

MONDAY MEAL MOTIVATION

20 Weeks of Recipes and Meal-Planning Tips



INTEGRATIVE HEALTH
at VCU Massey Cancer Center



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Introduction

Welcome to the Monday Meal Motivation cookbook! The recipes found within this cookbook were shared to help individuals meet their needs through plant-based nutrients and lean protein choices. Each recipe can be tailored to your liking through variations of ingredients. All the recipes can also be incorporated into a weekly meal planning menu.

The American Institute for Cancer Research supports a diet of plant-based nutrients such as fruits, vegetables, whole grains and legumes with limited processed foods that are high in fat, starches or sugars, as well as red and processed meats. In addition to, obtaining and maintaining a healthy weight status. Making healthy dietary choices does not have to be difficult or stressful. The recipes found within this cookbook are easy to prepare, inexpensive and full of cancer fighting nutrients.

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Questions or comments? Send them to alliene.farley@vcuhealth.org.

Food for Thought Resources

Registered dietitian Allie Farley provides nutrition tips and information on the connection between diet and cancer. Check Allie's blog regularly for her latest articles and recipes!

massey.vcu.edu/patient-care/resources/diet-and-nutrition

Click [here to view](#) the Monday Meal Motivation video playlist.

The recipes found within this cookbook were shared, inspired and/or tailored from many different recipe resources. For more recipes like the ones found within this cookbook check out the links listed below.

spendwithpennies.com

fitfoodiefinds.com

tasteloveandnourish.com

hauteandhealthyliving.com

tasteofhome.com

skinnytaste.com

recipes.heart.org

cookieandkate.com

diethood.org

Other Resources

Healthy Holiday Baking Tips - aicr.org/resources/blog/healthy-holiday-baking-tips

Dana-Farber Cancer Center Recipes - dana-farber.org/health-library/recipes

Nutrition for People with Cancer - cancer.org/treatment/survivorship-during-and-after-treatment/staying-active/nutrition.html

9 Fall Produce Picks to Add to Your Plate - eatright.org/food/nutrition/healthy-eating/9-fall-produce-picks-to-add-to-your-plate

4 Fall Foods for Your Family - eatright.org/food/planning-and-prep/cooking-tips-and-trends/4-fall-foods-for-your-family

Be Physically Active - aicr.org/cancer-prevention/recommendations/be-physically-active

SparkRecipes - recipes.sparkpeople.com

Seasonal Food Guide - seasonalfoodguide.org/download-app

30 Ways in 30 Days to Stretch Your Food Budget - fruitsandveggies.org/stories/30-ways-in-30-days-to-stretch-your-food-budget

Nutrition: Tips for Every Aisle - choosemyplate.gov/eathealthy/budget/tips-for-every-aisle

Modifying a Recipe to Be Healthier - ohioline.osu.edu/factsheet/HYG-5543

AICR New American Plate - aicr.org/cancer-prevention/healthy-eating/new-american-plate

Weekly Grocery Planner - choosemyplate-prod.azureedge.net/sites/default/files/audiences/grocery_gameplan_interactive.pdf

Helpful Ways to Use Leftover Ingredients - fridgetotable.com/fridge-to-table

Portion Control Guide - diet.mayoclinic.org/diet/eat/portion-control-guide

Cancer Dietitian - cancerdietitian.com

Week 1

Black Bean Salsa

This recipe is easy to make and take on the go. Black bean salsa has a colorful variety of vegetables that makes for a fast, fresh, delicious and healthy meal.

Ingredients:

- 1 can of black beans rinsed and drained
- 1 can of corn rinsed and drained
- 1/2 diced red onion
- 2-3 diced bell peppers
- 1 can of diced tomatoes
- 1 can Rotel diced tomatoes and green chilies
- 1/4 cup red wine vinegar
- 2 tablespoons lime juice (about one juiced lime)
- 1/2 tablespoon cumin

Directions:

Place all of the ingredients in a large bowl, stir to combine, then serve! This appetizing salsa can be served either cold or hot with your favorite tortilla chips.

Recipe yields 6 servings at 1 cup per serving.

Nutrition analysis per 1 serving (1 cup):

160 calories, 7 g protein, 32 g carbohydrates, 1 g fat, 0 mg cholesterol, 9 g fiber, 0 g added sugar

Cost analysis per 1 serving (1 cup): \$1.11

Additional meals/recipe ideas:

- Mixed with a grain such as quinoa, couscous or brown rice (with or without chicken)
- Mixed with a vegetable like spaghetti squash or cauliflower rice
- Wrapped in a whole grain tortilla with greek yogurt or light sour cream
- Fish tacos (enchiladas, burritos, fajitas, quesadillas, any Mexican dish)
- Mixed with scrambled eggs
- Over half of a potato
- Over mixed greens as a salad
- Snack with tortilla chips or whole grain pita bread

Variations:

- Veggies: Asparagus, radishes, cabbage, zucchini, etc. Look for salt free or no salt added canned vegetables.
- Fruit: Mangos or pineapple. These add a sweet contrast to the earthy beans
- Avocado: Dice and add before serving. Use avocados that are slightly firmer so they don't get mushy in the salsa. If you add avocados, keep in mind the leftovers will not keep for as long or as well because the avocados will brown and get mushy.



Week 2

Summer Vegetable Lasagna

This summer comfort recipe is filled with lots of colorful vegetables! By adding extra vegetables into your meal, this dish can easily be made meatless, however you can always add ground turkey or chicken. Layers of pasta, veggies, tomato sauce and cheese makes for a hearty filling meal. Lasagna is a dish everyone will enjoy; you can easily make this dish in large batches to feed for a large group, cut the ingredients in half for a smaller number of people or make and prepare and freeze for later!

Ingredients:

- 2 eggplants (about 3 lbs.)
- 6 medium zucchini (about 3 lbs.)
- Canola oil cooking spray
- 15 oz. low-fat ricotta or low-fat cottage cheese (or a combination)
- 2 eggs
- 1/2 cup grated Parmesan cheese
- 1/2 tablespoon ground nutmeg
- 1/2 tablespoon garlic powder
- 4 cups low sodium tomato sauce
- 1 lb. whole wheat, no-boil lasagna noodles
- 3 cups part-skim mozzarella cheese

Directions:

1. Preheat oven to 450 degrees F. Grease a 13 x 9 x 2-inch baking pan, set aside.
2. Slice the eggplant and zucchini in 1/2 -inch slices. Layer on two baking sheets and coat both sides of the vegetables with cooking spray. Roast for about 30 minutes.
3. Reduce the oven temperature to 375 degrees F. Meanwhile, in a medium bowl, mix together the ricotta and/or cottage cheeses, eggs, parmesan, nutmeg and garlic powder.
4. To assemble: spread a thin layer of sauce over the bottom of the prepared pan. Cover with a layer of pasta. Spread 1/3 of the ricotta mixture on top of pasta. Sprinkle 1/4 of the mozzarella over the ricotta. Place 1/3 of the roasted vegetables on top. Top with 1/2 cup of tomato sauce and continue the assembly until you have 4 layers of pasta and 3 layers of filling. Spread the remaining sauce on top and sprinkle with the remaining mozzarella .
5. Cover the pan with aluminum foil and bake for 30 minutes. Uncover and continue to bake until golden and bubbly, about 15 minutes more. Let stand for 15 minutes before serving.

