

# THE ULTIMATE FOOD & NUTRITION RESOURCE GUIDE



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As we stay home to flatten the curve of COVID-19, your health and wellbeing no doubt remains a top priority. This family-friendly guide is meant to arm you with resources to build confidence in the kitchen while also putting nourishing meals on the table. If at any point you have food and nutrition questions, our dietitian at Eurest, Karleigh Jurek, MS, RDN, LD is a continued resource to you and your family. You're welcome to email her at [karleigh.jurek@compass-usa.com](mailto:karleigh.jurek@compass-usa.com).

# SHOPPING STAPLES

There may be times when you must limit your shopping trips. If you cannot find your desired items, all you can do is your best. Take only what you need, do not overstock supplies.

Not everything needs to be “healthy”—stocking up on food your family will eat is a priority and having variety allows you to honor cravings and balance.

## **SHELF STABLE PRODUCTS & FREEZER STAPLES:**

### **Baking Essentials**

- All-purpose flour
- Whole wheat flour
- Baking soda
- Baking powder
- Sugar
- Yeast
- Salt
- Instant, evaporated and condensed milks
- Vanilla extract

### **Fruits**

- Canned fruit in 100% fruit juice like peaches and pears
- Preserves and jams
- Applesauce
- Dried fruit
- Frozen fruit with no added sugar

### **Vegetables**

- Canned vegetables such as green beans, corn and peas
- Pasta sauces
- Tomato paste
- Crushed, diced, whole canned tomatoes
- Jarred salsas
- Frozen vegetables such as mixed vegetables, brussels sprouts, and broccoli

### **Grains**

- Whole grains such as brown rice, quinoa, bulgur, and pasta
- Whole grain cereals
- Hot cereals like oatmeal and grits
- Frozen whole wheat pizza dough
- Microwaveable and instant pasta/rice packets
- Frozen brown rice

### **Proteins**

- Fish in cans, jars, or pouches
- Dried or canned beans
- Lentils
- Green or yellow split peas
- Jerky
- Canned chicken
- Nut butters
- Unsalted nuts
- Frozen veggie burgers
- Frozen beef, poultry and fish

### **Flavor Enhancers**

- Stocks and broths
- Bouillon cubes
- Dried herbs and spices
- Low sodium soy sauce
- Olive, canola or other vegetable oils
- Olives and capers in jars or pouches
- Vinegar

## **PERISHABLES:**

### **Produce**

- Fresh fruit (apples and citrus fruits last a long time)
- Fresh vegetables (cauliflower, brussels sprouts, broccoli, bell peppers, carrots, and celery last a long time)
- Bags of salad greens
- Onions
- Garlic
- Potatoes

### **Bakery**

- Tortillas
- Bread (opt for >3 grams fiber/slice)

### **Meat, Fish & Poultry**

- Lean ground beef (90/10)
- Chicken breasts, tenders, or thighs
- Fish
- Beef and/or pork roast

- Pork loin
- Luncheon meat

### **Eggs & Dairy Case**

- Whole eggs
- Milk (ultra-high temperature processed milk, labeled as UHT, has a longer shelf life in your fridge. Examples of USA brands include Fairlife, Lactaid and Horizon Organic.
- Unsalted butter
- Yogurt
- Blocks and shredded bags of cheese

### **Meat Alternatives**

- Tofu
- Seitan
- Tempeh
- Packaged or fresh jackfruit
- Mushrooms
- Milk alternatives

