

# **Dash Diet Cookbook for Beginners**

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*100+ Heart Healthy Low Sodium Recipes with  
Easy-to-Find Ingredients to Lower Blood Pressure  
& Support Longevity*

by Tess Holden

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# Introduction

## Welcome Aboard

Welcome—I'm Tess Holden, and I'm so glad you're here. If you've ever glanced at a blood pressure reading with a flutter of worry, juggled a busy day, and still wanted dinner to feel good for your heart and satisfying for your taste buds, this book was written for you. The DASH way of eating is practical, flexible, and designed for real life in American kitchens. Think familiar flavors, common grocery-store ingredients, and weeknight-friendly meals that come together in about 20–45 minutes.

My own path to DASH started around a noisy family table, where we learned that food could help our loved ones feel better—without giving up joy. I fell in love with the small, smart shifts that make a big difference: choosing whole foods more often, leaning on vegetables and fruits, and seasoning boldly without relying on the salt shaker. As a cook, a nutrition nerd, and a cheerleader for every kind of body, I believe healthy eating should be weight-inclusive, affordable, and welcoming. Inside, you'll find a friendly guide to lower-sodium cooking, more plants on your plate, and confidence to make it all work—no perfection required.

## Why DASH Works

DASH—short for Dietary Approaches to Stop Hypertension—was developed through NIH-backed research and has consistently shown it can lower blood pressure in as little as 2–4 weeks. At its heart, DASH emphasizes fruits, vegetables, whole grains, legumes, nuts, low-fat dairy, and lean proteins, while limiting sodium, saturated fat, and added sugars. It's not a fad; it's a flexible pattern that fits your life, your culture, and your grocery budget.

Here's the science in simple terms: potassium from produce helps counter sodium's effect on blood vessels; magnesium and calcium support healthy vascular tone; and fiber from plants boosts satiety and improves key cardiometabolic markers. Choosing mostly unsaturated fats—from foods like olive oil, nuts, seeds, and fish—supports heart health and better cholesterol profiles. Together, these habits can reduce systolic and diastolic blood pressure, help improve LDL and HDL cholesterol, support steadier blood glucose, and make weight maintenance more manageable when portions are mindful. You'll still enjoy the foods you love—just with balance, smarter seasoning, and a plate that naturally fills up on the good stuff.

## Everyday Flavor

Great flavor is the secret to sticking with DASH. We'll layer taste the way chefs do—starting with aromatics, building body with spices, and finishing with brightness from acid and herbs—so you never miss the extra salt. Salt-free blends, garlic, onions, citrus, vinegars, fresh herbs, smoked paprika, chiles, and ginger can turn simple ingredients into craveable meals. Think cozy, familiar American cooking with global inspiration: lively Latin notes from cumin and lime, sun-soaked Mediterranean touches with oregano and lemon, Asian-inspired sparks from ginger and rice vinegar, and Southern comfort from

smoked spices and a splash of cider vinegar. Keep a “spice road map” in mind, and you’ll travel the world from your stovetop without complicating your routine.

DASH also fits the way we really eat. Fill half your plate with vegetables or fruit, add a hearty scoop of whole grains, and round it out with lean proteins or legumes. Use approachable, budget-friendly staples you can find anywhere in the U.S., and cook once to eat twice with flexible leftovers. Batch a pot of grains on Sunday, roast extra veggies, or grill a few chicken breasts to remix through the week—mix-and-match meals that taste new, not like reruns.

## Cook Smart

A few smart habits will make DASH feel effortless. Build a low-sodium pantry with no-salt-added beans and tomatoes, low-sodium broth, whole grains, and unsalted nuts. Read labels and aim for 140 mg sodium or less per serving for everyday staples. Rinse canned beans under running water for 30–60 seconds to wash away extra sodium. Measure oils instead of free-pouring, and taste before salting—then brighten with citrus or vinegar and finish with fresh herbs. Batch-cook grains and proteins, prep produce when you unpack groceries, and keep cut veggies up front in the fridge so they’re the first thing you reach for.

Time is precious, so most dishes are designed for 20–45 minutes, with tips for make-ahead and freezer-friendly components that welcome leftovers. This is not about strict rules; it’s about patterns that add up—more plants, more color, more fiber, more satisfaction. Celebrate small wins, listen to your body, and let flavor lead. I’ll be cooking right alongside you, cheering as your kitchen becomes a place where health and pleasure live on the same plate. Ready? Let’s turn down the salt and turn up the joy.