Recipe yields 12 servings and originated from the AICR Recipe Resource.

Nutrition analysis per 1 serving (3x3 inch piece): 360 calories, 11 g total fat (5 g saturated fat, 0 g trans fat), 65 mg cholesterol, 44 g carbohydrates, 23 g protein, 9 g dietary fiber, 400 mg sodium, 12 g sugar, 0 g added sugar

Cost analysis per 1 serving (3x3 inch piece): \$1.78

Additional meals/recipe ideas:

- A hearty sandwich with whole wheat bread
- A filling vegetable lasagna soup
- Loaded zucchini boats filled with ricotta/cottage cheese, mozzarella, eggplant and tomato sauce
- Ratatouille dish with zucchini, eggplant, tomato sauce, mozzarella and tomato sauce
- Lasagna roll ups with all the same ingredients
- Top veggies, cheese, and tomato sauce onto a pizza crust

Variations:

- Veggies: Yellow squash, mushrooms, onions, bell peppers
- Cheese: Provolone
- Additional protein: Ground turkey or chicken



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Week 3

Spinach Salads and Smoothies

This is the perfect refreshing summer combination! Whether you prefer your fruits and veggies in a salad or in a smoothie, this mixture is a great source of a vitamins and minerals. Adding crumbled cheese and nuts is a great way to add some extra protein and flavor. This recipe will add a variety of colors and the best part is you can easily swap out the fruit, vegetables and toppings for the ones that you enjoy the most!

Ingredients:

- 1/3 cup pecans
- 1/3 cup almonds
- 10 oz. spinach
- 1 cup sliced strawberries
- 1/2 cup blueberries
- 1/2 cup blackberries
- 2/3 cup raspberries
- 1 cup feta cheese
- 1/2 cup red onion
- Balsamic salad dressing

Directions:

- Salad - Combine all salad ingredients in a large bowl. Toss with dressing and serve immediately.
- Smoothie - Combine fruit (fresh or frozen), spinach and either yogurt or a milk of your choice in a blender. Blend until smooth and enjoy!

Recipe yields 4 servings and originated from Spend with Pennies - Easy Home Cooked Comfort.

Nutrition analysis for spinach salad per 1 serving (1 1/2 cups): 289 calories, 19 g carbohydrates, 11 g protein, 20 g fat, 6 g saturated fat, 33 mg cholesterol, 476 mg sodium, 7 g fiber, 8 g sugar

Cost analysis for spinach salad per 1 serving (1 1/2 cups): \$3.26

Additional meals/recipe ideas:

- Combine leafy greens and fruit into a smoothie with Greek yogurt and milk
- Smoothie bowl topped with granola and peanut butter
- Mix salad ingredients with a grain such as quinoa, couscous or brown rice
- Add the spinach salad ingredients into a whole wheat wrap
- Add veggies into scrambled eggs topped with cheese and nuts with a side of fruit
- Mix ingredients with whole wheat pasta and make a cold or warm pasta salad



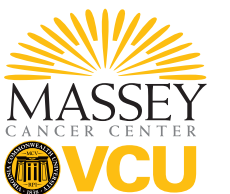
Variations:

- Veggies: Kale, collard greens, Swiss chard, tomatoes
- Cheese: Blue cheese, cottage cheese, mozzarella, parmesan, brie
- Fruits: Mandarin oranges, grapes, watermelon, cherries, apples, pineapple, kiwi
- Toppings: Walnuts, cashews, avocado, sunflower seeds, grilled chicken, salmon, turkey, hard boiled eggs
- Dressings: Oil and vinegar, poppy seed dressing, Asian sesame, lemon vinaigrette, cilantro lime, raspberry vinaigrette (or make your own dressing)

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Week 4

Greek Yogurt Chicken Salad

This is a light and refreshing protein-packed meal! A lot of heavy salads such as tuna, chicken, egg, potato or macaroni are typically made with high-fat ingredients like mayonnaise and heavy cream. By making your own at home, you can cut back on the heavy ingredients and customize it just the way you like.

Using Greek yogurt instead of mayonnaise cuts back on calories and fat while increasing the nutrients and protein. Place all of the ingredients in a large bowl, stir to combine and enjoy!

Ingredients:

- 2 cups shredded chicken
- 1/2 cup diced red onion
- 1/2 cup diced apple
- 1/2 cup grapes, halved
- 1/2 cup of diced celery
- 1/4 cup dried cranberries
- 1/4 cup slivered almonds
- 1/2 cup plain non-fat Greek yogurt
- 1 tablespoon lemon juice
- 1/2 teaspoon garlic powder

Recipe yields 4 servings and is tailored from fitfoodiefinds.com.

Nutrition analysis per 1 serving (3/4 cup): 212 calories, 19 g carbohydrates, 41 g protein, 6 g fat, 1 g saturated fat, 96 mg cholesterol, 97 mg sodium, 2 g fiber

Cost analysis per 1 serving (3/4 cup): \$1.47

Additional meals/recipe ideas:

- Place between two slices of whole wheat bread with sliced tomato and lettuce for a delicious sandwich
- Lay over a whole grain such as brown rice, quinoa or whole grain pasta
- Place salad in Boston Bibb lettuce cups and have lettuce wraps for a meal
- Lay over a bed of mixed greens for a salad
- Enjoy with some whole grain crackers like wheat thins
- Slice a bell pepper in half and stuff with the chicken salad to add in some extra vegetable

Variations:

- Veggies: Cucumbers, bell peppers or carrots
- Healthy fats: Mozzarella, avocado or low fat cottage cheese
- Fruits: Cherries or pineapples
- Toppings: Walnuts, pecans, cashews or sunflower seeds
- Spice: Cumin, curry, turmeric or cayenne
- Protein: Instead of chicken use hard boiled eggs, tuna fish or chickpeas



Week 5

Quinoa with Cauliflower and Broccoli

This is great dish filled with lots of vegetables and nutrients! Using quinoa is a great way to mix up your grain intake – quinoa is high in fiber and protein and is rich in iron and B vitamins. By using lots of different vegetables you are creating a colorful dish that is packed with tons of vitamins and minerals. Cooking a large batch of this makes for great meal prep for lunches all week!