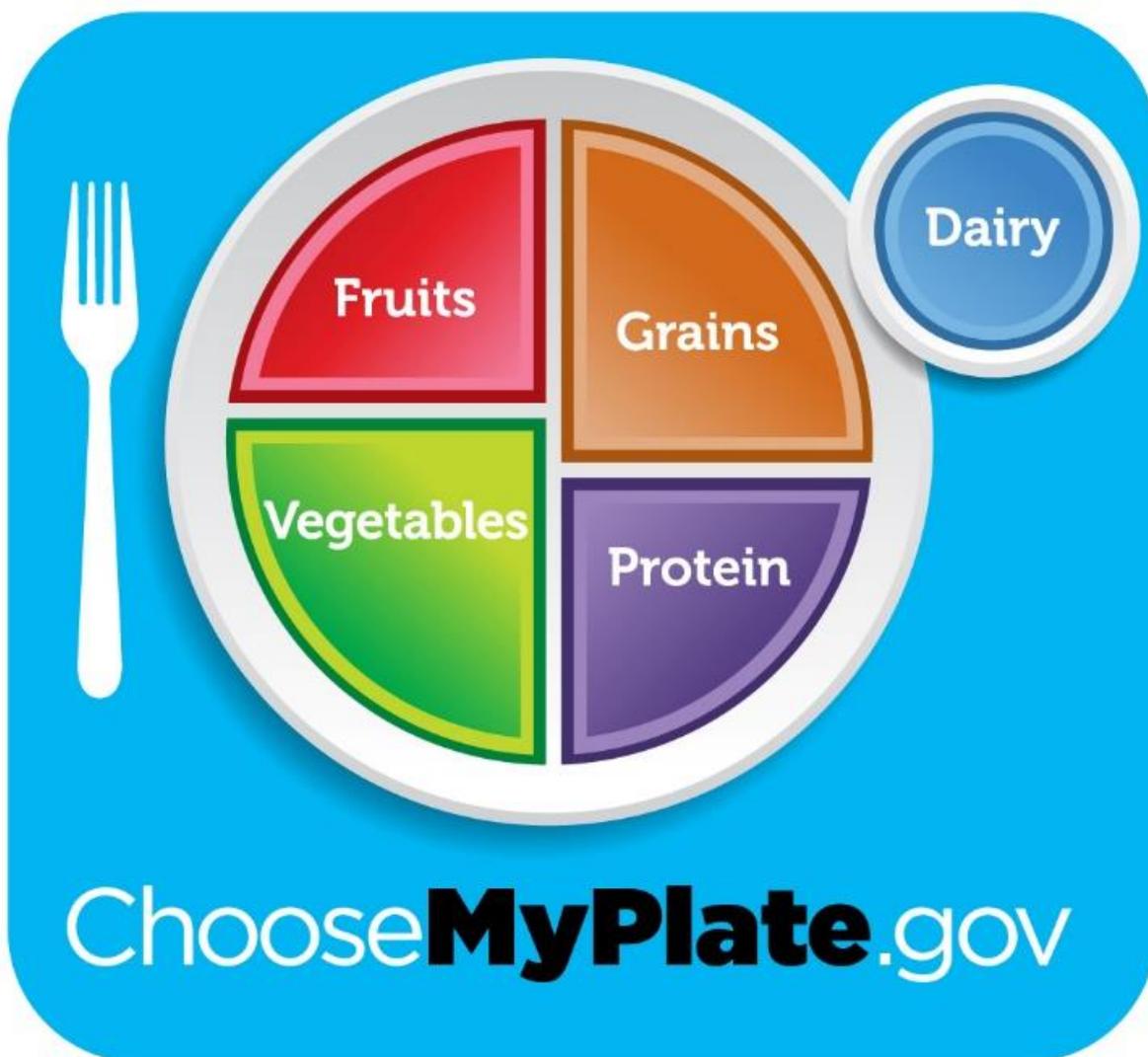


# MEAL PREP GUIDANCE

## FOLLOW MYPLATE:

Use MyPlate as your guide for building healthful meals. MyPlate is appropriate for the entire family and builds lifelong eating habits. For more, visit [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov).

- **Make ½ your plate fruits and veggies**—these are packed with fiber and nutrients.
- **Make ¼ your plate grains or starches**—opt to make half your grains whole. Whole grains have more fiber, iron and B vitamins.
- **Make ¼ your plate lean protein or meat alternative**—protein keeps your body satisfied and helps maintain lean muscle.
- **Include a serving of low fat or non-fat dairy or soymilk alternative**—these foods give your body bone building calcium and vitamin D.



## **SNACK ATTACK PREPAREDNESS**

Honor your hunger during the mid-day slumps. To best curb your hunger until the next meal, focus on combining a carbohydrate and protein.

Using the chart below, **select 1-2 carbohydrates + 1 protein or 1 fat.**

<b>CATEGORY 1 Carbohydrates (Grains)</b>	<b>CATEGORY 2 Carbohydrates (Fruits)</b>	<b>CATEGORY 3 Carbohydrates (Vegetables)</b>	<b>CATEGORY 4 Protein</b>	<b>CATEGORY 5 Fat</b>
Bread Cereal Crackers Graham crackers Granola Pita chips Popcorn Tortilla Tortilla chips	Apple Applesauce Banana Berries Dried fruit Grapefruit Grapes Mango Peaches Pineapple	Bell pepper Carrots Celery Cucumber Squash Tomatoes Zucchini	Cheese Cottage cheese Deli meat Edamame Hard-boiled egg Jerky Milk Yogurt	Nut butter Hummus Nutella Nuts Seeds Avocado Guacamole Ranch dip

### **Snack Examples:**

- Crackers and cheese stick
- Popcorn and almonds
- Pita chips, veggie sticks and hummus
- Tortilla roll-up with sliced tomato and turkey
- Granola topped with berries and yogurt
- Peach cup and jerky
- Cottage cheese with grapes
- Whole grain bread with sliced banana and Nutella
- Tortilla chips with guacamole
- Fruit smoothie with soymilk

### **PLAN FOR THE WEEK:**

Write a menu for the week. What will you do for breakfast, lunch, dinner and snacks? Getting ahead of this allows you to form a game plan, prioritizing perishable items, recognizing when you can freeze leftovers, or re-inventing previously cooked food for something new and exciting. Maybe you want to support a local restaurant? Be sure to jot that down as well.

***Involve your children in the meal planning process!*** Studies show that when kids participate, they're more likely to be engaged at mealtime.

Use the next page as a template for meal planning. As you fill in the template, make a list of what you have on-hand versus what you will need to buy.

	<b>MEAL #1</b>	<b>MEAL #2</b>	<b>MEAL #3</b>	<b>SNACKS</b>
<b>MONDAY</b>				
<b>TUESDAY</b>				
<b>WEDNESDAY</b>				
<b>THURSDAY</b>				
<b>FRIDAY</b>				
<b>SATURDAY</b>				
<b>SUNDAY</b>				

# KIDS IN THE KITCHEN

Involving your children in the kitchen builds lifelong habits. Even at a young age, kids can safely be your sous chefs!

