





# Week 2: Sloppy Joe Sliders

*Makes 6 Servings*

## **Ingredients:**

- 1½ pound ground turkey
- 1 medium onion, chopped – small dice
- 3 celery stalks, chopped – small dice
- ⅓ cup ketchup
- ¼ cup water
- 1 tablespoon Worcestershire sauce
- ⅛ teaspoon red pepper sauce like Tabasco
- ½ teaspoon salt
- 12 whole wheat potato slider rolls

## **Instructions:**

1. Heat cast iron skillet over medium heat. Add ground turkey, onion and celery and cook, stirring frequently.
2. Once turkey is light brown and no pink remains, stir in ketchup, water, Worcestershire sauce, red pepper sauce, and salt.
3. Cover and cook over low heat until vegetables are tender, about 10 to 15 minutes. Meanwhile, toast buns in the oven if desired.
4. To serve, fill buns with turkey mixture. If desired, top with quick pickled cucumbers (see accompanying recipe).

***Per serving:*** 341 calories, 14 g fat, 116 mg cholesterol, 412 g sodium, 404 g potassium, 24.2 g carbohydrates. 4 g dietary fiber, 7 g sugar, 34 g protein

---

Turkey is a lean meat and generally has a lower fat content than beef, especially if you don't eat the skin. Turkey is a **“complete protein”** containing all the essential amino acids your body needs.

---



# Week 2: Quick Pickled Cucumbers

*Makes 6 Servings*

## **Ingredients:**

2 medium cucumbers, peeled and sliced thin

$\frac{1}{3}$  cup sugar

$\frac{1}{3}$  cup white vinegar

3 tablespoons water

$\frac{1}{2}$  teaspoon salt

## **Instructions:**

1. Wash and peel cucumbers.
2. Slice into  $\frac{1}{8}$  to  $\frac{1}{4}$  -inch rounds – as uniform as possible.
3. Combine sugar, vinegar, water and salt in a small bowl. Stir to dissolve the salt and sugar.
4. Add the cucumbers and let stand at least 15 minutes at room temperature.
5. Serve on Sloppy Joes (see accompanying recipe) or on the side.

**Per serving:** 16 calories, no fat, no cholesterol, 108 mg sodium, 78 mg potassium, 4 g carbohydrates, 3 grams sugar, trace protein

---

**Pickling** is one of the oldest methods of food preservation – invented way before modern refrigeration. It can be traced back to around 4,000 or 5,000 years ago in India!

---



# Week 3: Salmon and Kale Pasta

*Makes 6 Servings*

## Ingredients:

- 1 pound whole wheat pasta (shells or penne work well)
- 4 cups kale, ribs removed and leaves chopped
- 1 clove of garlic, minced
- 2 tablespoons olive oil
- Salt and pepper to taste
- 2 - 5 oz. cans salmon (look for wild caught), opened and drained
- ¼ cup fresh basil, chopped (or 1 tablespoon dried basil)
- 1 lemon, zested and juiced

## Instructions:

1. Fill a large pot of water, cover it, and set it on the stove on high heat to boil.
2. Once the water starts to bubble, add the pasta and cook according to the package directions (usually about 9 or 10 minutes).
3. When there is five minutes remaining for the pasta to cook, add the kale to the boiling water and allow it to cook with the pasta for the remaining time.
4. Drain the pasta and the kale in a colander. When all the water has been removed, transfer the pasta and kale to a serving bowl.
5. Add the chopped garlic and olive oil and salt and pepper. Toss to coat the pasta.
6. Add the drained salmon, chopped basil, lemon zest and juice and toss.
7. Serve.

**Per serving:** 404 calories, 10 g fat, 21 mg cholesterol, 54 mg sodium, 698 potassium, 60 carbohydrates, 7 g dietary fiber, 3 g sugar, 20 g protein

---

**Kale**, like other colorful fruits and vegetables, is packed with things that keep us healthy, like nutrients, vitamins like Vitamin C, and antioxidants.