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 2 cups cauliflower florets
- 2 cups broccoli florets
- 1 medium green bell pepper, sliced into strips
- 1 cup chopped onion, divided
- 3 cloves garlic, minced
- 1 tablespoon fresh thyme, chopped medium (1 teaspoon dried may be substituted)
- 1 tablespoon fresh oregano, chopped medium (1 teaspoon dried may be substituted)
- 1 cup quinoa, well rinsed and drained
- 2 cups fat-free, reduced-sodium vegetable broth

Directions:

1. In skillet, heat 2 tsp. olive oil over medium-high heat. Add cauliflower, broccoli, peppers, ½ cup onion and garlic. Sauté 5 minutes until vegetables start to soften. Stir in herbs and sauté 2 minutes. Remove from stove and set aside.
2. In a mesh strainer, place quinoa and rinse thoroughly with cold water. Using your hand, swish quinoa under running water for 2 minutes to remove bitter natural coating. Drain and set aside.
3. In medium saucepan, heat remaining teaspoon oil over medium-high heat. Add remaining onion. Sauté about 3 to 4 minutes. Add broth and quinoa. Increase heat to bring mixture to boil. Reduce heat to medium-low, cover and simmer until quinoa is tender, about 20 minutes.
4. Gently stir in vegetable mixture and combine well with quinoa.

Recipe yields 8 servings and originated from the AICR Recipe Resource.

Nutrition analysis per 1 serving (1/2 cup): 120 calories, 3.5 g total fat (0 g saturated fat, 0 g trans fat), 0 mg cholesterol, 20 g carbohydrates, 5 g protein, 3 g dietary fiber, 53 mg sodium, 3 g sugar, 0 g added sugar

Cost analysis per 1 serving (1/2 cup): \$0.84

Additional meals/recipe ideas:

- Egg muffins: Combine veggies and quinoa with whisked eggs and pour into a muffin tin
- Veggie omelet with cauliflower, broccoli and peppers for a delicious breakfast
- Combine all the ingredients, top with cheese and bake in the oven for a cheesy, veggie quinoa casserole bake
- Half bell peppers then stuff with quinoa, veggies and cheese

Variations:

- Veggies: Mushrooms, carrots, red or orange bell peppers, brussel sprouts, eggplant, sweet potatoes, etc.
- Grains: Brown rice, whole wheat pasta
- Healthy fats: Blue cheese, goat cheese, feta, parmesan, avocado
- Protein: Add in grilled chicken, ground turkey or salmon
- Dressings: Oil and vinegar, balsamic vinaigrette, salsa
- Spice: Cumin, curry, turmeric or cayenne
- Sweet: Dried cranberries



Week 6

Smashed Chickpea and Avocado Lettuce Wraps

Lettuce wraps are a refreshing summer meal! These lettuce wraps are filled with lots of protein and healthy fats that will keep you full for hours. The smashed avocado and chickpeas create a smooth and creamy consistency. It is a great vegetarian meal idea although you can always add in extra animal protein if you prefer. This mixture only takes about 10 minutes to put together and is easy to make in large batches for everyone to enjoy throughout the week!

Ingredients:

- 1 can (15.5 oz.) chickpeas, drained and rinsed
- 1 ripe medium avocado
- 1 tablespoon fresh lemon juice
- 2 tablespoons fresh cilantro, finely chopped
- 2 tablespoons red onion, finely chopped
- 1 celery stalk, finely chopped
- 1 teaspoon cumin
- Salt and pepper, to taste
- 4 large lettuce leaves
- 1 medium tomato, sliced
- 2 tablespoons feta cheese



Directions:

1. Add chickpeas to a medium-sized mixing bowl.
2. Mash to a smooth consistency (more or less depending on preference).
3. Add avocado and lemon juice and continue mashing until well mixed.
4. Stir in cilantro, red onion, celery, cumin, salt and pepper.
5. Top lettuce leaves with sliced tomatoes
6. Divide chickpea mixture into 4 portions and spoon onto lettuce leaves
7. Top with a sprinkle of feta cheese

Recipe yields 4 servings and originated from the AICR Recipe Resource.

Nutrition analysis per 1 serving (1/2 cup): 220 calories, 9 g total fat (2 g saturated fat, 0 g trans fat), 5 mg cholesterol, 25 g carbohydrates, 8 g protein, 6 g dietary fiber, 90 mg sodium, 3 g sugar, 0 g added sugar

Cost analysis per 1 serving (1/2 cup): \$0.93

Additional meals/recipe ideas:

- Spread chickpea mixture over a whole grain like brown rice or quinoa
- Mix the chickpea mixture into a bowl of leafy greens and top with a vinaigrette dressing
- Create a hummus with the mashed chickpeas or with both the avocado and chickpeas
- Place mixture on top of two slices of whole grain bread topped or make a wrap with a whole wheat tortilla
- Make chickpea patties and top with avocado, onion and other vegetables
- Enjoy with wheat thins or rice cakes

Variations:

- Veggies: Mushrooms, carrots, cabbage, radishes, bean sprouts
- Healthy fats: Blue cheese, goat cheese, Greek yogurt or cottage cheese
- Spice: Cumin, curry, turmeric or cayenne
- Protein: Shredded chicken, tuna or hard boiled eggs
- Herbs: Basil, parsley or dill

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Week 7

Crock Pot Fajitas

Enjoy the tastiness of fajitas without the hassle! This recipe is easy enough to throw into the crock pot while you are at work or busy throughout the day and come back to a delicious meal. With this basic recipe, it is easy to flavor and add whatever toppings you enjoy.

Ingredients:

- 1 cup salsa
- 1 lb. chicken breasts, sliced into thin strips
- 1 red pepper, sliced into thin strips
- 1 yellow pepper, sliced into thin strips
- 1 green pepper, sliced into thin strips
- 1 large onion, sliced into thin strips
- 2 tablespoons chili powder
- 1 teaspoon paprika
- 4 cloves garlic, minced
- 2 tablespoons cumin
- 1/4 cup lime juice
- Tortillas, cheese, lettuce, tomatoes, avocados, olives, etc. for serving

Directions:

1. Prepare vegetables and chicken as identified within ingredient list.
2. Pour salsa into the basin of crock pot. Top with chicken, peppers, onions and minced garlic.
3. In a small bowl, whisk together chili powder, cumin, paprika and lime juice.
4. Pour sauce mixture over chicken and vegetables.
5. Place lid on crock pot, and cook on low for 6 hours or high for 4 hours.
6. Once finished, use a slotted spoon to slowly mix together. Then remove fajita mixture and serve on warm tortillas with your favorite toppings.

Recipe yields 4-5 servings and is tailored from wholefully.com/slow-cooker-chicken-fajitas.

Nutrition analysis per 1 serving (1/2 cup or 4 oz.): 447 calories, 8 g total fat (1 g saturated fat, 0 g trans-fat), 96 mg cholesterol, 36 g carbohydrates, 43 g protein, 8 g dietary fiber, 1009 mg sodium

Cost analysis per 1 serving (1/2 cup or 4 oz.): \$1.98

Additional meals/recipe ideas:

- Spread over a whole grain like brown rice or quinoa
- Try mixing with a rice alternative like cauliflower rice
- Spread over mixed greens to make a salad
- Add tomato juice to make chicken fajita soup
- Serve with whole grain tortilla chips to make nachos
- Top a potato or scrambled eggs
- Use whole wheat tortillas to make a quesadilla
- Make fajita stuffed bell peppers
- Make chicken and vegetable kebabs

Variations:

- Veggies and fruit: Mushrooms, mango, tomatoes, corn or jalapeños
- Healthy fats: Cheddar cheese, avocados, low-fat sour cream or Greek yogurt
- Whole grains: Brown rice, quinoa, whole wheat tortillas or rice cakes
- Protein: Ground turkey, black beans, pinto beans or red kidney beans
- Sweet: 1-2 tbsp. of honey
- Spice: Crushed red pepper flakes

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Week 8

Zucchini Fritters

These crispy fritters are an easy way to sneak in some vegetables at any meal! This is a creative way to use up any fresh or frozen vegetables you have on hand. The veggies soften on the inside and crisp on the outside. By adding cheese and other seasonings this creates a tasteful recipe – add some sour cream or Greek yogurt on top for additional creaminess!

