Bridging the Gap: Putting Nutrition Knowledge into Practice

Healthy eating

For the heart and soul!

Healthy Eating – Tips and Tricks

1) Add frozen vegetables if you don't have fresh vegetables!
    - Thaw the frozen vegetables in the microwave and drain them before adding

2) Canned vegetables are okay, but get ones with no salt added
    - Frozen vegetables are preferable to canned ones because canning can deplete some nutrients from the vegetables

3) Use skim milk when possible!
    - Skim milk has the least amount of fat

4) If using ground meat, get ones that are 90% or 95% lean; these have less fat than a lower percentage of lean meat

Table of Contents

Bell Pepper Meatloaf

Ingredients

3 whole peppers (any color)
1 lb. ground turkey
1/4 cup bread crumbs
1 egg, lightly beaten
1 tsp. Worcestershire sauce (optional)
1/2 onion, finely chopped
1/2 tsp. fresh thyme leaves, chopped
1 clove garlic, minced
1 tbsp. tomato paste
1/4 cup ketchup
1 tbsp. brown sugar
Salt and pepper
2 cups shredded low-fat cheese
1 tbsp. fresh parsley, for garnish

Directions

1. Preheat oven to 350° and line a medium baking sheet with parchment paper. Cut ends off peppers and set aside. Remove seeds and slice peppers into 2" thick rings. Place on prepared baking sheet.
2. In a large bowl, combine ground turkey, bread crumbs, egg, Worcestershire sauce, onion, thyme, garlic and tomato paste. Season with salt and pepper and stir until combined. Fill each pepper with meat mixture.
3. In a small bowl, whisk together ketchup and brown sugar and brush on tops of filled peppers. Bake for 35 minutes, then top with cheese, and bake 5 to 10 minutes more or until cheese is melty. Garnish with parsley and serve.

Adapted from: https://www.delish.com/cooking/recipe-ideas/recipes/a57604/bell-pepper-meatloaves-recipe/

Vegetable-stuffed Chicken

Ingredients

4 boneless, skinless chicken breasts (about 1 1/2 pounds)
1 zucchini, halved lengthwise and thinly sliced into half-moons
3 medium tomatoes, halved and thinly sliced into half-moons
2 yellow bell peppers, thinly sliced
1/2 red onion, thinly sliced
2 tbsp. olive oil
1 tsp. Italian seasoning
Salt and pepper
1 cup shredded low-fat cheese
Freshly chopped parsley, for garnish (optional)

Directions

1. Preheat oven to 400°. Make horizontal slits in each chicken breast, being careful not to cut through completely. Stuff each chicken breast with zucchini, tomatoes, bell peppers, and red onion.
2. Drizzle with olive oil and season with Italian seasoning, salt, and pepper. Sprinkle with cheese.
3. Bake until chicken is cooked through and no longer pink inside, about 25 minutes.
4. Garnish with parsley before serving.

Adapted from: https://www.delish.com/cooking/recipe-ideas/recipes/a54965/primavera-stuffed-chicken-recipe/

Cauliflower Taco Bowl

Ingredients:

1 tbsp. extra-virgin olive oil, plus more if needed
1 medium onion, chopped
2 cloves garlic, minced
1 tsp. dried oregano
1/2 tsp. ground cumin
1 cup large head cauliflower, grated
1 tbsp. tomato paste
2 cup shredded rotisserie chicken
1 (15-oz.) can black beans, drained
1 cup corn kernels (fresh, canned, or thawed frozen)
1 cup chopped tomatoes
2 jalapeños, thinly sliced (optional)
1/4 cup freshly chopped cilantro or 1tsp dried cilantro
2 cup shredded low-fat cheese (any kind)
Lime juice (optional)

Directions

1. In a large skillet over medium heat, heat oil. Add onion and cook until soft, about 5 minutes. Add garlic, oregano, and cumin and cook until fragrant, about 1 minute.
2. Put grated cauliflower in a clean dishtowel and twist to drain excess liquid.
3. Add a splash more oil to skillet if it seems dry, then add drained grated cauliflower and season with salt and pepper. Cook, stirring occasionally, until tender, about 3 to 5 minutes
4. Add tomato paste and stir until combined. Stir in chicken, black beans, corn, tomatoes, jalapenos, and cilantro.
5. Top with cheese and cover with lid until cheese is melted, about 2 minutes. Then serve.