## **5 STEPS TO A KID-FRIENDLY KITCHEN:**

- 1. Plan ahead.** Pull out kid friendly kitchen tools like rubber spatulas, stepping stools and mixing bowls.
- 2. Assign age appropriate tasks:**
  - Ages 2-5: Pouring, stirring, tasting
  - Ages 5-10: Choosing recipes, setting timers, measuring ingredients, grating and peeling
  - Ages 11+: Browning meats, sautéing veggies, chopping ingredients (with supervision)
- 3. Stay safe.** Establish food safety rules like frequent hand washing, never put fingers in mouth, don't taste raw cookie doughs.
- 4. Talk nutrition (and science).** Cooking and baking together is the perfect time to talk about nutrients in food, how it's grown, and where it comes from. You can even make it a science experiment and discuss practical applications for reading, math, and food chemistry.
- 5. Encourage new foods and flavors.** Even the pickiest of eaters are more enticed to try foods they prepared.



# IMMUNE-BOOSTING FOODS

Unfortunately, there is no diet that can fully prevent or cure COVID-19. Instead, focus on staying healthy. Even if you are not high-risk, it's important to maintain a healthy and active lifestyle. There are foods that have the potential to strengthen your immune system. Here are some nutrients to focus on:

- **Protein:** promotes healing + recovery
  - o Sources: lean meat, seafood, poultry, eggs, beans, plant-based products and unsalted nuts and seeds.
- **Vitamin A:** supports healthy skin + tissues
  - o Sources: sweet potatoes, carrots, broccoli, spinach, red bell peppers, apricots, eggs or foods labeled "vitamin A fortified", such as some milks and cereals.
- **Vitamin C:** helps protect + defend
  - o Sources: oranges, tangerines, grapefruit, red bell pepper, strawberries, papaya, tomato juice, and foods fortified with vitamin C, such as some cereals.
- **Vitamin E:** may neutralize free radicals
  - o Sources: fortified cereals, sunflower seeds, almonds, vegetable oils, hazelnuts, and peanut butter.
- **Zinc:** encourages healing
  - o Sources: lean meat, poultry, seafood, milk, whole grain products, beans, seeds and nuts.



## FULL BODY WELLNESS APPS

Health doesn't start and end with a good diet. Full body health is important for maintaining a good immune system. Here are some dietitian-recommended apps to get you started. Always reach out to a healthcare professional should you need medical help.

<b>Fitness</b>	<ul style="list-style-type: none"><li>- Charity Miles</li><li>- Daily Yoga</li><li>- Fitbit Coach</li><li>- FitOn</li><li>- Glo</li><li>- MapMyRun</li><li>- Nike Fit Club</li><li>- Strava</li></ul>
<b>Mental Health</b>	<ul style="list-style-type: none"><li>- Calm</li><li>- Daylight</li><li>- Headspace</li><li>- Previdence</li><li>- Relax and Sleep Well with Glenn Harold</li><li>- Sanvello</li><li>- Sleepio</li><li>- Take a Break! Guided Meditations for Stress Relief</li></ul>
<b>Food &amp; Nutrition</b>	<ul style="list-style-type: none"><li>- Fooducate</li><li>- Harvest</li><li>- MyFitnessPal</li><li>- Rise Up</li><li>- Seafood Watch</li><li>- Waterlogged</li><li>- Yummly</li></ul>
<b>Physical Health</b>	<ul style="list-style-type: none"><li>- Amwell: Doctor Visits 24/7</li><li>- HealthAdvocate</li><li>- Lemonaid: Same Day Online Care</li><li>- MD Live</li><li>- Teladoc</li></ul>

# STAYING ACTIVE AT HOME

Make physical activity a daily priority in your home. Aim for being active most days of the week. Set small, realistic goals and build on your plan as you progress in your exercise journey,

## THE KEYS TO STAYING ACTIVE:

- **Variety**—find activities that you and your family enjoy doing. Switch things up to target new muscle groups.
- **Moderation**—adults need at least 30 minutes of physical activity, teens and adolescents need at least 60 minutes each day.
- **Balance**—make it a goal to go between different types of activities like strengthening, cardio, balance and flexibility.



## 10 WAYS TO ENCOURAGE ACTIVITY:

1. After long periods of screen time, add a 10-minute stretch or play break.
2. Set aside time each day to play and explore as a family. This could be as simple as a walk around the neighborhood or tossing a ball in the backyard.
3. Challenge yourself with a new physical activity.
4. Set up an obstacle course in the house or yard. Use chairs to crawl under, laundry baskets to hop over, and space to run.
5. Have a dance party in the living room.
6. Plant a garden. Even kids can help water plants, pull weeds, and plant new flowers and seedlings.
7. Give kids toys that encourage exercise like hula hoops, balls, jump rope and frisbees.
8. Hike a state park in your area. Make sure to keep at least 6 feet away from other park goers. Check for openings/closures online before you hit the trail.
9. Join virtual classes. Many websites are offering free or reduced member pricing.
10. Walk or bike to the grocery store. Not only can you stock up on essentials, but you'll only be able to take what you can carry home.

