

meals in minutes

20 Dietitian approved meals in under **30** minutes for you and your family.



 **registered
dietitian team**



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■ **Vegetarian Taco Bowl** | 4-6 Servings

Ingredients

- 1 cup dry instant brown rice
- ½ package Mrs. Dash sodium-free taco seasoning
- 15 oz. can no-salt added black beans, drained and rinsed
- 1 lb. bag frozen Food Club mixed vegetables, steamable
- 10 oz. can diced tomatoes with chilies, drained
- 8 oz. bag reduced fat shredded cheese

Optional

- salsa
- plain, non-fat, Greek yogurt

Directions

1. Cook instant brown rice according to package directions.
2. When rice is cooked, add ½ package Mrs. Dash taco seasoning. Set aside.
3. Steam the frozen vegetables according to package instructions. Set aside.
4. Build your own taco bowl: start with brown rice, layer with black beans, vegetables, diced tomatoes, and shredded cheese.
5. Top with non-fat plain Greek yogurt & salsa.

■ **Fajitas in a Flash** | 4-6 Servings

Ingredients

- 2 Tbsp. olive oil, divided
- 12-16 oz Crazy Fresh Fajita blend vegetables from produce area (or pick up a bag of frozen fajita blend vegetables!)
- 1 lb. chicken breast, cut into thin strips
- 1 packet Mrs. Dash Fajita Seasoning
- ⅓ cup water
- 1 package whole wheat tortillas

Optional

- pico de gallo
- light sour cream
- avocado slices
- cilantro

Directions

1. Heat 1 Tbsp. olive oil in a large skillet over medium heat. When hot, add vegetables and cook until they soften, about 6-10 minutes, take out and set aside.
2. Add remaining 1 Tbsp. olive oil and heat for about 30 seconds in the pan. When hot, add chicken and cook until the center reaches 165°F, about 6-10 minutes.
3. Add the vegetables back in the pan. Then, add the fajita seasoning and water. Stir well. Cook for another 2 minutes.
4. To serve, divide the fajita mixture evenly into the tortillas and top with pico de gallo, sour cream, avocado slices and chopped cilantro.

■ **Lentil Tacos** | 6-8 Servings

Ingredients

- 1 cup Full Circle red lentils
- 1/3 packet Mrs. Dash taco seasoning
- 8 -10 romaine leaves, leave whole (*these will be your 'shells'*)
- 1 cup reduced-fat shredded cheese
- 10 oz. container Crazy Fresh pico de gallo
- 5.3 oz. container non-fat plain Greek yogurt

Directions

1. Cook lentils according to package directions.
2. Once lentils are cooked, add Mrs. Dash taco seasoning and stir until lentils are evenly coated.
3. Build your own tacos: start with romaine leaves as your taco shell. Then layer with lentils, shredded cheese, pico and plain, non-fat Greek yogurt.

■ **Super Easy Salmon Tacos** | 4-6 Servings

Adapted from: Salt & Lavender

Ingredients

- 8 corn tortillas
- 1/2 lb. salmon
- 1 tsp. olive oil
- 2 tsp. garlic powder
- 2 tsp. ground cumin
- 1/2 tsp. chili powder (*more if you like spicy*)

Sauce *if you want to save time purchase Bolthouse Farms Cilantro Avocado dressing*

- 1 cup plain, non-fat Greek yogurt
- juice from 1/2 of a lime
- 2 cloves of garlic, minced
- 1/2 cup fresh cilantro, chopped

Toppings

- 1 avocado, diced
- diced tomato
- chopped red onion
- shredded lettuce
- lime wedges

Directions

1. Preheat oven to 375°F and move the rack to the middle position. Wrap corn tortillas in foil and let them warm up in the oven for about 5-10 minutes.
2. Place salmon on a baking sheet and season with olive oil, garlic powder, ground cumin, and chili powder. Bake for 10-15 minutes, or until salmon flakes with a fork.
3. While salmon is baking, combine the ingredients for the sauce in a separate bowl and mix together well. You may skip this step if you are using the Bolthouse Farms Cilantro Avocado Dressing.
4. When the salmon is cooked, pull apart into bite size chunks using a fork. Assemble tacos with tortillas, salmon, sauce, and toppings. Enjoy!

