

COOKING TO THRIVE: DINNER RECIPES

SERVINGS:

4

PREPARE TIME:

20 MINUTES

COOKING TIME:

20 MINUTES

PECAN CRUSTED TILAPIA

INGREDIENTS:

1/2 cup dry breadcrumbs
2 tablespoons, pecans, finely chopped
1/2 teaspoon salt
1/4 teaspoon garlic powder
1/4 teaspoon black pepper
1/2 cup low-fat buttermilk
1/2 teaspoon hot sauce (optional)
3 tablespoons all-purpose flour
4 (6-ounce) tilapia or snapper fillets
1 tablespoon extra-virgin olive oil, divided
4 lemon wedges (optional)

DIRECTIONS:

Combine first 5 ingredients in a shallow dish. Combine buttermilk and hot sauce in a medium bowl; place flour in a shallow dish. Dredge 1 fish fillet in flour. Dip in buttermilk mixture; dredge in breadcrumb mixture. Repeat procedure with remaining fillets.

Heat 1 1/2 teaspoons oil in a large non-stick skillet over medium-high heat. Add 2 fillets; cook 3 minutes on each side or until fish flakes easily when tested with a fork. Repeat procedure with remaining oil and fillets. Serve with lemon wedges.

Tip: Use Parmesan cheese in place of the pecans for those who cannot eat nuts.

Recipe Source: www.CookingLight.com

SIDE DISH: EASY ROASTED VEGGIES

Roasting vegetables is quick and easy!

Veggies that are best for roasting include the following: carrots, broccoli, cauliflower, beets, parsnips, potatoes, yams, onions, and Brussel sprouts.

DIRECTIONS: Place raw veggies on a baking sheet lined with aluminum foil. Drizzle a few teaspoons of extra-virgin olive oil over the vegetables and toss. Bake in the oven at 400 degrees for 20-25 minutes or until you are able to pierce vegetables with a fork.

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PREPARE TIME:

15-20 MINUTES

COOKING TIME:

40-45 MINUTES

BUTTERNUT SQUASH SOUP

INGREDIENTS:

3 ½ cups butternut squash, peeled and cubed

1 tablespoon butter

¾ cup carrot, chopped

½ cup sweet onion, chopped

2 ½ cups low-sodium chicken broth

¼ cup half-and-half or whole milk

¼ teaspoon salt



DIRECTIONS:

Melt the butter in a large saucepan over medium-high heat. Add the squash, carrot, and onion; sauté for 12 minutes. Add chicken broth and bring to a boil. Cover, reduce heat, and simmer for 30 minutes. Remove from heat; stir in the half-and-half and salt.

Place the squash mixture in a blender. Remove the center piece of the blender lid (to allow steam to escape) and secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth.

Recipe Source: CookingLight.com

SERVINGS:

4

PREPARE TIME:

10-15 MINUTES

COOKING TIME:

10-15 MINUTES

PIZZA NIGHT

You can make one large pizza or several personal pizzas, so each person can choose their own toppings!

INGREDIENTS:

1 whole grain pizza crust (12 inches)

2 cups mozzarella cheese, shredded

1 cup pizza sauce

1 cup of chopped veggies (such as tomato, mushrooms, onions, green peppers)

Fresh or dried herbs such as basil and oregano

DIRECTIONS:

Follow oven directions listed on the pizza crust. Spread tomato sauce on the crust. Top with cheese and the remaining toppings. Add the basil and oregano or any other favorite seasonings!

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20 MINUTES

COOKING TIME:

10-20 MINUTES

CHICKEN SALAD with STRAWBERRIES and FETA

This refreshing salad helps color your plate and is easy to serve to your family.

INGREDIENTS:

3 tablespoons extra-virgin olive oil, divided
3 tablespoons white balsamic vinegar*, divided
4 (6-ounce) skinless, boneless chicken breast halves
1/2 teaspoon kosher salt, divided
1/2 teaspoon freshly ground black pepper, divided
Cooking spray
1/8 teaspoon sugar
2 cups halved strawberries
4 cups baby arugula
1/2 small red onion, very thinly sliced
1.5 ounces feta cheese, crumbled (about 1/3 cup)

DIRECTIONS:

Combine 2 tablespoons oil and 2 tablespoons vinegar in a large zip-top plastic bag. Add chicken to bag; seal. Let stand 10 minutes, turning occasionally.