**Antioxidants** fight off free radicals, molecules that damage DNA and may play a role in cancer, heart disease, and other diseases.



# Week 3: Green Salad with Vinaigrette

*Makes 6 Servings*

## Ingredients:

### *For the salad:*

Spring mix or other salad greens, about 16 ounces  
Your choice of two or three vegetables, such as grape tomatoes, cucumbers, red peppers, scallions, carrots, celery

### *For the vinaigrette:*

1 tablespoon Dijon mustard  
3 tablespoons vinegar  
1 teaspoon sugar  
Pinch of salt  
½ cup olive oil

## Instructions:

1. For the salad: Wash and chop the vegetables into bite-sized pieces.
2. If not prewashed, wash and dry the spring mix. (Best to get prewashed.)
3. For the vinaigrette: Measure mustard into a liquid measuring cup or small bowl.
4. Whisk in the vinegar. Stir in sugar and salt.
5. Slowly drizzle in the olive oil, stirring until the dressing **emulsifies** and thickens.
6. To build your salad: Top spring mix with chopped vegetables. Drizzle lightly with dressing and toss. Serve immediately.

**Per serving:** 182 calories, 16 g fat, no cholesterol, 236 mg sodium, 8 g carbs, 3 g sugar, 3 g protein, 5 g dietary fiber

---

An **emulsion** is a mixture of two liquids that would ordinarily not mix together, like oil and vinegar. Certain substances, like mustard, act as **emulsifiers**, which means they help the two liquids come together and stay together.



# Week 4: Quick Beef Stew

*Makes 6 Servings*

## Ingredients:

- 2 tablespoons olive oil
- 2 medium onions, peeled and sliced into 1/8-inch thick slices
- 2 pounds boneless beef (I used London Broil), cut into 3/4-inch cubes
- 3 carrots, peeled and sliced diagonally into 1/4-inch thick rounds
- 3 potatoes, washed and sliced into 3/4-inch cubes
- 4 cups chicken stock (I used unsalted, then added salt to taste)
- Salt and pepper to taste (about 1 teaspoon salt if using unsalted stock)

## Instructions:

1. Prep all your ingredients: Peel and slice onions. Slice beef into cubes. Wash carrots and potatoes. Peel and slice carrots. Cube potatoes.
2. Heat olive oil in large saucepan over medium heat. Add the onions and **sauté** until soft and golden, about 8 minutes.
3. Turn up the heat to high and add the beef and **sauté** until browned on all sides. Add the carrots, potatoes and chicken stock and bring to a boil.
4. Lower the heat and simmer for 30 to 40 minutes, or until the vegetables are cooked through and soft. Taste and add salt and pepper, to taste. Serve.

Note: You can substitute boneless chicken thighs for the beef, if desired. Tofu can be used for a vegetarian version, adding after you have cooked the vegetables.

**Per serving:** 390 calories, 11 grams fat, 100 mg cholesterol, 441 mg sodium, 30 grams carbohydrates, 5.2 grams dietary fiber, 5 grams sugar, 38 grams protein

---

**Saute / verb /** From French meaning "jumped, bounced" in reference to tossing while cooking; a method of cooking food that uses a small amount of oil or fat in a shallow pan over relatively high heat. Ingredients are usually cut into pieces or thinly sliced to facilitate fast cooking.

---



# Week 4: Crudité with Homemade Ranch

*Makes 6 Servings*

## **Ingredients:**

*For dipping:*

- 4 carrots, peeled and sliced into sticks
- 4 celery sticks, washed and sliced into sticks
- 2 red peppers, washed and sliced into strips

*For the ranch:*

- 1 cup plain Greek yogurt
- ¼ cup mayonnaise
- ½ teaspoon chives
- ½ teaspoon parsley
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ⅛ teaspoon salt
- ⅛ teaspoon pepper

## **Instructions:**

1. In a large bowl, whisk together all of the ranch ingredients.
2. Cover and refrigerate until ready to serve.
3. Enjoy with sliced vegetables.