■ Grilled Margherita Pizza | 4 Servings

Ingredients

- 1 Golden Homes 100% Whole Grain Pizza Crust
- 7 oz. jar Alessi Premium Sun Dried Tomatoes Julienne Cut in Extra Virgin Olive Oil
- 1 tomato, sliced
- ½ cup chopped basil
- 1 cup reduced-fat shredded mozzarella cheese

Directions

1. Over medium-low heat, grill crust until the bottom is crispy & has a slight char. Once crispy flip crust over.
2. On the grilled side, layer the crust with 1 Tbsp. oil from sun-dried tomatoes, sliced sun-dried tomatoes, fresh tomato slices, chopped basil, and mozzarella cheese.
3. Shut grill and leave until the cheese is melting and the bottom crust is crisping up. About 6 minutes.
4. Remove from the grill and cut into 8 slices.

■ Italian Grilled Chicken Kabobs | 4 Servings

Ingredients

- 2 chicken breasts, cut into 2" cubes
- 2 Tbsp. olive oil, divided
- 2 Tbsp. sodium-free Italian seasoning, divided
- 2 Tbsp. garlic powder
- 1 red bell pepper, cut into 2" squares
- 1 green bell pepper, cut into 2" squares
- 1 red onion, cut into 2" squares
- wooden skewers (*soaked in water for 30 minutes*)

Directions

1. Toss the cubed chicken in a bowl with 1 Tbsp. olive oil, 1 Tbsp. Italian seasoning and 1½ Tbsp. garlic powder.
2. Place cut bell peppers and onions in a separate bowl. Toss with remaining olive oil, Italian seasoning and garlic powder.
3. Build skewers by alternating chicken with peppers and onions.
4. Grill for 15-28 minutes on high heat until chicken is thoroughly cooked, and in the internal temperature reaches 165°F. Rotate as needed.

■ Creamy Lemon Garlic Zucchini Noodles | 2 Servings

Adapted from: lemons+zest

Ingredients

- 1 cup cashews
- ½ cup water
- 1 garlic clove, minced
- juice of ½ a lemon
- 1 tsp. black pepper
- ½ red bell pepper, diced
- 1 package Crazy Fresh or Choppe Shop zucchini noodles
- 1 cup baby spinach
- ½ tsp. crushed red pepper
- 2 Tbsp. olive oil

Directions

1. In a food processor, combine cashews, water, garlic, lemon juice, and pepper. Process until smooth, set aside.
2. In a large skillet, heat olive oil and add in diced red bell pepper and cook until peppers begin to soften, about 4 minutes.
3. Add zucchini noodles and spinach to the skillet, stirring until the spinach starts to wilt. Add half the cream sauce and turn the heat to low.
4. Stir to coat the zucchini noodles mixture evenly. Then add the rest of the sauce and continue to stir.
5. Once the sauce is heated, remove from the stove and serve. Enjoy!

■ Ground Beef & Pasta Skillet Primavera | 4 Servings

Recipe from: Beef. It's What's For Dinner

Ingredients

- 1 lb. 93/7 lean ground beef
- 14 oz. can reduced-sodium beef broth
- 1 cup uncooked whole wheat pasta
- 2 summer squash, cut in half lengthwise, then crosswise into ½ inch slices
- 14 oz. no-salt added diced tomatoes
- 1½ tsp. Full Circle Italian Seasoning

Directions

1. Heat large nonstick skillet over medium heat until hot. Add Ground beef and cook 8-10 minutes, breaking into crumbles and stirring occasionally. Pour off drippings.
2. Stir in broth, pasta, squash, tomatoes and Italian seasoning; bring to a boil. Reduce heat, cover and cook 9-11 minutes, or until the pasta and squash are almost tender and sauce had thickened a bit. Stirring occasionally.

