

Simple & Healthy Dinners

Gazpacho

- 1 pound tomatoes (4 large), cut into chunks
- 1 cucumber, peeled and cut into chunks
- ¼ olive oil
- 2 tablespoons sherry
- 1 clove garlic
- 1 cup of water
- Shrimp
- Avocado
- Ice cubes (optional)

1. Combine all ingredients in blender, including juice of tomatoes
2. Process until smooth, adding water if necessary
3. Season with salt and pepper, then serve or refrigerate, garnished with shrimp and avocado. (Optional: Serve with whole grain bread.)

Tuna or Salmon Wrap

1. Combine white beans, canned tuna or salmon.
2. Drizzle with balsamic vinegar and place in Flatout® wrap.
3. Top with lettuce and tomato.

Flatout Pizza

1. Bake Flatout wrap on cookie sheet for 2 minutes at 350.
2. Cover with marinara sauce, shredded cheese, and veggies of your choice (sliced mushrooms, spinach, basil, and peppers work well)
3. Bake for 5 minutes or until cheese is melted.

Niçoise salad

1. Lightly steam green beans or asparagus.
2. Arrange on a plate with chickpeas, canned tuna, hard-boiled eggs, a green salad, sliced cucumber and tomato.
3. Dress with oil and vinegar.

Couscous and Chickpea Salad

1. Cook 1 box of Nile East Couscous mix according to box (usual cook time = 5 minutes)
2. Allow to cool.
3. Add 1 can of chickpeas, raw vegetables of your choice (peppers, tomatoes, and cucumbers are recommended), and marinated artichoke hearts.
4. Drizzle with lemon juice.

15-minute Corn and Bean Chili

- 2 teaspoons salt-free chili powder blend (such as The Spice Hunter)
- (14-ounce) package frozen seasoned corn and black beans
- 2 cans pinto beans
- 14oz fat-free, less-sodium beef broth (or one bullion cube dissolved in 1.5 cups of water)
- 15oz can seasoned tomato sauce for chili (such as Hunt's Family Favorites)
- Sliced green onions (optional)
- Shredded Cheese (optional)

1. Combine beef and chili powder blend in a large pot. Cook 6 minutes over medium-high heat or until beef is dethawed, stirring to crumble. Drain and return to pan.
2. Stir in frozen corn mixture, broth, and tomato sauce; bring to a boil. Cover, reduce heat, and simmer 10 minutes. Uncover and simmer 5 minutes, stirring occasionally.
3. Ladle chili into bowls. Top each serving with cheese and onions, if desired.

Quick Taco Salad

- Lean ground beef
- Taco seasoning
- ½ onion, chopped
- Romain lettuce
- Tomatoes, chopped
- Shredded cheese
- Salsa

1. Brown ½ lb. lean ground beef with 1 packet taco seasoning mix.
2. Add onion.
3. While beef is cooking, chop romaine lettuce and tomatoes.
4. Drain beef and onion mix. Let cool. Save half for another meal.
5. Top salad with beef, cheese, and salsa.
6. Drizzle with salad dressing.

Stuffed Peppers

- ½ lb lean ground beef
- ½ cup uncooked brown rice
- 1 cup water
- green bell peppers
- 1 (8oz) can tomato sauce
- 1 tablespoon Worcestershire sauce
- 1 teaspoon garlic powder

1. Preheat oven to 350.
2. Cook rice according to directions.
3. Remove and discard the tops, seeds, and membranes of bell peppers. Arrange peppers in a baking dish. Microwave 2-3 minutes to shorten baking time.
4. In a bowl mix rice, beef, and remaining ingredients.
5. Fill peppers with mixture and bake for 35 minutes or until peppers are soft. Top with shredded cheese and bake for 5 additional minutes.

Shrimp Stir Fry

- Shrimp
- Brown Rice
- Frozen Vegetable stir fry mix
- Soy Vai Teriyaki Sauce

1. Cook rice according to bag or box.
2. While rice is cooking, sauté chicken breast over medium heat.
3. When chicken is done (juice runs clear when poked with a fork), remove from pan. Add vegetables to pan and sauté until cooked.
4. Slice chicken and add back to pan with veggies.
5. Serve chicken and veggie mix over rice with 2 tablespoons teriyaki sauce.