Ingredients:

- 2 cups shredded zucchini about 1 medium-sized zucchini
- 1 egg beaten
- 1/3 cup oat flour (or other flour)
- 1 teaspoon onion powder
- 1/4 cup shredded cheddar cheese
- 1 tablespoon thinly sliced green onion
- 1 tablespoon olive oil
- Salt and pepper (per your liking)



Directions:

1. Place shredded zucchini in a colander and sprinkle with a bit of salt. Let it sit for about 10 minutes.
2. Using your hands, squeeze out as much water as possible from the zucchini.
3. Mix together all of the ingredients, other than the olive oil in a medium-sized bowl.
4. Heat the olive oil in a frying pan over medium-high heat.
5. Using your hands, pack the zucchini mixture into about 8-10 fritters. Place them about an inch apart in the pan.
6. Cook for about 2-3 minutes per side or until slightly browned and crispy.
7. Serve warm or at room temperature alone or along with a dip.

Recipe yields about 8 servings and originated from hauteandhealthyliving.com.

Nutrition analysis per 1 serving which is 1 fritter: 69 calories, 6 g carbohydrate, 3 g protein, 4 g fat, 1 g saturated fat, 24 mg cholesterol, 108 mg sodium, 181 mg potassium, 1 g fiber, 2 g sugar

Cost analysis per 1 serving which is 1 fritter: \$0.32

Additional meals/recipe ideas:

- Create zucchini noodles - “zoodles” for a delicious pasta dish
- Bake zucchini tater tots
- Slice the zucchini in half and then stuff the boats with cheese and other veggies
- Bake a cheesy zucchini casserole
- Create a cheesy zucchini egg frittata
- Mix the zucchini and other vegetables with a whole grain like brown rice and top with salsa

Variations:

- Veggies: Sweet potato, cauliflower, carrots, butternut squash
- Healthy fats: Avocados, mozzarella cheese
- Protein: Greek yogurt
- Spice: Dill, garlic powder

Week 9

Chickpea, Cucumber & Radish Salad

This is a delicious summer recipe! The radish and cucumbers make for a refreshing pair. While the chickpeas add in some protein and extra texture. This salad is easy to make in large batches ahead of time and has lots of flavor. The combination of the fresh ingredients can be used as a side dish or meal!

Ingredients:

- 1 pint cherry tomatoes, halved or quartered
- 1 cucumber, chopped
- 1/2 small purple onion, finely chopped
- 3 radishes, chopped
- 1 yellow bell pepper, chopped
- 1 can (15.5 oz.) chickpeas, drained and rinsed
- Handful fresh parsley, thinly sliced
- 1/2 cup feta cheese
- 2 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 3 tablespoons lemon juice

Directions:

1. Wash and prepare your vegetables as identified within the ingredient list.
2. In a large bowl, combine prepared vegetables and chickpeas, mix well. In a separate bowl whisk together olive oil, red wine vinegar and lemon juice.
3. Pour whisked dressing over the salad. Mix until the vegetables and chickpeas are evenly coated. Finally mix in parsley and feta cheese prior to serving. This dish is best if eaten in 2-3 days. Leftovers should be stored in a sealed container in the refrigerator.

Recipe yields 6 servings at 3/4 cup per serving.

Nutrition analysis per 1 serving (3/4 cup): 205 calories, 11 g total fat (3.5 g saturated fat, 0 g trans fat), 22 mg cholesterol, 25 g carbohydrates, 10 g protein, 7 g dietary fiber, 445 mg sodium, 8 g sugar

Cost analysis per 1 serving (3/4 cup): \$1.97

Additional meals/recipe ideas:

- Serve over a whole grain like brown rice, quinoa or whole grain pasta
- Make chickpea vegetable patties
- Stuff lettuce wraps with salad mixture
- Enjoy with pita chips or tortilla chips
- Make hummus out of the chickpeas and enjoy with the fresh vegetables
- Smash chickpeas on a pita flatbread and top with veggies and cheese to make a pizza
- Serve in small tortilla for chickpea radish tacos

Variations:

- Veggies: Corn, black or Kalamata olives, roasted red peppers, asparagus
- Healthy fats: Avocados, mozzarella cheese, blue cheese
- Protein: Grilled chicken or shrimp
- Dressings: One of your favorite vinaigrettes



Week 10

Black Eyed Pea Vegetable Jambalaya

This black eyed pea vegetable jambalaya is an easy vegetarian recipe that is packed with lots of vegetables! Jambalaya is a very customizable recipe so you can mix and match whatever vegetables you enjoy the most! Vegetable jambalaya also makes for a flavorful dish packed with lots of spices and herbs. This hearty recipe is a great meal that will keep up to 3-4 days in the refrigerator after cooking. Use this recipe below to create a delicious comfort food meal!



Ingredients:

- 1/4 cup extra-virgin olive oil
- 2 stalks celery cut into 1/2-inch slices
- 1 medium red bell pepper sliced
- 1 teaspoon paprika
- 2 teaspoons oregano
- 2 bay leaves
- 15 oz. can diced tomatoes (no added salt)
- 2 1/2 cups vegetable broth
- 8 oz. frozen cut okra
- 1 medium sweet onion sliced
- 2 medium carrots cut into 1/2-inch slices
- 3 to 4 cloves garlic minced
- 1/8 teaspoon ground cayenne pepper
- 1 teaspoon thyme
- Salt and pepper (per taste preference)
- 1 1/4 cups brown rice
- 15 oz. can black eyed peas drained and rinsed
- Handful fresh parsley, chopped

Directions:

1. Heat the olive oil in a 10-inch skillet over medium-high heat. Add prepared onion, celery and carrots. Cook, stirring frequently, for about 6 minutes or until the onions are soft. Add prepared red pepper and continue to cook for about 3 minutes. Next add garlic, paprika, cayenne, oregano, thyme, bay leaves, salt and pepper. Stir completely then cook for 2 minutes. Finally add vegetable broth, rice (uncooked) and tomatoes. Stir between each addition.
2. Cover with a lid and increase the heat until your dish begins to boil. Immediately reduce the heat to a simmer. Cook your dish for about 10 minutes. Add the black-eyed peas and okra just over the top of the rice and cover with your lid again (do not stir). Cook for an additional 10 minutes or until the okra is tender and the rice is cooked. Remove from the heat, keeping the dish covered and allow it to sit for 5 minutes before serving.
3. Stir and top your dish with a handful of chopped parsley.

