

## MONDAY | BAKED SOUTHWEST SQUASH CASSEROLE

### INGREDIENTS:

- 1 TBS. OLIVE OIL
- 1 YELLOW SQUASH, SLICED IN ½-INCH THICK ROUNDS
- 1 ZUCCHINI, SLICED IN ½-INCH THICK ROUNDS
- 1 CUP FROZEN, SWEET CORN
- 1 YELLOW ONION, JULIENNED
- 1 (4 OZ.) CAN HATCH CHILIES, DRAINED
- 2 LARGE BEEFSTEAK TOMATOES, SLICED IN ½-INCH THICK ROUNDS
- 2 LARGE YUKON GOLD POTATOES, SLICED IN ½-INCH THICK ROUNDS
- ½ CUP MONTERREY JACK CHEESE, GRATED
- ½ TSP. SALT
- ½ TSP. PEPPER

### INSTRUCTIONS:

1. Preheat the oven to 400°F.
2. Lightly spray the baking dish with nonstick cook spray or lightly brush with oil.
3. In a large skillet over Medium-High heat, add oil. Allow the oil to heat and then cook the onions until tender. Then add the corn, canned chilies, salt, and pepper. Cook until heated through then remove from heat and set aside.
4. Place half of the onion mixture on the bottom of the baking dish. Overlap the tomato, squash, zucchini, and potato. Add the remaining corn mixture and then top with cheese. Cover with foil and bake for 30 minutes. Remove the foil and bake for an additional 15 minutes or until the potatoes are cooked through and cheese is brown and bubbly.



**Prep Time:**  
25 minutes

**Makes:** 6 servings,  
281g each

**Cook Time:**  
45 minutes

### Nutritional information:

Calories: 200 | Total Fat: 6g  
Sat. Fat: 2.5g | Sodium: 320mg  
Total Carbohydrates: 31g  
Dietary Fiber: 4g | Protein: 7g

## TUESDAY | SPICY TURKEY CHILI WITH CORN AND BUTTERNUT SQUASH

### INGREDIENTS:

- 1 DRIED ANCHO CHILI
- 4 CUPS LOW SODIUM CHICKEN BROTH
- 1 TBS. OLIVE OIL
- 1 LB. EXTRA LEAN GROUND TURKEY
- 1 LARGE ONION, CHOPPED
- 1 BUTTERNUT SQUASH, PEELED AND CUT INTO ½-INCH CUBES
- 2 CLOVES GARLIC, MINCED
- 1 TSP. CUMIN
- 2 TBS. TOMATO PASTE
- 2 CUPS FROZEN CORN

### INSTRUCTIONS:

1. Bring the chicken broth to a boil over Medium-High heat. Add in dried chili and cover. Allow the chili to boil until it is completely reconstituted. Remove from the heat.
2. Carefully ladle the chili along with half of the chicken stock into a blender. Cover and blend until smooth. Set aside.
3. Heat the olive oil in a large stock pot over Medium-High heat. Add in the ground turkey and cook stirring occasionally until well-browned. Add in onions and garlic and continue to cook until the onions are translucent.
4. Add in cumin, butternut squash, tomato paste, corn, pureed chili, and remaining chicken stock. Bring to a boil and then reduce heat to a simmer.
5. Simmer until butternut squash is fork tender. If chili is too thick you may add more liquid.



**Prep Time:**  
20 minutes

**Makes:** 8 servings,  
310g each

**Cook Time:**  
30 minutes

### Nutritional information:

Calories: 170 | Total Fat: 3.5g  
Sat. Fat: 0.5g | Sodium: 125mg  
Total Carbohydrates: 20g  
Dietary Fiber: 3g | Protein: 18g

## WEDNESDAY | HONEY MUSTARD CHICKEN AND POTATOES AND BROCCOLI

### INGREDIENTS:

- 1 LB. BONELESS SKINLESS CHICKEN BREAST, CUT INTO 1-INCH CUBES
- 1 LB. RED POTATOES, CUT INTO WEDGES
- 1 HEAD BROCCOLI, CUT INTO LARGE FLORETS
- 2 TBS. OLIVE OIL, DIVIDED
- ¼ CUP MAPLE SYRUP
- 1 TBS. LEMON JUICE
- 1 TBS. DIJON MUSTARD
- ½ TSP. GARLIC POWDER
- ½ TSP. SALT
- ½ TSP. PEPPER

### INSTRUCTIONS:

1. Preheat the oven to 400°F.
2. Place the potato wedges in a bowl and toss with salt, pepper, 1 Tbsp. olive oil, and garlic powder. Then, set potatoes on a foil-lined baking sheet and place in oven.
3. Meanwhile, place the chicken and broccoli into a large bowl.
4. In a smaller bowl, combine the maple syrup, lemon juice, Dijon mustard, and remaining 1 Tbsp. of olive oil. Mix well.
5. Pour the maple mixture over the broccoli and chicken. Toss well.
6. Remove the sheet pan from the oven and spoon on the chicken and broccoli mixture.
7. Continue to roast for 20 to 30 minutes, tossing once. Cook until the tops of the broccoli are well-browned and the chicken is no longer pink in the center.