Heat a grill pan or skillet over medium-high heat. Remove chicken from marinade; discard marinade. Sprinkle chicken with 1/4 teaspoon salt and 1/4 teaspoon pepper. Coat pan with cooking spray. Add chicken to pan; cook 5 minutes on each side or until done (an instant-read thermometer registers at least 165 degrees). Cut into slices.

Combine 1 tablespoon oil, 1 tablespoon vinegar, 1/4 teaspoon salt, 1/4 teaspoon pepper, and sugar in a large bowl; stir with a whisk. Add strawberries; toss to coat. Add arugula and onion to strawberry mixture; toss gently to combine. Sprinkle feta over salad. Divide salad among 4 plates; top evenly with sliced chicken.

*Tip: Try using any type of vinegar you have on hand, such as regular balsamic or apple cider vinegar.

GET CREATIVE WITH YOUR SALADS!

Set out different salad toppings, such as shredded carrots, blueberries, orange segments, or sweet peas and let your child choose his or her favorites for a fun and tasty salad!

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15 MINUTES

COOKING TIME:

15 MINUTES

FISH TACOS with MANGO SALSA

INGREDIENTS:

Mango Salsa:

½ cup mango, peeled and cubed
½ cup green pepper, chopped
2 tablespoons red onion, chopped
4 teaspoons fresh cilantro, chopped
1 teaspoon fresh lemon juice
¼ teaspoon black pepper
¼ teaspoon chili powder

Tacos:

2 (6-ounce) tilapia fillets
Cooking spray
½ teaspoon Old Bay seasoning

4 (8-inch) whole wheat flour tortillas
1 cup mixed salad greens

DIRECTIONS:

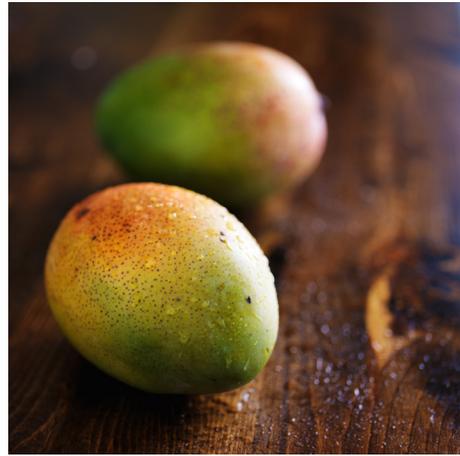
Prepare salsa by combining the salsa ingredients listed above in a small bowl. Toss well and set aside.

Place the fish on a broiling pan coated with cooking spray. Sprinkle seasoning evenly over the fish. Broil it for 6 minutes or until desired degree of doneness.

Heat a non-stick skillet over medium heat. Lightly coat tortillas with cooking spray and toss into the skillet one at a time. Cook for one minute on each side.

Divide the fish evenly among the tortillas and top with salsa and salad greens.

Recipe Source: www.EatingWell.com



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PREPARE TIME:

15 MINUTES

COOKING TIME:

15-20 MINUTES

CHICKEN PARMESAN BURGERS

INGREDIENTS:

1 pound ground chicken
1 cup breadcrumbs
1 large egg, lightly beaten
1/4 cup spaghetti sauce
1/2 cup part-skim mozzarella cheese, shredded
1 tablespoon grated onion
Hamburger rolls (whole wheat)

DIRECTIONS:

In a medium bowl, mix all of the ingredients together except for the hamburger rolls. Shape the mixture into four patties. Cook each patty in a skillet over medium heat; cook each side for 5-7 minutes until cooked through (instant read thermometer should register at least 165 degrees).

Serve the patties on hamburger rolls. Top with additional mozzarella and tomato sauce.

Recipe Source: Adapted from www.Epicurious.com

COOKING TO THRIVE: DINNER RECIPES

SERVINGS:

6

PREPARE TIME:

10 MINUTES

COOKING TIME:

30 MINUTES

SKILLET LASAGNA

INGREDIENTS:

1 pound lean ground beef (or ground turkey)
2 cloves garlic, minced
8 lasagna noodles, broken into 2-inch pieces
1 (26-ounce) jar spaghetti sauce (about 3 cups)
2 cups water
1/3 cup part-skim mozzarella cheese, shredded
1/4 cup Parmesan cheese, grated
3/4 cup part-skim ricotta cheese

DIRECTIONS:

Cook beef in a 12-inch non-stick skillet over medium-high heat until no longer pink. Drain meat and return it to skillet. Stir in garlic and cook for about 30 seconds.