Adapted from: https://www.delish.com/cooking/recipe-ideas/recipes/a51950/cheesy-tex-mex-cauli-rice/

Pesto Chicken and Veggies

Ingredients

2 tbsp olive oil
1lb chicken thighs boneless and skinless, sliced into strips
1/3 cup sun-dried tomatoes drained of oil, chopped (optional)
1lb asparagus ends trimmed, cut in half, if large
1/4 cup pesto (any kind or brand)
1 cup cherry tomatoes, halved

Directions

1. Heat a large skillet on medium heat, add 2 tablespoons olive oil. Add sliced chicken thighs, and season chicken with salt.
2. Add half of chopped sun-dried tomatoes and cook everything on medium heat for 5-10 minutes, stirring occasionally, until the chicken is completely cooked through. Remove the chicken and sun-dried tomatoes from the skillet, leaving oil in.
3. Add asparagus (ends trimmed) and remaining half of sun-dried tomatoes. Cook on medium heat for 5-10 minutes until the asparagus cooked through. Remove asparagus to serving plate.
4. Add chicken back to the skillet, add pesto, and stir to coat the chicken over low-medium heat until chicken is reheated, about 1 to 2 minutes. Remove from heat.
5. Add halved cherry tomatoes, mix with the pesto and the chicken and serve.

Adapted from: https://juliasalbum.com/one-pan-pesto-chicken-and-veggies/

Chicken Asparagus Stir-Fry

Ingredients

1 lb. boneless chicken breasts
1 tbsp olive oil
Salt and pepper
3 garlic cloves, minced
1 medium sweet potato, peeled and diced
½ cup unsalted chicken broth or water
½ lb fresh asparagus (the spears should be cut at a diagonal in 1 and 2 inch pieces)
½ tsp salt
½ tsp pepper
½ tsp crushed red pepper

Directions

1. Cut the chicken into small pieces and season with salt and pepper.
2. In a skillet over medium heat, add olive oil, garlic, and chicken.
3. Sauté the chicken for about 7-10 minutes or until it is cooked through while stirring frequently. Set chicken aside.
4. In the same skillet, add sweet potato and chicken broth/water.
5. Cook for about 7-10minutes or until the sweet potato is cooked.
6. Add asparagus to the pan and cook for about 4-5 minutes longer.
7. Remove from heat, add chicken back to pan and season with salt, pepper, and crushed red pepper before serving.

Adapted from: https://www.primaverakitchen.com/asparagus-sweet-potato-chicken-skillet/?utm_content=buffer016d6&utm_medium=social&utm_source=pinterest.com&utm_campaign=buffer

Chicken and Veggie Bake

Ingredients

2 tsp. paprika
2 tsp. ground cumin
1/2 tsp. pepper
Olive oil
Salt
1 lb. potatoes
2 cups carrots
1 cup Brussels sprouts
1 cup chopped onion
1 cup mushrooms, cut in half
1 cup asparagus, cut up (fresh or frozen)
1 cup green beans (fresh or frozen)
1 1/2 lb. chicken
Chopped parsley (optional)

Directions

1. Preheat oven to 450°F. Make rub: Combine paprika, cumin, and pepper in a small bowl.
2. In a large baking pan (with sides), toss 2 tablespoons olive oil, one-third of rub, and 1/2 teaspoon salt with potatoes, carrots, Brussels sprouts, and onion.
3. On another baking sheet, toss 2 teaspoons olive oil and one-third of rub with mushrooms, asparagus, and green beans. Push to one side of pan. On other side, arrange chicken pieces and sprinkle them with the remaining rub. Season veggies and chicken with 1/2 teaspoon salt
4. Roast both pans 20 to 35 minutes or until chicken is cooked and all veggies are softened (transfer chicken from pan to platter if cooked before veggies are tender). To serve, garnish with parsley and squeeze of lemon.

Adapted from: https://www.goodhousekeeping.com/food-recipes/a40386/rustic-smoky-glazed-chicken-veggie-bake-recipe/

Squash Salad

Ingredients

2 20-oz. containers chopped butternut squash
1 lb. skinless, boneless chicken thighs
2 tbsp. olive oil
1/2 tsp. salt
1/2 tsp. pepper
½ cup mixed greens
3 tbsp. lemon juice
4 oz. goat cheese, crumbled (optional)

Directions

1. On 2 large rimmed baking sheets, toss butternut squash and chicken thighs with olive oil, salt and pepper. Bake at 425 degrees for 40 minutes or until squash is tender. Chop chicken and add to serving plate with squash, mixed greens, lemon juice, and goat cheese. Season with salt and pepper to taste.