## FUEL YOUR ACTIVITY:

- Drink plenty of water and other hydrating fluids throughout the day
- For activities >1 hour, it's important to encourage hydration while boosting your energy levels to stay focused. You can do this by either:
  - o Filling your water bottle with 50/50 ratio of 100% fruit juice and water
  - o Packing a sports drink like Gatorade, Powerade and All Sport
- Snack before or after activity with easily portable foods like cheese and crackers, peanut butter and jelly sandwiches or pre-packaged bars like KIND, Clif and Lara bars

## NUTRITIOUS RECIPES | Source: Eurest

Our dietitian has selected easy, family-friendly recipes to prepare at home that take less than 30 minutes to cook and fit a variety of dietary needs. Note the food groups provided below each recipe name and **reference MyPlate on page 5 to build a complete meal.**

**Fruit=Red** | **Green=Vegetables** | **Purple=Protein** | **Orange= Grain** | **Blue=Dairy**

### BREAKFAST

#### Avocado Chorizo Black Bean Toast

(protein | grain)

Yield: 4 servings

Cook Time: 5 minutes

##### Ingredients:

- 4 slices multigrain bread
- ½ cup avocado, mashed
- 1/8 tsp salt
- 2 tsp lemon or lime juice
- 2 oz chorizo sausage, crumbled
- 1/8 cup black beans, canned, drained and rinsed
- 2 tsp cilantro, diced

##### Instructions:

- In bowl mash together avocado, salt and lemon or lime juice and stir to combine.
- In sauté pan cook chorizo until done, add beans and heat through.
- Toast bread until golden brown.
- On each slice of bread place 2 tbsp mashed avocado, top with 2 tbsp chorizo bean mixture, and garnish with ½ tsp cilantro. Optional top with a sprinkle of cotija cheese or pepitas (pumpkin seeds).

**Nutrition Tip:** Make this vegetarian but keep the satisfying protein power! You can replace the chorizo with eggs or serve with a glass of milk/milk alternative.

**Nutrition Info (per toast piece):** 255 calories, 11 g fat, 3 g saturated fat, 425 mg sodium, 34 g carbohydrate, 4.6 g fiber, 8 g protein

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#### Orange and Banana Oatmeal Parfait

(fruit | grain)

Yield: 4 servings

Cook Time: 20 minutes

##### Ingredients:

- 4 ½ cups water
- 1 ½ cups quick oatmeal
- ½ cup vanilla yogurt
- 1 ½ Tbsp honey
- 1 ea banana, sliced

- 2 ea oranges, peeled
- 4 tsp orange zest

**Instructions:**

- In a medium saucepan, bring water to rapid boil. Slowly pour oatmeal into boiling water, stirring constantly.
- Return to a boil. Reduce heat and simmer for 8-10 minutes. Remove from heat and let cool.
- Mix the oatmeal, yogurt and honey together.
- Chop the orange into small pieces.
- Divide the mixture into 4 bowls or jars.
- Top each parfait with ¼ each of banana, ½ orange and 1 tsp orange zest. Serve cold.

**Chef's Tip:** Substitute fresh oranges for canned citrus segments (or your favorite fresh/fresh/canned fruit of choice).

**Nutrition info (per parfait):** 145 cal, 2 g fat, 30 g carbs, 3 g fiber, 35 mg sodium, 3 g protein

## Whole Wheat Apple Pancakes

**(fruit | grain)**

**Yield:** 8 pancakes

**Cook time:** 20 minutes

**Ingredients:**

- ¾ cup, 1 Tbsp, 1 tsp whole wheat flour
- 1 ¼ tsp baking powder
- ¼ tsp salt
- 1 T, 1 tsp honey
- 2/3 cup skim milk
- ¼ tsp vanilla extract
- ¾ ea egg
- 2 tsp unsalted butter, melted
- 1 ¼ cup apples, peeled, cored, diced

**Instructions:**

- In a mixing bowl, whisk together the flour, baking powder, and salt.
- In a separate bowl, whisk together the honey, milk, vanilla, and egg.
- Preheat a nonstick griddle over medium heat.
- Whisk the wet ingredients into the dry. Stir in the melted butter. The batter should be thick and smooth.
- Fold in the apples.
- Spoon the batter onto the griddle ¼ cup at a time and cook the pancakes until set and thoroughly bubbly, about 3 minutes. Flip each pancake with a spatula and cook until golden brown, about 2 more minutes
- Serve 2 pancakes with desired toppings.

**Chef's Tip:** Get your kids involved in your morning pancake routine. Delegate whisking and stirring ingredients together. Children can even help flip pancakes with supervision. Use this as a time to teach them about batter consistency and when to know when the pancakes are ready for flipping.