Add broken noodles into skillet, then pour in tomato sauce and water. Cover and cook at a simmer, stirring often, for about 20 minutes or until noodles are tender.

Remove from heat. Stir in half of the mozzarella, half of the Parmesan, and the ricotta. Season with salt and pepper. Sprinkle with the remaining mozzarella and Parmesan. Cover and let stand until the cheeses melt (3 to 5 minutes).

Recipe Source: www.AmericasTestKitchen.com

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6

PREPARE TIME:
10 MINUTES

COOKING TIME:
30 MINUTES

CHICKEN and MIXED VEGETABLES WITH GRAVY

INGREDIENTS:

3 cups of low-sodium chicken broth
1 1/2 pounds of boneless, skinless chicken breasts
3 tablespoons of margarine or unsalted butter
1/2 cup all-purpose flour
1 cup low-fat milk
3 cups frozen mixed vegetables

DIRECTIONS:

Place the chicken in a large pot or skillet and cover with the chicken broth. Bring to a simmer over medium-high heat and let cook, about 8-10 minutes, until the chicken is cooked through (instant read thermometer should register at least 165 degrees). Remove the cooked chicken pieces to a bowl and set aside to cool. Pour the broth into a liquid measuring cup and set aside. Once the chicken is cool, shred into bite-sized pieces.

Melt the margarine or butter over medium heat. When it is melted, whisk in the flour until smooth. Slowly whisk in the chicken broth and the milk. Bring the mixture to a simmer, stirring often, and cook until the sauce thickens. Stir in the frozen mixed vegetables and shredded chicken. Continue to simmer, stirring frequently, about 5-10 minutes or until the vegetables are heated through.

Try serving over mashed potatoes, quinoa, or brown rice.

Recipe Source: The Cook's Illustrated Cookbook

How to make healthier choices more appetizing to children:

Introducing new healthier choices to your child can be fun when you let your creative side takeover! Cut pineapple slices into a flower shape and scoop melon into balls to make flowers. Serve a piece of peanut butter toast and use banana and apple slices to make funny faces on each slice of bread. If trying a new fruit or vegetable, serve it with a small amount of a favorite yogurt or vinaigrette dressing. If your child does not like it at first, that is ok! It can take a couple tries for your child to like a new fruit or vegetable. Continue to serve it in different ways and at different meals, so your child can keep trying it.

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COOKING TIME:

25 MINUTES

QUICK SHEPHERD'S PIE

INGREDIENTS:

1 pound Yukon Gold potatoes, cut into 1-inch chunks (peel potatoes if desired)
1/4 cup low-fat milk
2 tablespoons butter
1/2 teaspoon salt and pepper, divided
1 tablespoon extra-virgin olive oil
1 pound lean ground beef or lamb
1 medium onion, finely chopped
2 cups chopped carrots
3 tablespoons all-purpose flour
1 tablespoon chopped fresh oregano (or 1 teaspoon of dried oregano)
1 14-ounce can reduced sodium chicken broth
1 cup frozen corn, thawed

DIRECTIONS:

Bring 2 inches of water to a boil in a large pot fitted with a steamer basket. Add potatoes and steam until tender, 10 to 12 minutes. Drain and return the potatoes to the pot. Add milk, butter, and 1/4 teaspoon each of salt and pepper. Mash together to create a chunky consistency. Cover to keep warm.

Meanwhile, heat oil in a large nonstick skillet over medium-high heat. Add beef, onion, carrots, and the remaining 1/4 teaspoon each of salt and pepper; cook and stir, until the beef is no longer pink, 6 to 8 minutes. Sprinkle flour and oregano over the mix; cook and stir for 1 minute. Add the broth and corn; bring to a simmer and cook, stirring, until thickened, 3 to 5 minutes more. Ladle the beef stew into 4 bowls and top with the potatoes.

