

# BUDGET FRIENDLY WEEKDAY RECIPES

Summerfield Registered Dietitians can help strategize preparing low-cost food options!

Schedule an appointment today!

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1:1 Nutrition Visits and Group Classes are covered in full by the SHP with \$0 out-of-pocket cost.

For more information, visit:

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SUMMERFIELD  
CUSTOM WELLNESS



# SWEET POTATO BREAKFAST SKILLET

Serves 4

## ingredients

- 1 ten oz bag of frozen, diced sweet potatoes
- 1 Tbsp olive oil or avocado oil
- 1/2 red onion, diced
- 2 bell peppers, diced and seeded
- 1 garlic clove, minced (or 1/2 tsp jarred minced garlic)
- 2 C fresh kale, washed and chopped
- 1 tsp dried rosemary (or 1 Tbsp fresh rosemary, chopped)
- 1/4 tsp black pepper
- 1/4 tsp salt
- 4 eggs
- 2 green onions, diced

## directions

1. Place sweet potatoes in a microwave-safe bowl and thaw according to microwave settings.
2. Heat oil in a large skillet over medium-high heat. Add thawed sweet potatoes and cook for 3 minutes until slightly browned.
3. Add diced red onion, bell pepper, kale, and minced garlic to the skillet. Cook and stir for an additional 5 minutes, or until onion has become slightly translucent and tender. Add rosemary, black pepper, and salt; stir.
4. Create 4 wells in the pan by moving the vegetables out of the way.
5. Crack an egg into each well and cover with a lid. Reduce heat to medium and cook for 3 minutes. Once egg whites become firm, flip each egg and cook for an additional 1-2 minutes, or until yolks are done to your preference. Top with green onions and serve.





# WEEKDAY LUNCH PASTA SALAD

Serves 4-5

## ingredients

- 1/2 box (16 oz) pasta of choice, cooked and cooled
- 1 bell pepper, diced and seeded
- 1/4 red onion, diced
- 1 medium to large cucumber, with peel and diced
- 1/2 C carrots, diced or shredded
- 2 Roma tomatoes, diced OR 1 C diced other tomatoes
- 1 can of low-sodium chickpeas, drained and rinsed
- 3 Tbsp olive oil
- 1 Tbsp red wine or balsamic vinegar
- 1 tsp mayo or Dijon mustard
- 1/4 tsp each salt and pepper
- 2 tsp Italian seasoning

## directions

1. Cook pasta according to box instructions. Rinse under cold water and set aside to cool.
2. In a small dish, whisk together oil, vinegar, salt, pepper, mayo or Dijon, and Italian seasonings until fully combined.
3. In a large bowl, combine all ingredients and dressing. Toss to fully coat.
4. Serve alone or on a bed of leafy greens. Store in the refrigerator for 4-5 days in an airtight container.

**Tip: Make this a filling, complete meal by adding one diced chicken breast to the recipe and increasing the total amount of veggies to approximately 1-2 cups per anticipated serving.**

**Substitute or add any additional veggie varieties that you enjoy or have on hand.**



# CROCKPOT SALSA CHICKEN BOWLS



Serves 4-5

## ingredients

- Nonstick cooking spray
- 2 bell peppers, sliced
- 1/2 yellow onion, sliced
- 1 lb boneless, skinless chicken breast OR chicken tenderloins
- 1 can Ro-Tel diced tomatoes (with the juice), or other diced tomatoes with green chilies
- 1/4 C plain, low-fat Greek yogurt or low-fat sour cream
- 1 can black beans, drained and rinsed
- 1 can corn, drained and rinsed
- 1 ten-ounce package of frozen cauliflower rice
- Optional toppings: diced avocado, lettuce or other leafy greens, cilantro, lime wedges

## directions

1. Lightly coat crockpot with nonstick spray. Add peppers and onions to the bottom of the crockpot. Top with chicken. Pour tomatoes over the chicken and cook on low for 5-6 hours (until chicken is fully cooked).
2. Remove chicken from crockpot and dice or shred. Remove excess liquid with a ladle, leaving enough to fully submerge vegetables. Reserve liquid.
3. Add Greek yogurt or sour cream to the crockpot and stir into juices. Add chicken, drained corn, and drained beans. Stir to combine. Add reserved liquid if desired for a more loose sauce.
4. Cook on low for an additional 30 minutes to one hour. Serve on top of cauliflower rice or a bed of greens. Add toppings as desired and store in the refrigerator in an airtight container for 4-5 days.