**Nutrition info (per 2 pancakes):** 170 cal, 3.5 g fat, 31 g carbs, 3 g fiber, 350 mg sodium, 6 g protein

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## Blueberry, Chia and Almond Pudding

(fruit | grain | dairy)

**Yield:** 4 Servings

**Cook Time:** 10 Minutes (6 hours overnight)

### Ingredients:

- 4 Tbsp almonds, sliced, toasted
- 8 Tbsp chia Seeds
- 1 qt almond milk, unsweetened
- 2 Tbsp honey
- 4 Tbsp oatmeal cereal, quick, dry
- 1 ¼ tsp cinnamon, ground
- 2 cups blueberries, fresh (can sub other fresh berries as well)
- 4 leaves mint, fresh

### Instructions:

- Rinse uncut produce in fresh water. Preheat oven to 250F. Spread sliced almonds on a cookie sheet or small metal baking dish. Bake for 3-4 minutes, checking almonds and shaking pan to stir almond until they just start to turn light brown. Cool.
- For 4 portions: in a bowl, combine almonds, chia seeds, almond milk, honey, oats, cinnamon and blueberries. Mix thoroughly. Cover bowl and place in refrigerator for at least 6 hours (overnight for best results.) Divide into 4 portions. Place each portion into a 16 oz container with a lid for on the go.
- For 1 portion: mix ingredients directly in a 16 oz Mason jar or plastic container, place the lid on, and refrigerate as above. Hold cold.
- To serve, garnish each portion with 1 mint leaf. Can drizzle 1-2 teaspoons of honey over each portion (optional)

**Chef's Tip:** You can substitute the almond milk for whatever dairy product your family prefers—even yogurt with a splash of milk works well in this recipe!

**Nutrition Info Per Serving:** 305 calories, 15 g fat, 37 g carbs, 14 g fiber, 167 mg sodium, 9 g protein

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## LUNCH & DINNER

### Tuscan Turkey Slider on Whole Wheat Roll

(vegetable | protein | grain | dairy)

**Yield:** 4 Servings

**Cooking Time:** 5 Minutes

### Ingredients:

- 2 tbsps light mayonnaise

- 2 oz roasted red peppers, jarred or canned, drained and diced
- 4 oz low sodium turkey
- 2 oz fresh baby spinach
- 1 oz mozzarella cheese, shredded or sliced
- 4 ea whole wheat dinner rolls or sandwich thins

#### Instructions:

- Combine mayonnaise and half the red peppers in a blender, blend until smooth.
- Assemble sliders: spread the top and bottom with red pepper mayonnaise, top with turkey, spinach, red peppers and mozzarella cheese.

**Nutrition Tip:** Complete your meal with delicious and balanced sides. Here are some ideas:

- Ants on a log (peanut butter, celery and raisins)
- Glass of milk or milk alternative
- Yogurt and fruit

**Nutrition Info (per slider):** 196 calories, 7 g fat, 2 g saturated fat, 436 mg sodium 24 g carbohydrates, 12 g protein, 4 g fiber

## Chicken or Tuna Salad Lettuce Cups

(vegetable | protein)

**Yields:** 4 Servings

**Cooking Time:** 5 minutes

#### Ingredients:

- 8 pieces Boston bibb lettuce
- 1 ½ cups cooked chicken breast, shredded or diced
- ¼ cup light mayonnaise or plain yogurt
- ¼ cup celery, diced
- ¼ tsp salt
- ¼ tsp ground pepper
- 8 ea Roma tomatoes, thinly sliced

#### Instructions:

- Wash and dry lettuce leaves, then lay flat on plates.
- Assemble the chicken salad by mixing together chicken, mayonnaise, celery, salt and pepper.
- Assemble lettuce cups by spooning chicken salad and sliced tomato.

**Chef's Tip:** Jazz up your chicken or tuna salad. Here are some combinations we love:

- Chopped grapes and walnuts
- 1 tsp curry powder
- 1 tbsp siracha

**Nutrition Info (for lettuce cups):** 192 calories, 8 g fat, 2 g saturated fat, 288 mg sodium 3 g carbohydrates, 27 g protein, <1 g fiber

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## Lemony Ground Turkey & Broccoli Rabe Rotini

(vegetable | protein | grain)

**Yield:** 4 servings

**Cook Time:** 20 minutes

### Ingredients:

- 2 cups dry rotini pasta
- 8 oz 85% lean ground turkey
- 2 Tbsp yellow onion, chopped
- 2 cloves garlic, peeled and chopped
- 1 tsp red chili flakes
- 4 cups broccoli rabe
- 1 tsp lemon zest
- 1 tbs fresh lemon juice
- ¼ cup parmesan cheese, shredded
- 1 Tbsp olive oil

### Instructions:

- Cook pasta according to package directions. Drain and set aside.
- In a large sauté pan, heat oil and add ground turkey. Brown turkey then add onions, garlic and crushed red pepper. Once onions are translucent, approximately 2-3 minutes, add broccoli rabe. Continue cooking and stir until broccoli rabe wilts and becomes tender, about 5-7 minutes. Add reserved pasta and toss together, cooking until pasta is hot, about 3-5 minutes.
- Take off heat and add lemon zest, juice, and parmesan right before serving.

**Chef's Tip:** You can swap out the turkey for lean ground beef. Likewise, you can swap the broccoli rabe for frozen or fresh broccoli.