■ **Salmon with Dill Sauce** | 6 Servings

Adapted from: Taste of Home

Ingredients

- 2 lbs. of salmon
- 1½ tsp. salt free lemon-pepper seasoning
- 1 tsp. onion salt
- 1 small onion, sliced into rings
- 6 lemon slices
- ¼ cup unsalted butter, (*Land O'Lakes light butter*)

Sauce

- ⅓ cup non-fat plain Greek Yogurt
- ⅓ cup EVOO Mayo, (*made with extra virgin olive oil*)
- 1 Tbsp. finely chopped onion
- 1 tsp. lemon juice
- 1 tsp. horseradish
- ¾ tsp. dill weed
- ¼ tsp. garlic salt
- Black pepper to taste

Directions

1. Preheat oven to 350°F.
2. Line a baking pan (15" x 10" x 1" works best) with foil, and grease lightly with olive oil cooking spray.
3. Place salmon, skin side down on the foil. Top with lemon-pepper seasoning and onion salt. Add the onion slices and lemon slices. Dot with butter. Fold the foil around the salmon, and seal it tightly.
4. Bake at 350°F for 20 minutes. Open the foil very carefully, allowing the steam to escape.
5. While salmon is baking, combine all the ingredients for the sauce in a separate bowl and mix until smooth. Serve with the salmon.

■ **Pork Chops Raspberry Sauce** | 4 Servings

Adapted from: Allrecipes.com

Ingredients

- ½ tsp. dried thyme, crushed
- ½ tsp. dried sage, crushed
- ¼ tsp. salt
- ¼ tsp. pepper
- 4 - (4 oz.) boneless pork chops
- 1 Tbsp. unsalted butter
- 1 Tbsp. olive oil
- ¼ cup Smucker's Simply Fruit Seedless Red Raspberry spreadable fruit
- 2 Tbsp. 100% orange juice
- 2 Tbsp. white wine vinegar

Directions

1. Preheat oven to 200°F.
2. In a small bowl, combine crushed thyme, sage, salt, and pepper. Rub evenly over the pork chops.
3. Melt butter and olive oil in a large non-stick skillet over medium-high heat. Cook pork chops for about 5 minutes on each side, until pork chops reach an internal temperature of 145°F. Remove from skillet and keep warm in preheated oven,
4. In a small sauce pan, combined raspberry jam, orange juice, and vinegar. Bring to a boil and cook for 2-3 minutes, or until sauce is reduced to desired consistency (it will thicken as it cools). Spoon sauce into a pool on a serving plate and top with pork chops.

■ Peanut Butter Turkey Burgers | 4 Servings

Adapted from: Better Homes & Gardens

Ingredients

- 1 lb. 93/7 lean ground turkey
- 1 Tbsp. olive oil
- ¼ tsp. salt
- ½ tsp. black pepper
- 4 whole wheat hamburger buns
- 4 Tbsp. Food Club natural creamy peanut butter

Directions

1. Pre-heat grill to medium-high heat, about 350°F. In a large bowl, combine the ground turkey, olive oil, salt, and pepper until well blended. Form into 4 burgers, about ¼ lb. each.
2. Grill the burgers for about 6 minutes on each side, until internal temperature reaches 165°F for 15 seconds.
3. In the meantime, toast the buns either on the grill or in a toaster.
4. Top each one with 1 Tbsp. peanut butter.

■ Fiesta Blenditarian Burgers | 4 Servings

Ingredients

- 1 lb. 93/7 lean ground turkey
- 8 oz. mushrooms
- ½ packet Mrs. Dash taco seasoning
- 4 slices Food Club pepper jack cheese
- 4 whole wheat hamburger buns
- 1 Tbsp. extra virgin olive oil
- toppings such as: avocado slices, lettuce, sliced tomato, sliced onions, etc.

Directions

1. Thoroughly wash the mushrooms. Pat dry and put in a food processor. Slowly pulse the mushrooms until they are roughly chopped and similar in size.
2. In a medium skillet, sauté mushrooms with extra virgin olive oil over medium heat for 3-4 minutes. Remove from pan & cool quickly in the refrigerator.
3. In a large bowl, combine the cooled & cooked mushrooms, ground turkey, and taco seasoning, and mix until well blended.
4. Form mixture into 4 patties. Push a dimple into the center of each burger with your thumb.
5. Grill until the center of the burger reaches 165°F, about 10-12 minutes.
6. When the burgers all reach a temperature of 165°F, turn off the grill & add the cheese slices. Close the grill and let the cheese melt for 1-2 minutes.
7. Serve on whole wheat buns, and add your favorite toppings!

