potatoes as many potatoes as needed in the microwave.

Recipe 3: Veggie Beef Soup

6 servings

Recipe courtesy of the Food as Health Alliance

Ingredients	Instructions
<ul style="list-style-type: none"> • 1lb extra lean ground beef • 3 cups low sodium beef broth • 1 can diced tomatoes 	<ol style="list-style-type: none"> 1. Cook beef in a large pot over medium heat then rinse and drain in a colander 2. Return beef to pot then add stock, tomato sauce, and diced tomatoes. 3. Add all seasoning and bring to a boil

<ul style="list-style-type: none"> • 1 15oz can tomato sauce • 2 teaspoons onion powder • 2 teaspoons Italian seasoning • 1 teaspoon garlic powder • Salt and black pepper to taste • 1 bag frozen mixed vegetables • 1 tablespoon red wine vinegar 	<ol style="list-style-type: none"> 4. Reduce heat, cover, and simmer for about 10 minutes or until potatoes are fork tender 5. Add frozen vegetables and vinegar then continue to simmer for 5-10 minutes until heated through
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This soup will keep in a tightly sealed container in the fridge for 3-4 days or in the freezer for up to 6 months. Reheat in a pot or in the microwave, adding a splash of stock or water to reach the desired consistency.

Recipe 4: White Bean Soup

6 servings

Recipe courtesy of the Food as Health Alliance

<p>Ingredients</p> <ul style="list-style-type: none"> • 1/2 white onion, diced • 1 tablespoon of olive or vegetable oil • 2 cans white beans, drained and rinsed well • 1/2 box of low sodium chicken stock (16 ounces) • 1 bag frozen diced carrots • 1 box frozen chopped spinach • 1 tablespoon Italian seasoning • 1 teaspoon garlic powder • 1/2 teaspoon black pepper 	<p>Instructions</p> <ol style="list-style-type: none"> 1. Heat 1 tablespoon of oil in a large pot with a lid 2. Cook your diced onion in the oil for 5 minutes, stirring often 3. Add the stock and white beans 4. Add the rest of the ingredients and bring to a boil 5. Turn down the heat to low then simmer gently with the lid on for 15-20 minutes
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For a spicy kick, try adding 1 teaspoon crushed red pepper flakes. This soup will keep in a tightly sealed container in the fridge for 3-4 days or in the freezer for up to 6 months. Reheat

in a pot or in the microwave, adding a splash of stock or water to reach the desired consistency.

Recipe 5: Baked tilapia and veggies

4 servings

Recipe courtesy of the Food as Health Alliance

	Instructions
Ingredients <ul style="list-style-type: none">• 2 tablespoons olive oil• 4 tilapia fillets• 1 bag frozen California style vegetables• 1 tablespoon lemon pepper seasoning• 1 lemon	<ol style="list-style-type: none">1. Preheat the oven to 350 degrees2. Line a large sheet pan with foil3. Brush the tilapia with olive oil and season liberally with the lemon pepper then place on ½ of the sheet pan4. Toss the vegetables with the remaining olive oil and season with the lemon pepper then spread evenly on the other half of the sheet pan5. Squeeze the juice of one half of the lemon over top the fish and vegetables6. Roast for 25-30 minutes, stirring the vegetables halfway to prevent sticking7. Serve with the remaining half a lemon, cut into wedges

This recipe is simple to adapt for 1-4 servings. Just portion out how many fillets you need and freeze the rest in tightly wrapped individual foil packs for up to 4 months. Use as many veggies as you'd like and keep the rest in the freezer to make another time.