**Nutrition info (per 1 ½ cup serving):** 322 calories, 14 g fat, 3 g saturated fat, 133 mg sodium, 31 g carbohydrate, 19 g protein, 3 g fiber

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## Italian Sausage and Cauliflower Penne

(vegetable | protein | grain)

**Yield:** 4 servings

**Cook Time:** 30 minutes

### Ingredients:

- 1 head cauliflower, fresh
- 3 ea garlic cloves, fresh, minced

- 1½ cups cherry tomatoes, fresh, halved
- ½ bunch basil, fresh
- 3 each oregano, fresh, sprig, chopped
- 15 oz tomatoes, crushed, canned, including liquids (no salt added)
- 12 oz penne rigate pasta, whole wheat, dry
- ¼ tsp salt
- 2 ea Italian sausage or turkey sausage, raw (1/2 pound)
- ¼ tsp crushed red pepper flakes
- 2 Tbsp olive oil
- 1 Tbsp red wine vinegar
- 1 cup pasta water
- ¼ tsp black pepper
- 4 Tbsp parmesan

### Instructions:

- Rinse uncut produce in fresh water.
- Roughly chop the cauliflower including stalk.
- Mince the garlic, chop the oregano and tear basil.
- Cut the cherry tomatoes in half and set aside.
- Bring water and salt to a boil, add pasta and stir. Cook 7-8 minutes until al dente (firm to the bite). Reserve about a cup of the pasta water for later. Drain pasta and reserve.
- Heat one large sauté pan over high heat. Add 1 Tablespoon of oil, swirl pan to coat. Sear the sausage 3-5 minutes on each side. Remove from the pan and set aside. Once cooled, slice into bite-sized pieces.
- Add the garlic and cook 1-2 minutes until garlic begins to brown slightly, but not burn. Next, add the remaining oil and cauliflower pieces. Sauté for 2-3 minutes, then add the cherry tomato halves. Add the dried chilies, red wine vinegar and the crushed tomatoes including liquids. Turn the heat down and let simmer.
- Add the sausage back to the pan and cook for 3-5 minutes. Add the reserved pasta water. Salt and pepper to taste, only if needed.
- Toss the pasta into the sauce and coat thoroughly.
- Divide equally into four serving bowls or plates. With a vegetable peeler, shave a Tablespoon of fresh parmesan over each dish. Serve immediately.

**Nutrition Tip:** Choose a white fiber pasta. White fiber pasta tastes like regular pasta but has added protein and fiber... even the pickiest eaters won't tell!

**Nutrition Information (per 1 ½ cup serving):** 631 calories, 23 g fat, 7 g saturated fat, 610 mg sodium, 84 g carbohydrate, 16 g fiber, 28 g protein

## Shrimp & Cauliflower Fried Brown Rice

(vegetable | protein | grain)

**Yields:** 4 servings

**Cooking Time:** 20 minutes

### Ingredients:

- ½ lb shrimp, raw and deveined
- 2 tbsp vegetable oil, divided
- 1 tbsp ginger, peeled and minced
- 1 cup yellow onion, thinly sliced
- ½ cup red bell pepper, seeded and diced
- 1 cup frozen peas
- 1 cup fresh carrots, diced
- 1 ½ cup frozen riced cauliflower
- 2 tbsp low sodium soy sauce
- 1 cup fresh or canned pineapple, diced
- 2 each eggs
- 2 cups cooked brown rice
- 3 tbsp green onions, thinly sliced

### Instructions:

- Pat shrimp dry. In a large skillet, heat 1 tablespoon of oil over medium heat and add ginger. Arrange shrimp in an even layer in the pan, cooking shrimp until it turns pink and is cooked through, about 5-7 minutes. Remove shrimp and ginger from pan and set aside.
- Add another tablespoon of oil to the pan, then add bell pepper, peas and carrots. Cook for 5 minutes, stirring occasionally.
- Move vegetables to one side of pan. Add cracked eggs to opposite side and scramble until cooked through.
- Add the rice and cauliflower into the pan with veggies and eggs and cook for an additional 5 minutes.
- Add pineapple and reserved shrimp and ginger mixture. Season with soy sauce and stir to combine. Garnish with green onions.

**Chef's Tip:** Here are our top 3 tips for cooking the perfect rice– keep your lid on while you cook; don't stir while it cooks; fluff cooked rice with a fork.

**Nutrition Info (per 1 ½ cup serving):** 383 cal, 11 g fat, 2 g sat fat, 50 g carbs, 9 g fiber, 456 mg sodium, 24 g protein

## Tomato Lentil Soup

(vegetable | protein)

**Yields:** 12 servings

**Cook Time:** 30 minutes

### Ingredients:

- 6 cups low sodium broth or stock of choice
- 1 cup water
- 2 cans diced tomatoes
- 8 oz dry lentils
- 1 oz red wine vinegar
- ½ cup fresh fennel, diced
- ½ cup yellow onion, diced
- 4 oz tomato paste
- 2 tbsp olive oil
- 1 tsp dried dill weed
- 1 tsp dried tarragon
- 1 tsp dried sage
- ½ tsp salt

### Instructions:

- Add broth or stock to a large pot or Dutch oven.
- Rinse lentils and remove any stones. Cook lentils in broth/stock for about 15 minutes. Add canned tomatoes with liquid.
- In a separate pan, lightly sauté onion and fennel bulb until translucent. Add dried herbs. Deglaze pan with red wine vinegar. Add tomato paste. Stir. Then add a ladle of broth/stock and stir together. Add sautéed vegetable mixture to pot of lentils.
- Simmer soup until the lentils are cooked, about 15-20 minutes.