Recipe yields 5 servings at 1 1/2 cups per serving and was tailored from tasteloveandnourish.com.

Nutrition analysis per 1 serving (1 1/2 cups): 320 calories, 12 g total fat (1.6 g saturated fat, 0 g trans fat), 0 mg cholesterol, 43 g carbohydrates, 9.6 g protein, 11 g dietary fiber, 361 mg sodium, 5 g sugar

Cost analysis per 1 serving (1 1/2 cups): \$1.55

Additional meals/recipe ideas:

- Slice bell peppers in half and stuff
- Chicken, rice, and vegetable stir fry
- Serve over a bed of mixed greens
- Sheet pan okra and vegetables
- Use whole grain tortilla chips and top to make nachos
- Blend black eyed peas to make a hummus
- Grilled vegetable kebabs over a bed of rice and black eyed peas
- Make a chicken tortilla soup

Variations:

- Veggies: Corn, mushrooms, zucchini or riced cauliflower
- Grains: Quinoa or barley
- Spice: Hot sauce or crushed red pepper
- Healthy fats: Avocados, cheddar cheese
- Protein: Ground turkey, ground chicken, or shrimp

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Week 11

Kale and Butternut Squash Salad

This is a colorful nutritious salad that is so simple to make! Who says salads have to be boring and tasteless? The butternut squash paired with dried cranberries and homemade dressing creates such a flavorful taste. In addition to this, topping the salad with pecans gives it an extra crunch. This is a vibrant salad that is filled with lots of nutrients and perfect for lunch or dinner!



Ingredients:

- 1 large butternut squash (about 3 lbs.), peeled and cut into 3/4 cubes
- 5 cloves garlic
- 1 tsp. black pepper
- 2 large bunches kale (about 2 lbs. total), thinly sliced
- 1/4 cup fresh lemon juice (from about 1 1/2 lemons), divided
- 1 purple onion, finely chopped
- 1/2 teaspoon turmeric
- 1/2 cup chopped pecans
- 1/4 cup olive oil, divided
- 1/4 teaspoon salt
- 1 teaspoon apple cider vinegar
- 1 teaspoon pure maple syrup
- 1 tablespoon Dijon mustard

Directions:

1. Preheat oven to 400°F. Place cubed butternut squash on baking sheet, drizzle 1 teaspoon olive oil over the top. Add whole garlic cloves, turmeric, salt and pepper. Toss to evenly coat the butternut squash with oil and spices. Spread butternut cubes evenly around pan and roast for 30 minutes or until squash is tender.
2. While the squash is roasting, heat 1 tsp olive oil in a small skillet over medium-high heat. Add pecans and cook, stirring occasionally, until they are golden brown, approximately 2–3 minutes. Then set aside.
3. Prepare the kale by slicing it into thin strips. Add 2 tablespoons lemon juice and massage into kale to wilt it slightly. Then set aside.
4. When the squash and garlic are done roasting, remove the garlic pieces and add them to a medium bowl or food processor. Add the remaining olive oil, lemon juice, apple cider vinegar, maple syrup, Dijon mustard, and purple onions. Then pulse until smooth.
5. In a large mixing bowl, combine kale with about 3/4 of the dressing, and toss until kale is lightly coated. Add more dressing to taste, and reserve any leftover for another use.
6. Add roasted squash and dried cranberries to the kale. Toss all your ingredients slowly until completely combined. Transfer to a serving bowl, and top with toasted pecans.

**If you prefer you could add dressing per individual serving 1-2 tablespoons per serving.

Recipe yields 8 servings at 1 1/2 cups per serving and was tailored from a recipe shared by the AICR.

Nutrition analysis per 1 serving (1 1/2 cups): 200 calories, 7.8 g total fat (1.1 g saturated fat, 0 g trans fat), 0 mg cholesterol, 33 g carbohydrates, 5 g protein, 5.2 g dietary fiber, 115 mg sodium, 9 g sugar, 2 g added sugar.

Cost analysis per 1 serving (1 1/2 cups): \$1.55

Additional meals/recipe ideas:

- Serve over a whole grain like brown rice or quinoa
- Bake cinnamon sugar butternut squash bites
- Butternut squash kale risotto
- Steam kale for a warm salad
- Stuff into a whole grain tortilla to make a delicious wrap
- Prepare and bake butternut squash boats
- Layer all the ingredients on a pizza

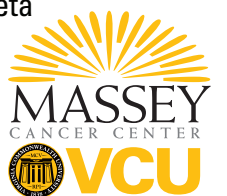
Variations:

- Veggies/fruit: Pomegranate seeds, sweet potatoes, spinach, collard greens, Swiss chard, Brussel sprouts, apples
- Healthy fats: Avocados, walnuts, almonds, pumpkin seeds, parmesan, mozzarella, goat cheese, feta
- Protein: Grilled chicken, chickpeas, tofu, quinoa
- Dressings: Lemon, tahini, vinaigrette

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Week 12

Chicken and Spinach Meatballs

These flavorful meatballs are the perfect addition to whole wheat spaghetti noodles, spaghetti squash or brown rice! This recipe is also a great party appetizer or midday snack. These meatballs only take about 30 minutes to make and are packed with spinach, cheese and garlic.

Ingredients:

- 2 large eggs, lightly beaten
- 1 package (10 oz.) frozen chopped spinach, thawed and squeezed dry
- 1/2 cup crushed whole wheat crackers (or bread crumbs)
- 1/4 cup grated Parmesan cheese
- 1 tablespoon dried minced onion
- 1 garlic clove, minced
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 lb. ground chicken



Directions:

1. In a large bowl start by combining all your ingredients, except for the ground chicken.
2. Crumble raw ground chicken over mixture and mix thoroughly. Shape into balls, using about 1/8 cup of mixture per meatball.
3. Place meatballs in a baking dish. Bake, uncovered, at 400° for approximately 25 minutes, or until no longer pink.
4. Serve and enjoy!

Recipe yields 6 servings at 3 meatballs per serving and originated from tasteofhome.com.

Nutrition analysis per 1 serving (3 meatballs): 230 calories, 9g fat 2g saturated fat, 123mg cholesterol, 350mg sodium, 10g carbohydrate, 7g fiber, 28g protein.

Cost analysis per 1 serving (3 meatballs): \$1.15

Additional meals/recipe ideas:

- Meatball sandwich on whole grain sub or roll
- Serve over mixed greens for a salad
- Pair with whole grain noodles, spaghetti squash or zucchini noodles “zoodles”
- Use quinoa and lentils to make vegetarian meatballs
- Prepare a chicken and spinach pizza on a whole grain pita
- Make a brown rice bowl with spinach and ground chicken topped with vegetables

Variations:

- Veggies: Mushrooms, kale, broccoli, red peppers, artichokes
- Healthy fats: Greek yogurt, cheddar cheese, mozzarella
- Protein: Ground turkey, quinoa or lentils
- Seasoning: Cumin, sage, cilantro, basil, red pepper



Week 13

Quick Bean and Vegetable Soup

This is a delicious soup that will warm you up on any chilly day! You can use either fresh or frozen vegetables, whatever you have on hand. Serve it with a delicious toasted whole grain bread or crackers for some extra crunch. This soup is easy to make in large batches and is very flavorful. This dish offers a light meal packed with tons of vegetables for a healthy lunch or dinner!