■ **Thai Chicken Over Sweet Potato Noodles** | 4 Servings

Ingredients

- 1 lb. chicken breasts
- salt and pepper to taste
- 1 red bell pepper
- 2 cups fresh broccoli florets
- 2 packages sweet potato veggie spaghetti
- 1 Tbsp. olive oil
- 1/3 cup + 1 Tbsp. honey
- 2 1/2 Tbsp. Sriracha
- 1/4 cup Sunbutter
- 1 lime
- 1/3 cup sunflower seeds
- 1 bunch of green onions, sliced

Directions

1. Over medium heat, in a medium greased skillet, add chicken breasts. Season with salt and pepper. Cook chicken for 3-5 minutes per side, or until cooked through.
2. While chicken is cooking, slice red bell pepper into fine strips and chop broccoli into small pieces. Add to a large skillet with sweet potato veggie spaghetti and olive oil. Place cover over pan and let sit for 2-3 minutes or until vegetables darken in color.
3. Once chicken is cooked through, remove from pan and slice into strips. Add to vegetable mixture.
4. In a small bowl add honey, Sriracha, Sunbutter, and juice from lime. Whisk until well-combined. Add to skillet and gently mix in until vegetables and chicken are coated.
5. Top with sunflower seeds and green onions.

■ **Buffalo Chicken Lettuce Wraps** | 4 Servings

Ingredients

- 1 can (12.5 oz) chicken breast in water, drained
- 4 Tbsp. Franks Red Hot buffalo sauce
- 1 head of butter lettuce, washed and dried
- 1 cucumber, peeled, diced
- 1 small red onion, diced
- 2 stalks celery, cubed
- 2 carrots, peeled, cubed
- 8 Tbsp. Bolthouse Farms blue cheese or ranch dressing

Directions

1. In a bowl, toss chicken with buffalo sauce until well covered, set aside.
2. Build lettuce wraps: start with 1 piece of butter lettuce and top with cucumber, onion, celery and carrots. Add chicken and drizzle with either blue cheese or ranch dressing.

■ Sweet Thai Chili Pork and Pineapple | 4 Servings

Ingredients

- 1 lb. pork tenderloin
- 2 Tbsp. olive oil
- ½ tsp. garlic salt
- ¼ tsp. black pepper
- ½ tsp. chili powder
- ½ tsp. paprika
- ¼ tsp. ground ginger
- ½ cup Full Circle Sweet Thai chili sauce
- 1 pineapple, cored, and cut into ½ inch rings

Directions

1. Preheat grill to 425°F.
2. Rub the pork tenderloin with olive oil. Mix together the garlic salt, black pepper, chili powder, paprika, and ground ginger. Rub onto pork tenderloin, using all the seasoning.
3. Place the pork tenderloin on the grill and cook for 15-17 minutes, turning every 6 minutes. The internal temperature should be 150°F.
4. During the last 5 minutes of grilling, brush the Full Circle Sweet Thai chili sauce onto the tenderloin and let it caramelize.
5. In the meantime, place pineapple on the outer edges of the grill and cook for about 6 minutes, until slightly charred. Then flip over and do the same thing on the other side.

■ Sweet Spinach Salad | 2 Servings

Ingredients

- 2 chicken breasts
- ½ tsp. olive oil
- 1 tsp. black pepper
- 1 tsp. smoked paprika
- 2 cups spinach
- ½ cup gorgonzola cheese crumbles
- 1 avocado, sliced
- ½ cup almonds, unsalted
- ⅓ cup 50% reduced sugar Craisins
- 1 cup blackberries
- 4 Tbsp. Salad Girl Pomegranate Pear Vinaigrette

Directions

1. Preheat grill to medium heat, about 350°F. Season chicken with ½ Tbsp. olive oil, black pepper and smoked paprika. Grill chicken until internal temperature reaches 165°F, flipping after about 5 minutes. When chicken is cooked, remove from grill, slice into strips for serving.
2. In the meantime, in a large bowl, combined the spinach, gorgonzola cheese, almonds, Craisins, avocado, and blackberries. Toss with the vinaigrette until well blended.
3. Top the salad with the chicken and avocado! Enjoy!