**Chef's Tip:** Freeze for an easy meal on a pinch. Lentils can be swapped out for another pulse or bean of choice, though you may need to adjust cooking time. Have canned beans on hand? Swap for dried lentils to reduce cooking time significantly.

**Nutrition info (per 1 cup serving):** 126 calories, 3 g fat, <1 g saturated fat, 262 mg sodium, 20 g carbohydrate, 6 g protein, 6 g fiber.

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## 30-Minute Two Bean Chili

(protein | grain)

**Yields:** 4 Servings

**Cook Time:** 30 minutes

### Ingredients:

- 1 ea. red Bell Pepper, ¼" diced
- 1 ea. green Bell Pepper, diced, fine
- 2 ea. garlic cloves, fresh, minced

- ½ cup cilantro, fresh, chopped
- 1 ea. yellow onion, fresh, ¼" diced
- 15.5 oz can kidney beans, canned, drained, rinsed
- 15.5 oz can great northern beans, canned, drained, rinsed
- 1 Tbsp cumin
- 1 Tbsp chili powder
- 2 Tbsp canola oil
- 15 oz can tomatoes, crushed, canned, including liquids, no salt added
- 1/3 cup bulgur wheat
- ¾ cup water
- ¼ tsp black pepper
- ¼ tsp salt
- 4 Tbsp cheddar cheese, shredded
- 4 Tbsp sour cream or plain yogurt (optional)

**Instructions:**

- Rinse uncut produce in fresh water. Prep and set aside.
- Dice the peppers. Slice the tops of the pepper, remove seeds and slice into ¼ inch strips. Stack the strips and dice into ¼ inch pieces.
- Mince garlic, dice onions and chop cilantro. Clean and mince the serrano pepper. Drain and rinse beans.
- Heat one large sauce pot over high heat. Add canola oil, swirl pan to coat. Add the onions, garlic and peppers. Cook for 5-7 minutes until the onions become translucent. Add the beans, tomatoes and seasoning.
- Reduce heat and simmer. In a separate pot, add water and cracked bulgur to pan. Bring to a boil. Cover and simmer for 7-10 minutes or until water is absorbed.
- Once cooked, add the bulgur to the chili. Stir in the cilantro. Season with salt and pepper.
- Divide equally into four serving bowls. Top with 1 Tablespoon of shredded cheddar each. Serve immediately.

**Chef's Tip:** Make a chili toppings bar and encourage the family to build their own bowls. Include items like sour cream, shredded cheese, hot sauces, cilantro, diced onion, radishes.

**Nutrition info (per 1 cup serving):** 458 calories, 12 g fat, 3 g saturated fat, 729 mg sodium, 69 g carbohydrates, 21 g fiber, 24 g protein

**Grains & Edamame Veggie Salad**

(vegetable | protein | grain)

**Yields:** 4 servings

**Cook Time:** 30 minutes

**Ingredients:**

- ¼ cup dry farro
- ¼ cup dry barley

- 1 ½ cups water
- 1/8 tsp salt
- ¼ cup frozen shelled edamame
- ¼ cup shredded carrots
- ¼ cup cucumbers, peeled and diced
- ¼ cup cherry tomatoes, halved
- 3 tbsp radish, thinly sliced
- 1 tbsp your favorite soy-based Asian salad dressing

**Instructions:**

- In a pot, add water and barley. Bring to a boil, then reduce to simmer and cover. Cook for 20 minutes, then add faro, stir once, then cook for an additional 35 minutes covered until tender. Set aside and chill.
- In a bowl, mix chilled faro, barley, salt, thawed edamame, carrots, cucumbers, cherry tomatoes, sliced radishes, and gently toss to combine. Add dressing and toss to combine all flavors.

**Chef’s Tip:** Both barley and farro have pleasantly chewy and nutty in texture and make great additions to salads, pilafs, curries, soups, stir fries and risottos. You can swap either grain for what you have on hand—quinoa, brown rice, and even pasta would work great.

**Nutrition Info (per ½ cup serving):** 97 cal, 2.3 g fat, <1 g sat fat, 15 g carbs, 3 g fiber, 75 mg sodium, 4 g protein

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**Margherita Pizza**

(vegetable | grain | dairy)

Yields: 8 servings

**Cook Time:** 15 minutes

**Ingredients:**

- 1 each frozen whole grain pizza dough
- ½ cup pizza sauce
- 1 cup diced tomatoes
- 1 cup mozzarella cheese
- 1 ½ tsp Italian seasoning
- ¼ cup basil, cut into strips

**Instructions:**

- Place dough on slightly oiled sheet pan, cover in plastic wrap and place in fridge overnight to thaw. Take dough out of the fridge and let proof at room temp for approximately 30-60 minutes.
- Preheat oven to 450F.
- Once thawed, flour your clean counter. Gently stretch into dough into desired shape to fit pan. Prick dough all over with a fork.
- Top dough evenly with tomato sauce, diced tomatoes, cheese, and Italian seasoning.
- Place pizza in center of oven and cook for 15-20 minutes, until crust is brown, and cheese is bubbly.

- Let pizza rest for 5 minutes. Top with basil and serve.