Recipe Source: www.EatingWell.com

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COOKING TIME:

25 MINUTES

MAPLE MUSTARD PORK TENDERLOIN with APPLES

INGREDIENTS:

2 (1/2-pound) pork tenderloins

Cooking spray

¼ cup Dijon mustard

6 tablespoons maple syrup, divided

1 tablespoon chopped fresh or 1 teaspoon dried rosemary

½ teaspoon salt

¼ teaspoon pepper

4 medium Granny Smith apples, each peeled and cut into 16 wedges

DIRECTIONS:

Preheat oven to 425 degrees. Trim fat from pork. Place pork on a broiler pan coated with cooking spray. Combine the mustard, 2 tablespoons of maple syrup, rosemary, salt, and pepper in a small bowl; brush over pork. Insert a meat thermometer into thickest part of the pork. Bake for 25 minutes or until an instant read thermometer registers 145 degrees (slightly pink).

While the pork is baking, heat a non-stick skillet over medium-high heat until hot. Add the apples, and sauté for 5 minutes or until lightly browned. Reduce the heat to low and add the 4 remaining tablespoons of the maple syrup. Simmer 10 minutes or until the apples are tender, stirring occasionally. Cut the cooked pork crosswise into slices; spoon the cooked apples over pork.

Recipe Source: www.CookingLight.com

SIDE DISH: BAKED POTATOES

Baked potatoes are an easy side dish, and children can add their favorite toppings!

INGREDIENTS: Idaho or Russet potatoes, cooked broccoli or cauliflower florets*, and shredded cheese

DIRECTIONS: Preheat the oven to 425 degrees. Scrub and wash the potatoes. Poke two holes in each potato. For added taste, lightly coat each potato with olive oil and a bit of salt. Wrap the potatoes in foil and place directly on an oven rack or on a rimmed baking sheet and bake for about one hour. Potatoes are ready when you can pierce the potato with slight or no resistance with a fork. **CAUTION:** The cooked potato will be very hot so use caution when handling the potato.

Slice the potato lengthwise and top with vegetables and shredded cheese. Season with your favorite spices. Additional topping ideas: black beans, corn, salsa, low-fat sour cream and chives, tofu, and avocados. Additional Suggestion: Try using sweet potatoes in place of white potatoes!

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8

PREPARE TIME:
15 MINUTES

COOKING TIME:
30 MINUTES

QUINOA ENCHILADA BAKE with BLACK BEANS and SQUASH

INGREDIENTS:

2 tablespoons extra-virgin olive oil
1 yellow onion, chopped
1 red bell pepper, diced
3 cloves garlic, minced
1 lime, juiced
1 teaspoon cumin
2 teaspoons chili powder
1/4 cup fresh cilantro, chopped
2 1/2 cups quinoa, cooked
2 (15 -ounce) cans black beans, drained and rinsed
2 1/2 cups butternut squash, cubed and roasted
2 cups shredded Mexican or cheddar cheese
1 (12-ounce) jar red enchilada sauce
1 medium avocado, sliced



DIRECTIONS:

Preheat oven to 350 degrees. In a large skillet over medium heat, sauté onion until softened. Add the bell pepper and continue to sauté until the pepper has softened. Add the garlic, lime juice, cumin, and chili powder. Cook and stir another minute. Remove from heat.

Transfer vegetable mixture to a large bowl. Add cilantro, quinoa, black beans, butternut squash, and 1/2 cup of the cheese; and toss with the enchilada sauce to coat.

Smooth quinoa mixture into a 9 x 13-inch baking dish with a rubber spatula and cover the top with the remaining cheese. Bake covered for 20 minutes, then bake uncovered for 10 minutes until bubbling. Serve warm with avocado on top.

How to roast butternut squash: Preheat oven to 400 degrees. Place cubed butternut squash in a baking pan and toss with 2 tablespoons olive oil. Roast for 15 minutes or until tender.

How to cook quinoa: Rinse 1 cup of quinoa in cold water. In a saucepan, bring quinoa to a simmer in 2 cups of water. Cover and reduce heat to low. Simmer until the water has been absorbed, and quinoa is cooked.