**Per serving:** 92 calories, 4 g fat, 4 mg cholesterol, 171 g sodium, 266 potassium, 10 g carbohydrates, 1 g fiber, 5 g sugar, 5 g protein

---

Ranch is the most popular dressing in the United States. This is a list of ingredients of the bottled stuff from the supermarket:

*Vegetable oil, egg yolk, sugar, salt, buttermilk, spices, garlic, onion, vinegar, phosphoric acid, xanthan gum, modified food starch, MSG, artificial flavors, disodium phosphate, sorbic acid, calcium disodium EDTA, disodium inosinate and disodium guanylate*

**Make your own with ingredients you can pronounce!**

---



# Week 5: Vegetarian Chili

Makes 6 servings

## Ingredients:

2 tablespoon olive oil  
1 large onion, peeled and chopped into ¼-inch dice  
2 cloves garlic, peeled and minced  
2 teaspoons cumin  
1 tablespoon chili powder  
1 teaspoon oregano  
1 teaspoon basil  
2 bay leaves  
1 jalapeno pepper, thinly sliced, seeds removed  
1 red bell pepper, diced  
2 celery stalks, diced  
2 carrots, peeled and diced  
2 to 4 cups water  
1 - 14.5 ounce can petite diced tomatoes  
1 - 15.5 ounce can black beans, drained and rinsed  
1 - 15.5 ounce can kidney beans, drained and rinsed  
1 tablespoon Worcestershire sauce  
1 to 2 tablespoons lemon juice, to taste  
Freshly ground pepper, to taste  
1 cup cilantro leaves, stems removed

## Instructions:

1. Heat olive oil in a large stockpot or heavy bottomed pot. Sauté onion and garlic for 2 minutes. Add cumin and continue to sauté for 10 seconds. Add remaining spices, dried herbs, and vegetables and sauté another two minutes. (If the pan is too dry, add a couple tablespoons of water.)
2. Add enough water to cover, and cook uncovered over medium low heat until vegetables are soft, about 30 minutes.
3. Add the diced tomatoes, the two cans of drained and rinsed beans and about another two cups of water, as needed, and stir and heat through.
4. Remove bay leaves.
5. Stir in cilantro leaves and season with salt and pepper. Serve topped with up to a ¼ cup of guacamole (see accompanying recipe).

- Adapted from *Live Eat Cook Healthy* by Rachel Khanna

**Per serving:** 371 calories, 4 g fat, no cholesterol, 443 mg sodium, 973 g potassium, 25 g carbohydrates, 24 g dietary fiber, 6 g sugar 2 g protein

---

**Vary your veggies** and **eat a rainbow!** Fruits and vegetables can help reduce the risk of heart disease, protect against certain cancers, reduce the risk of obesity, reduce the risk of type 2 diabetes and lower blood pressure! Consider them **nature's best medicine.**

---



# Week 5: Guacamole

Makes 6 – ¼ cup servings

## Ingredients:

Two ripe avocados, halved and pitted  
4 teaspoons fresh lemon juice  
1 large ripe plum tomato, seeded and chopped  
1 tablespoon chopped red onion  
Salt and pepper to taste  
Dash of hot pepper sauce, such as Tabasco

1. Scoop the avocados into a bowl. Add the lemon juice and mash the avocados coarsely.
2. With a fork, gently mix in the tomato, onion, salt, pepper and red pepper sauce.
3. Serve up to ¼ cup on top of each serving of vegetarian chili (see accompanying recipe).

## Instructions:

**Per serving:** 103 calories, 9 g fat, no cholesterol, 26 mg sodium, 308 potassium, 5 g carbohydrates, 4 g dietary fiber, 1 g sugar, 1 g protein

---

*Did you know?* Avocados are also called “alligator pears” and are technically a fruit because there’s a seed inside! Avocados contain unsaturated fats, a type of fat that lowers harmful blood cholesterol, which can lower your risk of heart disease.

