

Week Six Recipes

Recipe 1: Cabbage Roll Soup

6 servings

Recipe courtesy of the Food as Health Alliance

Ingredients	Instructions
<ul style="list-style-type: none">• 1lb extra lean ground beef• 1 tablespoon olive oil• 1 small head green cabbage, chopped or shredded• 1 small onion, diced• 1 tablespoon red wine vinegar• 4 cups low sodium beef broth• 1 can low sodium diced tomatoes• 1 teaspoon garlic powder• 1 teaspoon black pepper• ½ teaspoon dried thyme	<ol style="list-style-type: none">1. Cook ground beef over medium high heat then drain and rinse thoroughly2. In a large soup pot, heat the oil then sauté the cabbage and onion for 5-7 minutes or until softened3. Add the vinegar and stir well4. Add the beef back to the pot along with all remaining ingredient5. Bring to a boil, then lower the heat and simmer for 15-20 minutes

Recipe 2: BBQ chicken sweet potatoes

4 servings

Recipe courtesy of the Food as Health Alliance

Ingredients	Instructions
<ul style="list-style-type: none">• 4 medium sweet potatoes• 1 lb chicken tenders• 1 bag (12 ounces) frozen broccoli florets	<ol style="list-style-type: none">1. Preheat oven to 400 degrees and line a cookie sheet with foil2. Toss the broccoli with the olive oil, salt, and pepper then spread on 1/2 of the cookie sheet3. Season the chicken tenders with salt and pepper on both sides, then spread evenly across the other half of the sheet

<ul style="list-style-type: none"> • 1 tablespoon of olive or other cooking oil • Salt and pepper to taste • 1 cup of no sugar added BBQ sauce 	<ol style="list-style-type: none"> 4. Bake the chicken and broccoli for 20 minutes, stirring and flipping halfway 5. While the chicken cooks, pierce potatoes on all sides with a fork and cook in in the microwave for 10 minutes, turning halfway 6. In a large bowl, shred the cooked chicken using two forks and mix with the BBQ sauce 7. Finely chop the roasted broccoli and add to the chicken mixture 8. Split the potatoes with a knife, fluff the inside with a fork, then spoon in the chicken and broccoli
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Recipe 3: One pot pasta

4 servings

Recipe courtesy of the Food as Health Alliance

<p>Ingredients</p> <ul style="list-style-type: none"> • 1 tablespoon olive oil • 1 box mushrooms, sliced • 2 cups water • 1 can low sodium diced tomatoes • 1 box spinach, thawed in microwave • 8 ounces (one half box) whole wheat penne pasta • 1 teaspoon garlic powder • 1 teaspoon onion powder • 1 teaspoon Italian seasoning • ½ teaspoon black pepper • ½ cup parmesan cheese, plus more for garnish 	<p>Instructions</p> <ol style="list-style-type: none"> 1. Heat the oil over medium heat in a large pot with a tight fitting lid 2. Sauté the mushrooms for 5-7 minutes until they begin to soften 3. Add all remaining ingredients except for the parmesan cheese and bring to a boil 4. Cover with the lid and allow to boil for 7-10 minutes according to pasta package instructions 5. When most of the liquid has been absorbed and the pasta is tender, remove from heat and stir in the parmesan cheese 6. Serve with extra parmesan for garnish
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Recipe 4: Balsamic Chicken Thighs

4 servings

Recipe courtesy of the Food as Health Alliance

Ingredients	Instructions
<ul style="list-style-type: none">• 2 tablespoons balsamic vinegar• 4 tablespoon olive oil• 1 tablespoon brown sugar• ½ teaspoon Italian seasoning• ¼ teaspoon black pepper• 2 zucchinis, cut into rounds• 1 box grape tomatoes, halved• 1 potato, diced• 1.5lb boneless skinless chicken thighs	<ol style="list-style-type: none">1. Preheat oven to 350 degrees2. Cover a large sheet pan with aluminum foil3. Whisk together vinegar, oil, sugar, Italian seasoning, and black pepper4. Mix all chopped vegetables in a separate bowl and add half the balsamic marinade, stirring well5. Spread the vegetables on one half of the sheet pan6. Place the chicken thighs on the other half of the pan and cover with the remaining marinade7. Bake for 25-30 minutes until chicken is cooked though

Recipe 4: Baked tuna patties

6 servings

Recipe courtesy of the Food as Health Alliance

Ingredients	Instructions
<ul style="list-style-type: none">• 2 small heads broccoli (or 1 bag frozen)• 1 tablespoon olive oil• 2 cans lows sodium tuna, drained• 1 egg• 1 tablespoon Dijon mustard• ½ cup breadcrumbs (Italian or unseasoned)	<ol style="list-style-type: none">1. Preheat oven to 400 degrees2. Chop the broccoli into florets and toss with olive oil3. Place broccoli on a ½ of a sheet pan lined with aluminum foil and set aside4. In a large bowl, combine tuna, egg, mustard, breadcrumbs, lemon juice, and spices5. Mix well and form into small patties for a total of 8 tuna patties6. Spray the other half of the pan with nonstick spray and lay the tuna patties next to the broccoli

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| <ul style="list-style-type: none">• Juice of ½ lemon• ½ teaspoon dried dill• ½ teaspoon onion powder• ½ teaspoon black pepper | <ol style="list-style-type: none">7. Roast for 20-25 minutes, flipping the patties and stirring the broccoli halfway |
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Cooked tuna patties can be stored in the freezer for up to 3 months. Thaw overnight in the fridge, then reheat in the oven at 350 degrees for 15-20 minutes or until hot all the way through.