

# Deconstructed Shepherd's Pie



SERVES 6

## Ingredients:

- 2 Russet potatoes, cubed
- 1 lb lean ground beef
- 1 bag frozen riced cauliflower (10 oz)
- 1 bag frozen mixed veggies of your choice (10 oz)  
ex: carrots, corn, green beans & peas
- 1 can diced tomatoes (14.5 oz)

## Staple Items:

- 1 Tbsp butter
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp sage, rosemary, and/or thyme (optional)
- 1 Tbsp olive oil
- Cold water
- Salt and pepper to taste
- Optional: shredded cheese, parsley

## Swaps:

- For the potatoes: sweet potato or mashed cauliflower
- For the protein: ground turkey, ground chicken, tempeh, or cooked lentils
- For the veggies: frozen peas and carrots, or canned green beans and mushrooms
- For the diced tomatoes: 2 Tbsp tomato paste with  $\frac{1}{4}$  cup water,  $\frac{1}{2}$  cup tomato sauce, or  $\frac{1}{2}$  cup pasta sauce

## Directions:

1. Place the cubed potatoes in a 2-quart sauce pan. Cover with cold water and add in a dash of salt. Cover and bring to a boil. Turn down the heat to medium-low and allow potatoes to simmer uncovered 10-15 minutes, until potatoes can be easily pierced with a fork. Using a colander, drain the potatoes and set them aside.
2. While the potatoes are cooking, heat the oil in a large sauté pan over medium-high heat. Add ground beef and crumble with a wooden spoon. Cook until beef is mostly browned, 5-6 minutes. Add in the canned diced tomatoes, garlic powder, onion powder, and herbs of choice and cook for 2-3 minutes, stirring occasionally.
3. Add the frozen cauliflower rice and frozen veggies into the beef mixture. Stir and cook for 5 more minutes, or until veggies are no longer frozen and are warmed through. Add salt and pepper to taste.
4. Place cooked potatoes into a separate bowl with 1 Tbsp of butter (or more depending on preference). Using a masher, pastry blender, or hand mixer, mash the potatoes until a creamy consistency is reached.
5. Scoop potatoes onto a plate and top with the Shepherd's pie beef mixture. Add optional toppings and enjoy!

# Blackened Salmon & Grain Bowl



SERVES 4

## Ingredients:

4 skinless salmon filets, roughly 4-5 oz each  
1 cup dried quinoa  
1 bag mixed greens (5 oz)  
1 cup salsa (each serving will have ¼ cup)  
1 medium avocado, sliced

## Staple items:

1 Tbsp oil or cooking spray  
1-2 Tbsp Cajun or blackened seasoning  
Optional: favorite salad dressing or sour cream

## Swaps:

For the mixed greens: lettuce, spinach, kale, frozen broccoli  
For the salmon: shrimp, cod, chicken, steak, black beans  
For the salsa: chopped/canned tomatoes, onion, canned corn  
For the avocado: sour cream, plain Greek yogurt

## Directions:

1. Cook the quinoa according to the box/bag directions. (Usually add 1 cup of quinoa and 2 cups of water to a saucepan and bring to a boil. Reduce to low (simmer) for 15 minutes. Stir/fluff the quinoa and let sit for 5 minutes before serving.)
2. When the quinoa is almost finished cooking: Sprinkle the tops of all 4 salmon fillets with Blackened or Cajun seasoning. The more seasoning you use, the spicier the salmon will be!
3. Place oil in a large sauté pan (or spray with cooking spray). Heat over medium-high heat on your stove top. After 2 minutes, place salmon fillets in the sauté pan. Allow the salmon to cook 4-5 minutes on each side. Remove from heat.
4. Spoon ¼ of the cooked quinoa into a serving bowl. Top with ¼ of the mixed greens, 1 salmon filet, ¼ cup of salsa, and ¼ of the sliced avocado.
5. Add dressing or sour cream (optional) and enjoy!

# Sheet Pan Pesto Chicken & Veggies



SERVES 4+

## Ingredients:

3 boneless skinless chicken breasts  
(about 1 1/2 lbs)  
1 lb red baby potatoes  
2 crowns broccoli  
1 pint grape tomatoes  
1/3 cup jarred pesto, divided

## Staple Items:

Aluminum foil for easier clean up!  
Cooking spray or oil (optional)  
Optional: Mozzarella cheese

## Swaps:

For the chicken: chicken thighs, tofu, pork loin, shrimp  
For the potatoes: Yukon gold, tricolor potatoes, russet potatoes, turnips, rutabaga, sweet potatoes  
For the veggies: carrots, parsnips, onion, asparagus, green beans, onion, mushrooms