---



# Week 6: New England Clam Chowder

*Makes 6 to 8 Servings*

## Ingredients:

- 3 tablespoons olive oil
- 2 medium yellow onions, chopped
- 4 stalks of celery, medium dice
- 6 carrots, medium dice
- 4 medium potatoes, medium dice
- ½ teaspoon dried thyme
- ½ teaspoon kosher salt
- ½ teaspoon fresh ground pepper
- 4 - 6 ounce cans minced clams in their juice  
(or sub 1½ pounds of mild white fish like cod)
- 1 - 8 ounce bottle clam juice
- ¼ cup flour
- 3 tablespoons butter
- 2 cups whole milk

**Note:** In case of an allergy or preference, you can substitute a mild white fish like cod (1½ pounds) for clams. Use 3 cups of chicken broth to replace the clam juice.

**Per serving:** 294 calories, 12 g fat, 18 mg cholesterol, 659 mg sodium, 838 potassium, 42 g carbohydrates, 5 g dietary fiber, 12 g sugar, 10 g protein

## Instructions:

1. Heat olive oil in heavy bottomed stock pot or Dutch oven. Add the onions and cook over medium-low heat for 10 minutes or until translucent.
2. Add the celery, carrots, potatoes, thyme, salt and pepper and sauté for 10 more minutes.
3. Drain the juice from the cans of clams into a measuring cup and add it (not the clams yet) along with the bottle of clam juice. Bring to a **boil** and then turn down to a **simmer**, uncovered, until the vegetables are tender, about 20 minutes.
4. After about 15 minutes, melt the butter in a separate small pan. Whisk in the flour. Cook over very low heat for 3 minutes, stirring constantly. (This is called a **roux**.)
5. Add a cup of hot broth from the stock pot to the roux and stir to combine. Add this mixture back into the cooked vegetables and simmer for a few minutes until the broth is thickened.
6. Add the milk and clams and heat gently for a few minutes to heat the clams.
7. Taste and season with salt and pepper. Serve hot.

## Cooking Terms:

**Boil / verb /** reach or cause to reach the temperature at which it bubbles and turns to vapor; characterized by large bubbles coming from the bottom of the pot and quickly rising to the surface, producing constant steam

**Simmer / verb /** to cook or cook in a liquid at or just below the boiling point; characterized by pockets of fine but constant bubbling that give off occasional wisps of steam



# Week 6: Cheddar Corn Bread

*Makes about 8 Servings*

## Ingredients:

¼ cup butter, melted  
1 cup cornmeal  
¾ cup flour  
2 tablespoons sugar  
1 teaspoon salt  
2 teaspoons baking powder  
2 eggs  
1 cup milk  
½ cup grated Cheddar cheese

## Instructions:

1. Preheat oven to 350°F.
2. Melt butter in cast iron pan.
3. Combine cornmeal, flour, sugar, salt, baking powder in medium mixing bowl.
4. Crack eggs into a larger mixing bowl. Add the milk and the remainder of the butter after greasing the skillet. Whisk to combine.
5. Make a well in the dry ingredients and pour the liquid ingredients into the well. Whisk until well combined. Stir in the cheddar cheese.
6. Pour batter into greased skillet.
7. Bake for about 20 minutes or until the cornbread is brown on top and a toothpick inserted in the center comes out clean.

**Per serving:** 147 calories, 7 g fat, 44 mg cholesterol, 275 mg sodium, 149 mg potassium, 17 g carbohydrates, 1 g dietary fiber, 3 g sugar, 4 g protein

---

**Corn is a-maize-ing!** Widely classified as a grain, corn is a good fiber source, has notable protein content, is high in antioxidants, and helps with controlling blood sugar. **Cornmeal** is made by grinding up dried corn!