Recipe Source: www.YummyMummy.com

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COOKING TIME:

20 MINUTES

BROWN RICE with CHICKEN and VEGETABLES

INGREDIENTS:

3 tablespoons low-sodium soy sauce
1/4 cup water
1 tablespoon honey
1 tablespoon cornstarch
1 1/2 tablespoons canola or corn oil
1 pound boneless chicken breast, cut into 1-inch cubes
2 cloves garlic, minced
1 small white onion, cut into small wedges (about 1/8-inch thick wedges)
3 medium carrots, peeled and thinly sliced diagonally (1 cup total)
1 1/2 cup small broccoli florets
1 medium red bell pepper, cut into 1-inch pieces
3 cups hot cooked brown rice

DIRECTIONS:

Mix soy sauce, water, honey, and cornstarch in a small bowl; set aside.

Heat the oil in a wok or large skillet. Add minced garlic; sauté about one minute until the garlic is golden. Add the chicken; cook about 5-6 minutes then push the chicken to the side. Add the onions to the center of skillet; cook until slightly tender and push to the side. Continue this process with the carrots, broccoli, and peppers; place each in the center of the pan, cook until slightly tender, and push to the side.

Pour soy sauce mixture into the center of skillet. Leaving other ingredients at the sides of the pan, stir the sauce until it thickens. Mix in with vegetables and chicken. Serve immediately over cooked brown rice.

Recipe Source: www.USARice.com

Make two meals out of one!

Using leftovers is an easy way to spend less time cooking and to make more time to spend as a family. When cooking, double the servings to make leftovers. For example, you can double the whole grain and add in different vegetables, fruits, proteins, or dairy for lunch or dinner the next day.

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COOKING TIME:

20 MINUTES

ESCAROLE and ORZO SOUP with TURKEY MEATBALLS

INGREDIENTS:

For the meatballs:

- 1 large egg, lightly beaten
- 2 tablespoons low-fat milk
- 1/4 cup plain breadcrumbs
- 12 ounces lean ground turkey or chicken
- 1/4 cup Parmesan cheese, grated
- 2 tablespoons fresh Italian parsley, chopped
- 2 garlic cloves, minced
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

For the soup:

- 8 cups low-sodium chicken broth
- 1 cup carrots, chopped
- 3/4 cup orzo or other small pasta
- 4 cups escarole, coarsely chopped

DIRECTIONS:

In a medium bowl, stir together the egg, milk, and breadcrumbs; let stand about 5 minutes so that the breadcrumbs become soft. Add the ground turkey, Parmesan cheese, parsley, garlic, salt, and pepper; gently stir to blend. Shape the mixture into 1-inch meatballs. Place the meatballs on a baking sheet and refrigerate.

Bring the chicken broth to a boil in a large pot. Add the carrots and orzo; reduce the heat to medium and simmer uncovered for about 5 minutes. Add the meatballs and simmer 10-15 minutes or until the meatballs and orzo are tender. Add the escarole and simmer until tender (about 3-5 minutes).

Tip: You can also use almost any other green in this soup - try using kale, spinach, or collard greens!

Recipe Source: www.Epicurious.com

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COOKING TIME:

25 MINUTES

TEX-MEX SKILLET

INGREDIENTS:

1 pound lean ground beef, chicken, or turkey
1 medium green bell pepper, diced
2 cloves garlic, minced
1 (12-ounce) bag frozen corn
1 (15½-ounce) can black beans, drained and rinsed
½ cup water
¾ teaspoon chili powder
¼ teaspoon salt
¼ teaspoon ground cumin
Pinch ground black pepper

Salsa:

1 large tomato, chopped
1 small jalapeño pepper, diced
½ medium red onion, diced

2-ounces low-fat cheddar cheese, shredded
½ medium head of lettuce, chopped
8 (6-inch) whole wheat flour tortillas

DIRECTIONS:

In a large skillet over medium-high heat, cook the meat, bell pepper, and garlic until the meat is lightly browned. Drain it to remove the fat.

Return the meat mixture to the pan and stir in the frozen corn, beans, water, and spices. Bring the mixture to a boil. Lower the heat and cover the pan. Simmer for 10 minutes or until most of the liquid is gone.

While the meat mixture is simmering, make the salsa. In a small bowl, add the jalapeño, tomato, and onion. Stir and set aside.

Divide the meat mixture evenly among the 8 tortillas. Top each with grated cheese, salsa, and lettuce. Roll up and serve.

Recipe Source: www.ChooseMyPlate.gov