Ingredients:

- 1 tablespoon extra virgin olive oil
- 4 cups low-sodium vegetable broth
- 1 (15 oz.) can no salt added Great Northern beans
- 1 cup frozen mixed vegetables
- 2 teaspoons dried oregano or thyme
- 1 cup frozen broccoli florets
- 1 chopped onion
- 1/2 cup frozen baby lima beans
- 1/2 cup tri-colored bell peppers
- Pinch of dried red pepper flakes
- 1/4 cup grated parmesan cheese

Directions:

1. In a large saucepan, heat oil over medium-high heat. Add onion and cook until translucent, about 5 minutes, stirring occasionally. Add broth and bring to boil. Add lima beans, reduce heat and simmer covered for 5 minutes.
2. Add beans, mixed vegetables, broccoli, peppers, oregano and pepper flakes and simmer covered for 6-8 minutes.
3. When serving top each bowl of soup with 1 tablespoon of parmesan cheese.

Recipe yields 4 servings at 1 and 1/3 cups per serving and originated from the AICR.

Nutrition analysis per 1 serving (1 and 1/3 cups): 250 calories, 8 g total fat (2 g saturated fat, 0 g trans fat), 5 mg cholesterol, 32 g carbohydrates, 10 g protein, 9 g dietary fiber, 410 mg sodium, 5 g sugar, 0 g added sugar

Cost analysis per 1 serving (1 and 1/3 cups): \$0.79

Additional meals/recipe ideas:

- Broccoli salad with mixed vegetables
- Vegetable pizza on a whole grain pita bread
- Add ground turkey to make chili
- Prepare a vegetable stir fry with brown rice
- Serve vegetables and beans over quinoa
- Add chicken and make a pot pie
- Mix with a whole grain pasta

Variations:

- Veggies: Squash, spinach, kale
- Healthy fats: Avocados, Greek yogurt, cheddar cheese
- Protein: Black beans, chicken
- Seasoning: Paprika, curry



Week 14

Sheet Pan Turkey Meatloaf and Roasted Vegetables

This is a great comfort food recipe! Ground turkey is a leaner source of protein that will help keep you full and satisfied. This sheet pan recipe is easy to prepare and offers a great source of vegetables. You can make this recipe in large batches and then freeze leftovers for up to three months for an easy-to-heat-up, delicious meal!

Ingredients:

Meatloaf

- 1 lb. 93% ground turkey
- 4 tablespoons tomato paste, divided
- 1 large egg
- 2 teaspoons Worcestershire sauce, divided
- 1/3 cup quick cooking oatmeal
- 1/3 cup minced onion
- 1 teaspoon dried thyme

Vegetables

- 1 cup of broccoli florets
- 1 cup diced carrots
- 1 1/2 teaspoons lemon pepper seasoning
- 1/2 purple onion sliced
- 1 cup sliced mushrooms (any type)
- 2-3 cloves of garlic
- 1 red bell pepper sliced
- 2 tablespoons olive oil
- 1 tablespoon lemon juice

Directions:

1. Preheat your oven to 425F. Line a 13x9-inch sheet pan with non-stick foil.
2. In a medium bowl toss vegetables with oil, Italian seasoning, garlic, lemon juice, salt and pepper.
3. In another medium bowl combine ground turkey, oatmeal, 2 tablespoons tomato paste, onion, egg, 1 teaspoon Worcestershire sauce and thyme, mix well.
4. Divide mixture into 4 equal portions. Shape each portion into a small loaf form and place them on one side of the sheet pan.
5. In a small bowl mix remaining 2 tablespoons tomato paste with remaining teaspoon of Worcestershire sauce and spread on top of the loaves.
6. Bake 30 minutes in the center of the oven, turning the vegetables halfway, until meat is cooked through in the center and the vegetables are slightly charred.

Recipe yields 4 servings and was tailored from skinnytaste.com.

Nutrition analysis per 1 serving (3-4 oz.): 250 calories, 11.7 g total fat (3.6 g saturated fat, 0 g trans-fat), 148 mg cholesterol, 6.2 g carbohydrates, 30.5 g protein, 1.2 g dietary fiber, 2.6 g sugar, 0 g added sugar, 621 mg potassium

Nutrition analysis of vegetables per serving (1 cup):

103 calories, 7.7 g total fat (1.1 g saturated fat, 0 g trans-fat), 1 mg cholesterol, 8.3 g carbohydrates, 2 g protein, 2 g dietary fiber, 3.7 g sugar, 0 g added sugar, 280 mg potassium

Cost analysis for 1 individual meal (3-4 oz. meatloaf and 1 cup vegetables): \$ 2.49

Additional meals/recipe ideas:

- Create turkey meatballs to add to whole grain spaghetti
- Make turkey meatloaf muffins
- Create turkey burgers
- Turkey chili
- Prepare stuffed turkey bell peppers
- Cold or warm sandwich with whole grain bread

Variations:

- Veggies: Grape tomatoes, squash, asparagus
- Protein: Ground chicken, quinoa, lentils, beans
- Seasonings: Italian seasoning or crushed red pepper flakes
- Healthy fats: Avocados, water chestnuts



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Week 15

Roasted Spaghetti Squash with Tomato Sauce

This spaghetti squash recipe is so easy and full of flavor! You can create the resemblance of spaghetti noodles by using a fork to scrape the spaghetti squash. This recipe lasts about 3-5 days in the refrigerator after cooking. By incorporating this dish into your diet, you can increase your vegetable intake and enjoy a delicious and healthy fresh meal!

Ingredients:

- 1 spaghetti squash (about 3 lbs.)
- 1 teaspoon extra virgin olive oil
- 1/2 small onion chopped
- 1 cup sliced mushrooms (any type)
- 1/4 teaspoon Italian seasoning
- 16 oz. can or jar of no salt added tomato sauce with basil
- 1 steam bag of frozen broccoli
- Non-stick cooking spray
- 1 clove fresh garlic (minced)
- 1 cup grape tomatoes diced
- 1/4 teaspoon black pepper
- 1/8 teaspoon crushed red pepper flakes

Directions:

1. Preheat oven to 350° F. Cut squash in half. Cut ends off and remove seeds from the center. On a baking sheet coated with cooking spray, place halves of squash face down and bake for about 1 hour or until tender.
2. Heat oil in medium saucepan over medium heat. Add garlic and onion then cook until soft, about 5-7 minutes. Add diced tomatoes, sliced mushrooms, pepper, herbs and red pepper flakes. Cook for about 2-3 minutes. Add tomato sauce and reduce heat to medium-low, cover and simmer for 10-12 minutes.
3. Let sit at room temperature until just cool enough to handle. Use a fork to scrap your squash creating spaghetti like noodles.
4. Add squash noodles to sauce and remove from heat. Add steamed broccoli and enjoy!