---



# Week 7: Curried Chicken with Cauliflower, Apricots, and Olives

*Makes 6 servings*

## Ingredients:

12 boneless, skinless chicken thighs  
6 tablespoons olive oil, plus one more  
3 teaspoon curry powder  
¼ teaspoon cayenne pepper  
½ teaspoon paprika  
½ teaspoon cinnamon  
2 tablespoons apple cider vinegar  
1 teaspoon kosher salt  
1 head cauliflower, cut into florets  
1 cup chopped dried apricots  
1 cup pitted green olives, halved  
1 tablespoon brown sugar

-From Molly Gilbert, *Sheet Pan Suppers*,  
Workman Publishing

**Per serving:** 332 calories, 15 g fat, 101 mg  
cholesterol, 654 mg sodium, 449 potassium,  
3 g dietary fiber, 4 g sugar, 32 g protein

---

**marinate / verb** / the process of soaking foods like meat, fish, or vegetables in a seasoned liquid or marinade usually of vinegar or wine with oil, herbs, spices, etc. to make the meat more tender or to add flavor before cooking

---

## Instructions:

1. Preheat the oven to 425°F.
2. Combine olive oil, curry, cayenne, paprika, cinnamon, vinegar and salt in a large liquid measuring cup to create a marinade.
3. Place the chicken thighs in a large Ziploc bag. (You may want to place the bag inside a large mixing bowl for stability.) Pour the marinade over the chicken, squeeze out the air, and seal the bag. Mash gently to coat the chicken. Allow chicken to marinate for about 15-20 minutes.
4. Meanwhile, dice up the apricots, pit and halve the olives, and chop up the cauliflower into florets, including the stems - no need to waste them. In a mixing bowl, toss the cauliflower with the remaining tablespoon of olive oil.
5. Line a sheet pan with parchment paper. Spread the cauliflower on the sheet pan. Scatter the apricots and olives over the cauliflower and spread in a single layer.
6. Remove the chicken thighs from the marinade and place them atop the cauliflower, spacing them evenly apart. Discard the bag with any remaining marinade. Evenly sprinkle the brown sugar on the chicken thighs.
7. Place the sheet pan in the oven and roast, rotating the pan halfway through, for about 30 minutes or until cauliflower is browning up and the chicken is cooked through (an instant read thermometer inserted into the thickest part of the meat should measure 165°F).



8. Remove from the oven and serve the chicken warm, piled with cauliflower, olives and apricots.

# Week 7 & 8: Strawberry Shortcake

*Makes 16 biscuits with strawberry topping*

## Ingredients:

*For the topping:*

2 pints strawberries  
1 tablespoon sugar  
8 ounces vanilla yogurt

*For the biscuits:*

1 ½ cup flour  
¼ teaspoon salt  
4 teaspoons sugar  
2 teaspoons baking powder  
6 tablespoons cold butter  
¾ cup whole milk

---

**hull** / verb / to remove the outer covering of a fruit, grain, or seed; removal of the green leafy stem of a strawberry

---

## Instructions:

1. Preheat the oven to 400° F.
2. Wash, **hull**, and slice the strawberries. Place them in a bowl and sprinkle with the sugar. Set aside.
3. Stir together flour, salt, sugar, and baking powder in a large bowl.
4. Cut the butter into small pieces. Add the butter to the dry ingredients and then rub and combine the butter into the flour with your fingers until the butter is the size of small peas.
5. Lightly stir in the milk until the mixture just comes together in a slightly sticky, shaggy dough.
6. Using a spoon, place walnut-sized balls of dough onto a baking sheet lined with parchment paper.
7. Bake the biscuits until golden brown, about 15 to 17 minutes.
8. Let cool and then slice in half.
9. To serve, spoon strawberry mixture over each half and top with a dollop of yogurt.

**Per serving:** 120 calories, 5 g fat, 13 mg cholesterol, 78 mg sodium, 181 g potassium, 15 g carbohydrates, 1 g dietary fiber, 5 g sugar, 3 g protein

---

***YUM!*** Fruit-based desserts satisfy your sweet tooth while providing fruit's fiber and antioxidants.

---