**Prep Time:**  
20 minutes

**Makes:** 4 servings,  
297g each

**Cook Time:**  
45 minutes

### Nutritional information:

Calories: 370 | Total Fat: 11g  
Sat. Fat: 2g | Sodium: 500mg  
Total Carbohydrates: 28g  
Dietary Fiber: 3g | Protein: 39g



**LEMON SCENTED RICE & INCA GRAINS** Cook H-E-B Rice & Inca Grains according to package directions. Add in 1 Tbsp. chopped oregano, 1 Tbsp. olive oil, and juice and zest of one lemon. Fluff with a fork and serve.

**AVOCADO, TOMATO, AND APPLE SALAD** Dice the avocado, apple, and tomatoes and toss with 1 Tbsp. of olive oil. Season with salt and pepper.



**INGREDIENTS:**

- 4½ LB. LEAN FLANK STEAK
- 2 TBSP. OLIVE OIL, DIVIDED INTO 3 EQUAL PORTIONS
- ½ TSP. SALT
- ½ TSP. PEPPER
- 4 CUPS MIXED GREENS
- 1 CUP PEARL BARLEY, COOKED
- 8 OZ. CREMINI MUSHROOMS, QUARTERED
- ½ CUP CHERRY TOMATOES, HALVED
- 2 TSP. LOWER SODIUM SOY SAUCE
- ¼ CUP GREEN ONIONS, CHOPPED

**INSTRUCTIONS:**

1. Cook the barley according to package directions and set aside.
2. Heat 1 Tbsp. of olive oil in a medium skillet over Medium-High heat. Sauté mushrooms for 6 to 7 minutes until well-browned. Remove from heat and set aside.
3. In a small bowl, combine 1 Tbsp. olive oil and soy sauce. In a larger bowl, combine the barley, mixed greens, tomatoes, onions, and mushrooms. Add the olive oil and soy sauce and toss until the greens are coated.
4. Preheat the broiler to High heat. Line a sheet pan with foil. Brush the flank steak with 1 Tbsp. olive oil and season with salt and pepper.
5. Place flank steak under the broiler for 6 to 8 minutes. Then turn the flank steak over and cook for an additional 6 to 8 minutes. Remove from the broiler and allow the steak to rest for at least 10 minutes before slicing.
6. Divide the tossed mix greens into separate bowls and top with sliced flank steak and green onions. Serve immediately.


**Prep Time:**  
20 minutes

**Makes:** 4 servings,  
276g each

**Cook Time:**  
40 minutes

**Nutritional information:**

Calories: 230 | Total Fat: 11g  
Sat. Fat: 2.5g | Sodium: 400mg  
Total Carbohydrates: 18g  
Dietary Fiber: 4g | Protein: 16g

**FRIDAY | FIVE SPICE TILAPIA**
**INGREDIENTS:**

- 4 TILAPIA FILLETS
- 2 TSP. CANOLA OIL
- 1 TSP. CHINESE 5 SPICE
- ¼ CUP LOWER SODIUM SOY SAUCE
- 3 TBSP. BROWN SUGAR
- 1 TBSP. RICE WINE VINEGAR
- ¼ CUP GREEN ONIONS, CHOPPED

**INSTRUCTIONS:**

1. Heat a large nonstick skillet over Medium-High heat.
2. Add the canola oil and allow it to heat.
3. Sprinkle the 5 spice on both sides of the tilapia fillets and place in the heated skillet. Cook 4 minutes and then flip.
4. In a separate bowl, mix the soy sauce, sugar, and rice wine vinegar. Mix well and then add to skillet.
5. Let the sauce simmer and thicken for approximately 2 minutes.
6. Sprinkle with green onions and serve. Spoon over additional pan sauce.


**Prep Time:**  
10 minutes

**Makes:** 4 servings,  
152g each

**Cook Time:**  
30 minutes

**Nutritional information:**

Calories: 180 | Total Fat: 4.5g  
Sat. Fat: 1g | Sodium: 350mg  
Total Carbohydrates: 13g  
Dietary Fiber: 0g | Protein: 24g

**KID'S CHOICE | EASY TACO MAC**
**INGREDIENTS:**

- 2 TSP. OLIVE OIL
- 8 OZ. EXTRA LEAN GROUND BEEF
- ½ CUP H-E-B SALSA
- 1½ TSP. CHILI POWDER
- 1 SMALL ONION, DICED
- 1 SMALL ZUCCHINI, CHOPPED
- 1 CUP FROZEN CORN
- 1½ CUP WHOLE WHEAT MACARONI, DRY
- 4 OZ. 2% EASY MELT CHEESE, DICED

**INSTRUCTIONS:**

1. Cook pasta according to package directions, drain, and set aside.
2. In a large skillet, heat olive oil over Medium-High heat.
3. Cook the lean ground beef in the pan with the chili powder until thoroughly browned (approximately 10 minutes). Drain the fat and return to the pan.
4. Add in diced onion, zucchini, and corn. Continue to cook until the onions are translucent.
5. Add in salsa and easy melt cheese. Continue to cook until the cheese is melted and creamy.
6. Mix in the pasta and serve.


**Prep Time:**  
20 minutes

**Makes:** 6 servings,  
237g each

**Cook Time:**  
45 minutes

**Nutritional information:**

Calories: 240 | Total Fat: 7g  
Sat. Fat: 2.5g | Sodium: 490mg  
Total Carbohydrates: 31g  
Dietary Fiber: 4g | Protein: 17g