Recipe yields 4 servings at 1 cup per serving and originated from recipes.heart.org.

Nutrition analysis per 1 serving (1 cup): 170 calories, 33 g carbohydrates, 7 g protein, 3.5 g fat, 0.6 g saturated fat, 95 mg sodium, 5 g fiber and 850 mg potassium

Cost analysis per 1 serving (1 cup): \$2.56

Additional meals/recipe ideas:

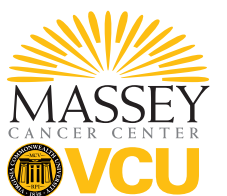
- Serve dish over mixed greens or spinach
- Serve dish over brown rice or quinoa
- Stuffed spaghetti squash
- Prepare spaghetti squash casserole

Variations:

- Veggies: Butternut squash, eggplant, onions, zucchini, kale, mushrooms
- Healthy fats: Avocados, top with Greek yogurt, cheddar cheese, mozzarella
- Protein: Black beans, tofu, ground turkey, chicken or shrimp
- Seasonings: Turmeric, curry, cayenne pepper

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Week 16

Sweet Potato Chili

This is a flavorful fall recipe that offers a healthier spin on the traditional comfort dish. You can change out the vegetables and customize it the way you like. It is easy to double if you want to cook the chili for a large group of people. The sweet taste makes for a delicious seasonal meal!

Ingredients:

- 2 sweet potatoes (16 oz.), peeled and cubed
- 1 green bell pepper diced
- 1 medium red onion diced
- 1 can (15 oz.) black beans low sodium
- 1 can (15 oz.) kidney beans low sodium
- 1 can (15 oz.) diced tomatoes no added salt
- 3 cups tomato sauce
- 3 cups vegetable broth, low-sodium
- 2 cloves of minced garlic
- 2 tablespoons chili powder
- 1 tablespoon cumin
- 1 tablespoon oregano



Directions:

Rinse and prepare your produce. Drain and rinse both cans of beans. Add all your ingredients to your crockpot: vegetables, beans, diced tomatoes (with its juice), tomato sauce, vegetable broth, minced garlic and spices. Mix well, then set your crockpot on low for 8 hours or high for 4 hours. Let your crockpot do all the work and enjoy the delicious smells this dish has to offer as it cooks!

Recipe yields about 6 servings at 1 ½ cups per serving.

Nutrition analysis per serving (1 ½ cups): 270 calories, 2.2 g fat, 220 mg sodium, 50 g carbohydrate, 8 g sugars, 13 g fiber, 17 g protein and 899 mg potassium

Cost analysis per serving (1 ½ cups): \$1.53

Additional meals/recipe ideas:

- Serve with whole grain tortillas or tortilla chips
- Sweet potato breakfast fritters
- Sweet potato hash with scrambled eggs
- Serve with mixed greens
- Baked stuffed sweet potatoes

Variations:

- Veggies: Butternut squash, mushrooms, red peppers, spinach and kale
- Protein: Ground turkey, ground chicken, garbanzo beans or great northern beans
- Healthy fats: Avocados, top with Greek yogurt, chia seeds or cheddar cheese
- Seasoning: Crushed red pepper flakes, cilantro, paprika or nutmeg

Week 17

Mini Pumpkin Muffins

This is a delicious treat that will satisfy your sweet tooth. These muffins offer a healthy snack option. They can also be paired with breakfast, lunch or dinner.

Ingredients:

- 1/3 cup unsweetened applesauce
- 1/2 cup maple syrup or honey
- 1 cup 100% pure pumpkin purée
- 2 teaspoons pumpkin spice blend (or 1 teaspoon ground cinnamon, 1/2 teaspoon ground ginger, 1/4 teaspoon ground nutmeg and 1/4 teaspoon ground allspice or cloves)
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/3 cup old-fashioned oats, plus more for sprinkling on top
- 2 eggs, at room temperature
- 1/4 cup milk of your choice
- 1 teaspoon vanilla extract
- 1 3/4 cups whole wheat flour

Directions:

1. Preheat oven to 325 degrees F and prepare a muffin tin with non-stick cooking spray.
2. In a large bowl, beat the applesauce and maple syrup or honey together with a whisk. Add eggs and pumpkin purée and beat well.
3. Add milk, pumpkin spice blend, baking soda, vanilla extract and salt. Mix until fully combined.
4. Add flour and oats to the bowl and mix with a wood spoon or rubber spatula. If you would like to add any extras like cranberries, chocolate chips or nuts, fold them into your recipe now.
5. Divide the batter evenly between the muffin cups. Sprinkle the tops of the muffins with about a tablespoon of oats, followed by a light sprinkle of pumpkin spice blend if you'd like.
6. Bake muffins for 8-10 minutes, or until a toothpick inserted into a muffin comes out clean (if you are making 12 standard size muffins you may need to bake for 15 - 20 minutes).
7. Place the muffin tin on a cooling rack to cool. These muffins are delicate until they cool down. To loosen them from the pan you can run a butter knife around the edges.

Muffins will keep in a sealed container at room temperature for up to 2 days or in the refrigerator for up to 4 days. They keep well in the freezer in a freezer-safe bag for up to 3 months.

Recipe yields 36 mini muffins or 12 standard size muffins and originated from cookieandkate.com.

Nutrition analysis per serving, without any added extras (3 mini muffins or 1 large muffin): 126 calories, 22 g carbohydrate, 3.6 g protein, 2.5 g fat, 218 mg sodium, 3 g fiber, 89 mg potassium

Cost analysis per serving, without any added extras (3 mini muffins or 1 large muffin): \$0.65

Additional meals/recipe ideas:

- Serve with yogurt and fresh fruit for breakfast
- Add a spread of nut or pumpkin butter to your muffins for a snack
- Pair with a salad for lunch or a warm bowl of soup with dinner
- Mix any leftover pumpkin purée with oatmeal, yogurt or smoothies
- Top quesadillas, mixed greens or lean meats with a pumpkin purée sauce

Variations:

- Veggies and fruits: Butternut squash, sweet potato, cranberries (fresh or dried)
- Healthy fats/protein: Almonds, walnuts, pecans
- Sweet: Dark chocolate chips



Week 18

Quinoa and Black Bean Stuffed Bell Peppers

Bell peppers are great for stuffing with different veggies, grains, beans and cheese. This recipe can be tailored with a variation of different ingredients. My favorite part as always is it can easily be prepared in a crock pot. These peppers will last in the refrigerator once cooked for about 3-5 days and can easily be made in advance!