**Nutrition Tip:** Pile your pizza high with other fresh veggies you have on hand. If you have some salad greens, toss in a little bit of olive oil, vinegar or lemon juice and pinch of salt. Top fully cooked pizza with fresh greens and serve.

**Nutrition info (per slice):** 294 calories, 7 g fat, 4 g saturated fat, 497 mg sodium, 43 g carbohydrate, 14 g protein, 3 g fiber.

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## SNACKS

### Barbeque Popcorn

(grain)

**Yield:** 2 cups

**Cook Time:** 5 minutes

#### Ingredients:

- 2 cup popcorn kernels
- 4 tbsp canola oil
- 4 tbsp olive oil
- 2 tsp onion powder
- 1 tsp ancho chili powder, ground
- 1/8 tsp ground cumin
- 1/4 tsp ground black pepper
- 2 tbsp grated parmesan cheese
- 2 oz barbecue sauce

#### Instructions:

- Prepare popcorn with canola oil and heat covered until popped on stove top.
- In a small bowl, combine onion powder, chili powder, black pepper, cumin, BBQ sauce and oil. In a large bowl, toss the popcorn with barbecue sauce mixture and sprinkle with parmesan cheese.

**Nutrition Tip:** Did you know popcorn is a whole grain? You can flavor your popcorn with any spice and herb combo you love. You can substitute kernels for microwavable popcorn bags for a faster, no mess solution.

**Nutrition Info Per Serving:** 100 calories, 5 g total fat, 15 g of carbs, 4 g fiber, 52 mg of sodium, 3 g protein

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### Peanut Butter Energy Bites

(protein | grain)

**Yield:** 4 servings of 2 bites

**Cook Time:** 10 minutes

#### Ingredients:

- 1/3 cup dry oatmeal

- 2 tsp chia seeds
- 2 oz bittersweet chocolate chopped
- 2 tsp 100% pure maple syrup
- 3 Tbsp unsweetened shredded coconut
- ¼ cup creamy peanut butter

**Directions:**

- Rough chop the chocolate and combine all of the ingredients in a mixing bowl. Mix well with a spoon.
- Portion into ¾ ounce pieces and roll into a ball. Repeat until all are formed. Place on a plate and refrigerate for at least 30 minutes. Can also eat as they are, they will just firm up a bit.
- Serve – 2 each per snack

**Chef’s Tip:** Many of these ingredients can be swapped to include items you have in the pantry. Substitutions for maple syrup include honey or agave. You can even add chopped dried fruit.

**Nutrition Info Per Serving:** 260 calories, 10.6 g fat 39 carbs, 4.2 g fiber 140 mg sodium, 7.7 g protein

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## Peanut Butter Banana and Soy Smoothie

(fruit | dairy)

**Yield:** 1, 12 oz smoothie

**Cook Time:** 5 minutes

**Ingredients:**

- 1 tbsp creamy peanut butter
- 1 whole banana, sliced
- ½ cup ice cubes
- ½ cup soy milk

**Instructions:**

- Place all ingredients into a blender and puree until smooth. Serve Immediately.

**Nutrition Tip:** Make this for breakfast! Up the protein with a scoop of protein powder.

**Nutrition Info Per Serving:** 265 calories, 10.7 g fat, 37 g carbs, 4.4 g fiber, 135 mg sodium, 8.8 g protein

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## THREE INGREDIENT DESSERTS

**Nutrition Tip:** Dessert can be both delicious and nutritious! With just a few ingredients, you can whip up something the whole family will love without a lot of time spent in the kitchen. Bonus—you’ll add a serving of fruit to your family’s diet!

### Strawberries & Cream Trifle

(fruit | dairy)

**Ingredients:**

- Angel food cake, cubed
- Vanilla Greek yogurt

- Frozen strawberries

**Instructions:**

1. Alternate layers of cubed cake, yogurt and frozen strawberries in a large bowl. Serve immediately or cover with plastic wrap and set in fridge for up to 2 hours.
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**Roasted Stone Fruit****(fruit)****Ingredients:**

- Plums, peaches or nectarines, cut in half and pitted
- Honey or agave nectar
- Fresh basil, torn or julienned

**Instructions:**

1. Preheat oven to 425.
  2. Place cut fruit in a large baking dish lined with parchment paper and brush with a little bit of olive oil. Roast fruit for 25 minutes.
  3. Place fruit on serving dish and drizzle honey or agave then top with fresh basil. Serve immediately.
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**Fruit & Nut Bark****(fruit)****Ingredients:**

- Dark chocolate (70% cacao)
- Dried cherries
- Pistachios, shelled

**Instructions:**

1. Create a double boiler with a medium saucepan fitted ovetop with a glass bowl or smaller saucepan. Fill bottom saucepan with water, leaving about 1-2 inches of space between the top pans. The water should not touch the bottom of the top pan.
2. Roughly chop cherries and nuts.
3. Over medium heat, gently heat the chocolate until it melts, stirring frequently with a heat-resistant spatula.
4. Line a cookie sheet with parchment paper and lightly spray with cooking spray. Pour melted chocolate over parchment. Spread as needed with a spatula.
5. Sprinkle fruit and nuts onto bark. Place in refrigerator until bark sets, approximately 30 minutes.
6. Peel off parchment and break into pieces. Serve immediately or place in airtight container.