

HEALTHY LIVING

Healthy Flavors

Cooking Instruction Entrée Options

- 1. Frittata**
Add this easier-than-an-omelet technique for cooking eggs filled with veggies to your cooking repertoire. Choices include: Mushroom, Leek & Goat Cheese; Artichoke, Olive, Chicken Sausage & Feta; or Bell Pepper, Onion, Cheddar & Turkey Bacon.
- 2. Turkey Meatballs w/ BBQ Sauce + Lemony Parmesan Asparagus**
A lean, meaty recipe not only good for dinner but also works great as a meatball sub the next day. The asparagus is super quick but full of flavor!
- 3. Mushroom, Black Bean & Goat Cheese Enchiladas**
Satisfy your craving for Mexican with a pan of these creamy, veggie-filled enchiladas.
- 4. Chicken Sausage, Feta & Arugula Lasagna**
A flavorful, healthier alternative to regular lasagnas, this is a great recipe to have on hand.
- 5. Vegetarian Goat Cheese Lasagna**
Layers of sweet potatoes, spinach, roasted tomato sauce & goat cheese come together for a fabulous lasagna!
- 6. Baked Shrimp & Tomatoes w/ Feta + Lemony Pine Nut Quinoa**
The baked shrimp is both quick and easy and pairs nicely with the lemony pine nut quinoa, an easy and healthy whole grain dish.
- 7. Spiced Almond-Crusted Chicken Fingers + Curried Peanut Dipping Sauce + Baked Potato Wedges**
A crunchy, flavorful alternative to chicken fingers & fries!
- 8. Easy Salmon & Veggie Packets + Cilantro Brown Rice**
This technique involves cooking the fish and veggies together in a parchment paper packet and can be used for a variety of fish and veggie combos.

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- 9. Tilapia + Black Bean Avocado Salad + Mashed Sweet Potatoes**
The tilapia is marinated in cilantro & lime, baked and then paired with a refreshing, crunchy black bean avocado salad. The sweet potatoes are a true comfort food and surprisingly easy to make!
- 10. Soy Ginger Scallops + Sesame Buckwheat Noodles w/ Cabbage**
Scallops are a quick & easy seafood dish and paired with quick-cooking cabbage noodle salad makes for a filling, easy meal.
- 11. Homemade Pesto Penne Pasta w/ Summer Veggies**
Learn how to make a versatile homemade pesto sauce perfect on pasta with seasonal vegetables.
- 12. Basil & Goat Cheese Stuffed Chicken Breast + Sautéed Swiss Chard**
Stuffing chicken breasts with basil & goat cheese makes for a creamy, elegant looking dish that pairs perfectly with garlicky chard.
- 13. Spaghetti Squared**
This dish combines spaghetti & thinly sliced zucchini for a filling, low-cal pasta in a lemony, garlicky olive oil sauce.
- 14. Beef, Chicken or Shrimp Stirfry + Sesame Brown Rice**
Once you learn the technique of stirfrying, you can use your skills to create an endless combo of stirfrys, switching up the meats and veggies used to suite your tastes!
- 15. Almond-Pesto Crusted Salmon + Parmesan Roasted Broccoli & New Potatoes**
A crunchy basil crust makes salmon extra-tempting and pairs nicely with the cheesy broccoli & new potatoes.
- 16. Bison Stuffed Peppers**
These elegant-looking bell peppers are stuffed with lean ground bison (can also use soy crumbles, turkey or beef), barley, mushrooms, feta cheese & fresh herbs.

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17. Beef & Bean Chimichangas + Yogurt Avocado Sauce

This flavorful dish combines lean beef & beans stuffed into a whole wheat tortilla, heated in a pan and topped with a creamy yogurt sauce.

18. Glazed Pork Chops + Blueberry Ginger Relish + Cracked Wheat

Yummy glazed pork chops pair nicely with a zesty blueberry relish and a side of cracked wheat (an easy-to-make whole grain).

19. Salad Nicoise

Based on a Provençal standard, this salad combines green beans, red potatoes, boiled eggs, olives & tuna with a homemade vinaigrette for a delicious, filling salad.

20. Stuffed Acorn Squash

Acorn squash stuffed with brown rice, dried apricots, feta, walnuts & fresh herbs make for a flavorful dish, filling enough to be served as a main course.