Ingredients:

- 6 bell peppers, any color or combination
- 1 cup uncooked quinoa, rinsed
- 1 can black beans, rinsed and drained (low sodium)
- 1 can refried beans (fat-free)
- 1/2 cups red enchilada sauce
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 teaspoon onion powder
- 1 garlic clove, minced
- 1/2 cups shredded pepper jack cheese

Directions:

1. Cut the tops off of the peppers and remove the ribs and seeds.
2. In a large bowl combine quinoa, beans, enchilada sauce, spices, garlic and one cup of shredded cheese. Mix until well combined. Fill each pepper with quinoa mixture.
3. Place peppers in a crock pot with water. I have a large crock pot that can fit all six peppers. Some crock pots may only fit four. If your crock pot fits all six peppers, put ¾ cup of water in the bottom before adding the peppers. If your crock pot only fits four peppers, put a half cup of water in the bottom of your crock pot. Cover and cook on low for six hours or high for three hours. Remove lid and add remaining cheese over the tops of peppers then cover again until cheese is melted, about three to five minutes.
4. You can serve your stuffed peppers topped with cilantro and sour cream and garnish with a lime wedge. If you want to prepare all six peppers and can't fit them in your crock pot, the additional ones can be put in a deep dish with water, cover with foil and place them in the oven. Cook the peppers at 400 degrees for 45 minutes. If you don't prepare the peppers the same day they are made, they can be kept in the fridge for a few days or you can freeze the uncooked stuffed peppers for up to two months in a freezer-safe bag or container. Freezer peppers may take extra time in the crock pot (four hours on high and eight hours on low) and/or the oven (one hour and 15 minutes at 400 degrees). Be sure to label your freezer-safe packaging with the assembled date. If you want to add an animal protein in place of the refried beans, you can try ground chicken or spicy ground sausage.

Recipe yields 6-7 servings at 1 stuffed pepper per serving.

Nutrition analysis per 1 serving: 351 calories, 34.6 g carbohydrate, 18 g protein, 9 g total fat, 4.7 g saturated fat, 13 g fiber, 6.4 g sugar, 819 mg potassium

Cost analysis per 1 serving: \$1.42

Additional meals/recipe ideas:

- Serve with a bed of mixed greens or spinach
- Scramble eggs and add in extra diced bell peppers
- Make lettuce wraps with extra quinoa filling or burritos with whole grain tortillas

Variations:

- Veggies: Zucchini, diced tomatoes, jalapenos, mushrooms and onions
- Healthy fats: Avocados, top with Greek yogurt
- Protein: Ground chicken, ground turkey or tofu in place of refried beans
- Seasonings: Sage, turmeric, curry or crushed red pepper
- Seasoning: Crushed red pepper flakes, cilantro, paprika or nutmeg



Week 19

Red Cabbage Salad

This is a colorful dish that is easy to put together! The cabbage creates a crunchy texture, making it a light and refreshing side dish or appetizer. Packed with flavor, the dressing gives extra tang. Adding red cabbage salad to your diet is a great way to increase your vegetable intake!

Ingredients:

Salad-

- 1 small head red cabbage, shredded
- 4 large carrots, shredded
- 4 green onions, thinly sliced

Dressing-

- 1 tablespoon Dijon mustard
- 1/3 cup extra virgin olive oil
- 2 tablespoons fresh lemon juice
- 1/4 teaspoon pure vanilla extract
- Salt and pepper, to taste
- 1 garlic clove, minced
- 1/4 cup unfiltered apple cider vinegar
- 1 tablespoon honey, as needed for sweetness
- 1/4 teaspoon chili powder, or to taste

Directions:

1. Rinse and prepare vegetables.
2. Place in a large bowl and set aside.
3. In a medium sized mixing bowl, whisk together the Dijon mustard, garlic, oil, apple cider vinegar, lemon juice, honey, vanilla, chili powder, salt and pepper.
4. Add dressing to the salad mixture and toss to fully combined.
5. Place in the refrigerator for at least 15 minutes, then serve.

Recipe yields 8 servings at 1/2 cup per serving and originated from diethood.com.

Nutrition analysis per 1 serving (1/2 cup): 140 calories, 12 g carbohydrate, 1.5 g protein, 10 g fat, 1.5 g saturated fat, 164 mg sodium, 2.6 g fiber, 6 g sugar

Cost analysis per 1 serving (1/2 cup): \$0.59

Additional meals/recipe ideas:

- Add to chicken, fish or bean tacos
- Mix with greens
- Pair with fresh salmon
- Serve over brown rice or quinoa
- Add to a chicken salad
- Layer on top of a pizza
- Enjoy with whole grain crackers

Variations:

- Veggies and fruit: Onions, cucumbers, bell peppers, radishes, beets, apples, raisins, mandarin oranges
- Healthy fats: Avocados, feta or blue cheese, sesame seeds, pecans
- Protein: Chicken or beans
- Seasonings: Sage, dill, mint, cilantro, basil



Week 20

Roasted Brussel Sprouts with Cranberries & Pecans

This recipe is packed full of plant-based nutrients, textures and flavor. Brussel sprouts are a great dish to add to any holiday meal. The ingredients used in this recipe pare so well together and the preparation is quick and easy!

Ingredients:

- 1 1/2 pounds Brussel sprouts
- 2 tablespoons extra-virgin olive oil
- 1/4 teaspoon sea salt
- 1/3 cup dried cranberries
- 1/3 cup pecans, roughly chopped
- 1 tablespoon balsamic vinegar
- 1/3 cup finely grated parmesan cheese

Directions:

1. Start by preheating your oven to 425 degrees Fahrenheit.
2. To prepare your brussel sprouts, rinse under running water, trim off the stems and remove any discolored or damaged leaves. Then, cut each sprout in half lengthwise.
3. Cover a baking sheet with aluminum foil or parchment paper. Arrange your cut brussel sprouts flat side facing down. Drizzle with olive oil and salt.
4. Roast brussel sprouts for about 20- 25 minutes or until they are tender and deeply golden on the edges, tossing halfway. With about 5 minutes remaining add pecans to the baking sheet and return to the oven.
5. While brussel sprouts are roasting place cranberries in a small bowl and cover with warm water, then set aside.
6. Once brussel sprouts and toasted pecans are finished transfer them from the baking sheet to a serving platter or bowl. Drain cranberries and sprinkle them on top. Drizzle your dish with balsamic vinegar and top with parmesan cheese. Serve warm or at room temperature.



Recipe yields about 5 servings at 1/2 cup per serving and originated from cookieandkate.com.

Nutrition analysis per 1 serving (1/2 cup): 210 calories, 22 g carbohydrate, 6 g fiber, 11 g sugar, 7 g protein, 12 g fat, 2 g saturated fat, 231 mg sodium

Cost analysis per 1 serving (1/2 cup): \$0.78

Additional meals/recipe ideas:

- Pair with chicken, fish or turkey
- Serve over brown rice, quinoa or whole grain noodles
- Layer on top of a pizza
- Add to stir fry, soup or pot pie

Variations:

- Veggies and fruit: Butternut squash, sweet potatoes, onions, carrots, apricots and apples
- Healthy fats/protein: Pumpkin seeds, walnuts or feta
- Seasonings: Crushed red pepper or lemon juice