## Directions:

1. Preheat oven to 425 °F.
2. Line a large baking sheet with aluminum foil, or grease baking sheet with cooking spray, oil, or butter.
3. Dice the potatoes into cubes, about ½ inch thick and put them into a mixing bowl. Add about ½ the pesto to the potatoes then toss them until well coated.
4. Place the potatoes on a sheet pan in the oven to roast for 20-25 minutes.
5. After the potatoes are in the oven, chop the broccoli crowns into individual florets. Add the broccoli and the pint of grape tomatoes to the bowl the potatoes were in. Toss with a spoonful more of the pesto.
6. Chop up the chicken into 1 inch pieces and then toss with the rest of the pesto.
7. After 20-25 minutes, remove the potatoes from the oven. Add the broccoli, tomatoes, and chicken to the pan, carefully spreading out the mixture so it is in one layer across the sheet.
8. Place the baking sheet back in the oven, and continue to cook for another 20 minutes (or until the center of the chicken is white and the juices are clear.)
9. Divide into 4 servings and enjoy! (optional: sprinkle with mozzarella cheese)

# Vegetarian Burrito Bowl



SERVES 4

## Ingredients:

- 1 cup dry brown rice
- 1 can black beans (14.5 oz), drained and rinsed
- 1 bag frozen fajita veggies (10 oz)
- 1 head romaine lettuce
- 1 cup of your favorite jarred salsa

## Staple Items:

- 1 Tbsp cooking oil
- 1 tsp paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp dried cilantro
- 2 tsp chili powder
- 1 tsp cumin
- Salt and pepper

## Swaps:

For the brown rice: quinoa, farro, barley, white rice, cauliflower rice, canned/frozen corn

For the black beans: tofu, chicken, steak, ground beef, mahi mahi, shrimp, lentils, chickpeas

For the veggies: fresh peppers/onions, shredded cabbage, your favorite frozen veggie mix

For the lettuce: iceberg, mixed greens, spinach, kale

For the salsa: fresh tomatoes, onion, guacamole, plain Greek yogurt or sour cream

For the avocado: sour cream, plain Greek yogurt

For meat lovers: add chicken, beef, or pork

## Directions:

1. Cook rice according to directions on the bag/box.
2. While the rice is cooking, add 1 Tbsp oil to a frying pan on a stove top turned to medium heat. Add the frozen fajita veggies. As they start to thaw, add the paprika, garlic powder, onion powder, cilantro, chili powder, cumin. Add salt and pepper to taste.
3. When the veggies are starting to get lightly browned, add the black beans to the pan to let them heat through, about 2-3 more minutes.
4. Chop the romaine lettuce into small strips (shreds).
5. In a serving bowl, add  $\frac{1}{4}$  of the rice. Top with a handful of shredded romaine lettuce. Follow up with  $\frac{1}{4}$  of the pepper, onions and black bean mixture. Add in  $\frac{1}{4}$  cup of your favorite salsa. Add optional toppings and enjoy!

# Vegetarian Egg Roll in a Bowl

SERVES 4



## Ingredients:

- 1 package firm tofu (14 oz), pressed
- 1 bag shredded cabbage or coleslaw mix (10 oz)
- 4 cups white button mushrooms, sliced
- 1 red onion
- 1 cup shredded carrots

## Staple Items:

- 1 1/2 tsp dried ginger
- 2 tsp garlic powder, divided
- 2 tsp sesame oil
- 3 Tbsp soy sauce or tamari, divided
- Optional: sliced green onion, sesame seeds, egg, sriracha, fresh limes

## Swaps:

- For the tofu: ground turkey, ground chicken, shrimp, ground pork
- For the oil: coconut oil, vegetable oil, avocado oil
- For the soy sauce: tamari, hoisin, sweet chili sauce
- For meat/seafood lovers: add chicken, pork, or shrimp

## Directions:

1. Heat a frying pan over medium-high heat with 1 tsp of sesame oil. Crumble up tofu and add to the pan. Add 1 Tbsp soy sauce/tamari and 1 tsp garlic powder. Stir and cook until the tofu has started to brown, about 10 minutes.
2. While the tofu is cooking, dice the red onion into 1-inch pieces.
3. Remove tofu from the pan.
4. Add the remaining sesame oil to the pan the tofu was in. Add the shredded cabbage, sliced mushrooms, diced onion, and shredded carrots to the pan with the other 2 Tbsp of soy sauce/tamari. Cook until the veggies have started to soften, about 4-5 minutes. Add the other 1 tsp of garlic powder and the dried ginger to the pan. Stir and continue to cook for 2-3 more minutes.
5. Serve 1/4 of the cabbage mixture in a bowl topped with 1/4 of the tofu. Add on optional toppings and enjoy!