Tilapia, Brown Rice, and Steamed Veggies

- Tilapia filet
- Lemon
- Italian Seasoning
- Brown Rice
- Mixed Frozen Veggie Blend
- Salt and pepper

1. Preheat oven to 350. Place tilapia filet in baking or glass dish coated with cooking spray. Squeeze lemon juice over the top. Sprinkle with seasoning. Bake for 15 minutes or until fish flakes easily.
2. While fish bakes, cook brown rice on the stove top.
3. Steam veggies; add salt and pepper to taste.

Baked Lemon Salmon

- Minced garlic
- 1 tablespoon canola oil
- 1 teaspoon dried basil
- Salt and Pepper
- tablespoons lemon juice
- Salmon filet

1. Preheat oven to 375. Coat glass baking dish with 1 tablespoon canola oil.
2. Place salmon in dish and cover with garlic, basil, and lemon juice. Sprinkle with salt and pepper.
3. Bake for 20-25 minutes or until salmon flakes easily. (Cooking time varies with size of salmon)
(Optional: Serve with salad and quinoa)

Meatless Options

Fiesta Baked Potatoes

- Baked potato
- Canned black or pinto beans
- Frozen pepper slices
- Cheese
- Salsa

1. Bake potatoe(s) in oven or microwave; sauté frozen peppers on stove top.
2. Drain and rinse pinto or black beans.
3. Top baked potato with 1/2 cup black or pinto beans, salsa, peppers and shredded cheese.

One Pot Rice, Lentil, and Veggie Mix

- 1 box of Near East Rice & Lentil mix
- 1 can fire-roasted tomatoes
- 1 bag (or 3 cups) fresh or frozen broccoli

1. Cook rice-lentil mix according to package.
2. Add broccoli to pot when rice mix has 3-4 minutes left to cook; add extra water if necessary.
3. Mix in fire-roasted tomatoes and serve.

White Bean & Cauliflower Pasta

- Whole wheat pasta
- Canned cannellini or garbanzo beans
- Marinara Pasta Sauce
- 1 bag or 3 cups chopped cauliflower

1. Cook 1/2 of whole-wheat pasta box according to package; add cauliflower to pasta when there's 3-4 minutes left to cook.
2. Strain pasta and broccoli.
3. Pour back into pot; add marinara sauce and 1 can of cannellini or garbanzo beans.

Corn & Bean Quesadillas

- Corn tortillas
- Shredded cheese
- 1 bag frozen bean, corn, onion, and pepper mix
- Salsa
- Cilantro

1. Microwave frozen bean and corn mix; drain.
2. Cook quesadilla on stove top until cheese is melted.
3. Add beans and corn to quesadilla. Top with salsa and cilantro if desired.
(Optional: Serve with side salad)

Veggie and Potato Omelet

- 2 teaspoons extra-virgin olive oil, divided
 - 1 cup diced cooked potatoes
 - 1 4-1/2-ounce can chopped mild green chiles
 - 4 large eggs + 1/4 cup egg whites
 - 1 tspn cumin
 - 1/4 teaspoon salt, or to taste
 - pepper, to taste
 - 1/2 cup grated mozzarella
 - 1/2 cup chopped onion
 - Any other veggies of your choice: mushrooms, zucchini, spinach, or peppers
1. Heat 1 teaspoon oil in a 10-inch nonstick skillet over medium-high heat. Add potatoes and cook until golden brown, shaking the pan and tossing the potatoes from time to time, 3 to 5 minutes. Stir in chiles and transfer to a plate. Wipe out the pan.
 2. Blend eggs, hot sauce, salt and pepper with a fork in a medium bowl. Stir in cheese, onions and the potato mixture.
 3. Set a rack about 4 inches from the heat source; preheat the broiler.
 4. Brush pan with remaining 1 teaspoon oil; heat over medium heat. Pour in egg mixture. Reduce the heat to medium-low and cook until the bottom is light golden, lifting the edges to allow uncooked egg to flow underneath, 3 to 4 minutes. Place the pan under the broiler and cook until the top is set, 1 1/2 to 2 1/2 minutes.