■ **Steak and Veggies Sheet Pan** | 4 Servings

Adapted from: Damn Delicious

Ingredients

- 3 cups broccoli florets
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- 2 Tbsp. olive oil
- 3 cloves garlic, minced
- 1 tsp. dried thyme
- 1 tsp. black pepper
- ¼ tsp. salt
- 2 lbs., about 1" thick, top sirloin steak, patted dry

Directions

1. Preheat oven to broil, and lightly spray a baking sheet with non-stick cooking spray.
2. In a large bowl, combined the broccoli, red bell pepper, and yellow bell pepper, olive oil and thyme and toss until well covered, set aside.
3. Season steak with the salt and pepper and place on the baking sheet. Add vegetable mix to the baking sheet.
4. Back until the steak is brown and charred at the edges, about 5-6 minutes per side. The internal temperature should reach 145°F. Let rest for 3 minutes after cooking.
5. When cooked, remove sheet pan from oven and slice steak into strips. Serve immediately.

■ **Garlic & Lemon Baked Tilapia** | 4 Servings

Adapted from: Delish

Ingredients

- 4 tilapia fillets
- 4 tsp black pepper
- 4 Tbsp. olive oil
- 2 cloves garlic, minced
- 1 tsp. chili powder
- 1 tsp. smoked paprika
- 2 lemons

Directions

1. Preheat the oven to 400°F. Season tilapia fillets with salt & pepper and place on a baking sheet.
2. Zest and juice 1 lemon, and set aside. Using a knife, cut the other lemon into thin slices.
3. Combined the olive oil, garlic, chili powder, smoked paprika, lemon juice & zest, then brush over the tilapia. Place the lemon slices on top of and around the fillets.
4. Bake for 10-12 minutes, or until the fish is no longer translucent.
5. Pair with your favorite steamed veggies to make it a complete meal!

■ Mediterranean Salad Bowl | 6 Servings

Adapted from: Culinary Hill

Ingredients

- 2 pre-portioned bags of Minute Rice & Quinoa Medley or Seeds of Change quinoa blend
- 1 can no-salt added Full Circle garbanzo beans (chick peas)
- 1 bag of spinach
- 1 bag chopped romaine
- ½ cup hummus (Mediterranean- tomato basil)
- 2 cups chopped cucumber
- 2 cups cherry tomatoes, halved
- Kalamata olives, sliced
- Feta cheese crumbles

Directions

1. Cook Minute Rice Quinoa Medley according to package directions and set aside.
2. In a large bowl, combine spinach and romaine lettuce. Top with chick peas, cucumber, tomatoes and black olives.
3. When rice blend is cooled, add to salad.
4. Add hummus to the top of each salad. Enjoy!

■ Summer Inspired Quinoa and Edamame Salad | 4-5 Servings

Ingredients

- 2 cups chopped romaine (about 1 bag of Crazy Fresh chopped romaine lettuce)
- 1 cup chopped spinach
- 1 lb. strawberries, sliced
- 1 pint blueberries
- 16 oz. mandarin oranges (in 100% juice), drained
- ⅓ cup sliced green onions
- 2 cups cooked quinoa (or 2 packages Full Circle Fully cooked quinoa)
- 1 cup shelled edamame

Vinaigrette Dressing

- ½ cup extra virgin olive oil
- ½ cup balsamic vinegar
- 1 Tbsp. 100% pure maple syrup

Directions

1. In a large bowl combined the chopped romaine, chopped spinach, sliced strawberries, blueberries, mandarin oranges, and sliced green onions, mix well.
2. Add quinoa and edamame and set aside.
3. For the dressing: combined all the ingredients in a small bowl and mix well with a fork. The dressing should be smooth. Toss the salad in the dressing and let sit for 5 minutes before serving.
4. Top with chopped walnuts.



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