Adapted from:https://www.goodhousekeeping.com/food-recipes/easy/a34560/autumn-squash-salad/

Bean and Sweet Potato Chili

Ingredients

2 tbsp. olive oil
1 1/4 lb. sweet potatoes
1 medium onion
2 chipotle chiles (optional – can substitute bell pepper)
3 cloves garlic
1 tbsp. ground cumin
2 tsp. chili powder
2 cans diced tomatoes
1 can puréed tomatoes
2 cups frozen or canned edamame (soy beans)
1 can unsalted pinto beans
1 can unsalted black beans
Low-fat shredded cheese and sour cream (optional)

Directions

1. In microwave-safe glass baking dish, combine sweet potatoes and 2 tablespoons water. Cover with vented plastic wrap and microwave on high for 12 minutes, or until tender.
2. Meanwhile heat olive oil on medium heat in a large saucepan. Add onion, chipotles, garlic, cumin, chili powder, and 1/4 teaspoon salt. Cook for 5 minutes, stirring occasionally.
3. Add tomatoes and 2 cups water to pan. Heat to simmering on high. Simmer for 15 minutes, stirring occasionally.
4. Add sweet potatoes to pot along with edamame, pinto beans, black beans, and 1/4 teaspoon salt. Cook 2-5 minutes, or until beans are hot. To serve, garnish with cheese and sour cream if desired.

Adapted from: https://www.goodhousekeeping.com/food-recipes/a16841/3-bean-sweet-potato-chili-recipe-ghk0215/

Chicken and Spinach Pasta

Ingredients

8oz whole-wheat penne pasta
2 tbsp olive oil
1 lb boneless, skinless chicken breast or thighs, cut into bite-size pieces
½ tsp salt
¼ tsp pepper
4 cloves garlic, minced
½ cup dry white wine
Juice of 1 lemon
10 cups chopped spinach (fresh or frozen – allow to thaw if frozen)
Grated Parmesan cheese

Directions

1. Cook pasta according to package directions. Drain and set aside.
2. Meanwhile, heat olive oil in a large skillet over medium-high heat. Add chicken, salt and pepper and cook, stirring occasionally, until chicken is cooked through, about 5-7 min
3. Add garlic to pan and cook, stirring, until fragrant, about 1 minute. Stir in wine and lemon juice; bring to a simmer.
4. Remove from heat. Stir in spinach and the cooked pasta. Cover and let stand until the spinach is just wilted. Divide among 4 plates and top each serving with 1 tablespoon Parmesan.

Adapted from: http://www.eatingwell.com/recipe/267768/chicken-spinach-skillet-pasta-with-lemon-parmesan/

Broccoli Cheddar Frittata

Ingredients

1 package (10 oz.) frozen chopped broccoli
1 cup chopped carrot (fresh or frozen – optional)
¼ cup water
8 eggs
¼ cup low-fat milk
2 tsp mustard
Salt and pepper
¾ cup shredded low-fat cheese
1 tbsp chopped green onion
1 tbsp olive oil

Directions

1. Combine broccoli, carrot, and water in large skillet. Cook over medium heat until tender, stirring occasionally to break up broccoli, for about 10 minutes; then drain well.
2. Beat eggs, milk, mustard, salt and pepper in large bowl until blended. Add broccoli mixture, cheese and green onion to bowl and mix well.
3. Put olive oil in skillet and heat over low heat for 2 min. Pour in egg mixture; cook over low to medium heat until eggs are almost set, 8 to 10 minutes.
4. Remove from heat. Cover and let stand until eggs are completely set and no visible liquid egg remains, 8 to 10 minutes. Cut into wedges.

Adapted from:

https://whatscooking.fns.usda.gov/sites/default/files/featuredlinks/MeetingYourMyPlateGoalsOnABudget.pdf

Brown Rice and Veggies

Ingredients

3 cups cooked brown rice
¾ cup chopped cucumber
¾ cup chopped tomato
½ cup chopped fresh parsley
¼ cup chopped fresh mint leaves
¼ cup sliced green onions
¼ cup olive oil
¼ cup lemon juice
½ teaspoon salt
¼ teaspoon freshly ground black pepper

Directions

1. Combine rice, cucumber, tomato, parsley, mint, green onions, olive oil, lemon juice, salt and pepper in large bowl. Toss well and chill

Adapted from:
https://whatscooking.fns.usda.gov/sites/default/files/featuredlinks/MeetingYourMyPlateGoalsOnABudget.pdf