# BREAKFAST





## LEMON-HERB SHEET-PAN EGG SCRAMBLE WITH SAVORY OATS



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
30 min



### Ingredients:

- 8 ea eggs, large
- 2 3/4 cups rolled oats
- 8 cups baby spinach (loosely packed)
- 2 cups tomatoes, diced
- 2 cloves garlic (minced)
- 1/4 cup low-fat milk
- 1.5 tbsp extra-virgin olive oil
- 1 tsp lemon zest (from 1 lemon)
- 1/4 cup fresh parsley or dill (chopped)
- 1/2 tsp black pepper (plus pinch red pepper flakes; tiny pinch fine salt optional)



### Directions:

1. Preheat oven to 425°F. Line a rimmed sheet pan. Bring 6 cups water to a boil in a saucepan for oats.
2. On pan, toss tomatoes and garlic with 1 tbsp oil and 1/4 tsp pepper. Spread out; roast 10 min.
3. Whisk eggs with milk and remaining 1/4 tsp pepper. Add spinach to pan, drizzle 1/2 tbsp oil; toss. Make a 9x12-in well; pour eggs.
4. Roast 3–4 min until edges set. Pull pan; gently drag eggs with spatula into soft curds, folding in veg. Return 1–2 min to finish.
5. Meanwhile, stir oats into boiling water; reduce heat. Simmer 8–10 min, stirring, until creamy. Cover off heat 2 min.
6. Zest lemon over the sheet-pan scramble; sprinkle parsley. Optional: pinch red pepper flakes. Add only 1/16–1/8 tsp salt per serving, if needed.
7. Spoon 1.5 cups oats into 4 bowls; top with roasted egg–spinach. Finish with extra zest/herbs and black pepper.



### Nutritional Information:

Calories: 430, Protein: 22g, Carbs: 44g, Fat: 19g, Fiber: 8g, Sodium: 200mg, Sugar: 3g



## SAVORY MUSHROOM & EGG WHITE POWER OAT BOWLS



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
30 min



### Ingredients:

- 1 cup steel-cut oats (soak 8–12 hrs; drain)
- 2.5 cups water (for baking oats and thinning sauce)
- 2 cups egg whites (or 16 large whites)
- 12 oz mushrooms (sliced)
- 1 large red bell pepper (sliced)
- 4 cups baby spinach
- 2 tbsp extra-virgin olive oil
- 0.5 cup nonfat Greek yogurt
- 1 tbsp tahini
- 1 tsp lemon zest
- 2 tbsp fresh dill (chopped, divided)
- 0.5 tsp black pepper, optional kosher salt (pepper divided; optional salt 1/16–1/8 tsp at finish)



### Directions:

1. Soak oats in water 8–12 hrs; drain. Heat oven to 400°F.
2. In 8x8 dish, add soaked oats + 2.5 cups water. Cover; bake 20–25 min until tender.
3. On sheet pan, toss mushrooms, pepper, 1.5 tbsp oil, 1/4 tsp pepper. Roast 15–18 min; add spinach last 3 min.
4. Lightly oil sheet pan (0.5 tbsp). Pour egg whites; add 1/4 tsp pepper. Bake 8–10 min; cut into 4 squares.
5. Whisk yogurt, tahini, lemon zest, 1 tbsp dill + 2–3 tsp water until drizzleable.
6. Layer bowls: oats base; top mushrooms/pepper/spinach; add egg-white square. Drizzle sauce; sprinkle remaining dill; optional 1/16–1/8 tsp salt (adds sodium).



### Nutritional Information:

Calories: 352, Protein: 25g, Carbs: 36g, Fat: 12g, Fiber: 6.7g, Sodium: 260mg, Sugar: 4g



## GREEN ZUCCHINI YOGURT BREAKFAST SALAD & TOAST



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
5 min



### Ingredients:

- 2 cups nonfat Greek yogurt (main protein)
- 8 slices whole-wheat bread (low sodium) (toasted)
- 2 medium zucchini (divided)
- 6 cups arugula or baby spinach (packed)
- 1 cup tomatoes, chopped
- 2 scallions scallions, thinly sliced
- 2 tbsp extra-virgin olive oil
- 1 medium orange (zest + 1/4 cup juice)
- 2 tbsp fresh dill, chopped
- 1 clove garlic (small)
- 2 tbsp pumpkin seeds (unsalted)
- 1/2 tsp black pepper (plus more to finish)



### Directions:

1. Make vinaigrette: Blend 1 chopped zucchini, orange zest + 1/4 cup juice, oil, dill, garlic, and pepper until smooth. Chill. Optional: 1/16–1/8 tsp salt (adds sodium).
2. Dice remaining zucchini; chop tomatoes; slice scallions.
3. Toast bread until crisp; cut into halves or sticks.
4. Divide greens on 4 plates. Scatter diced zucchini, tomatoes, and scallions. Sprinkle pumpkin seeds.
5. Top each salad with 1/2 cup nonfat Greek yogurt.
6. Drizzle each with 2–3 tbsp green zucchini vinaigrette. Finish with pepper.
7. Serve with 2 slices toast per plate for dipping.



### Nutritional Information:

Calories: 395, Protein: 24g, Carbs: 48g, Fat: 13g, Fiber: 8g, Sodium: 260mg, Sugar: 9g



## SCALLION COTTAGE CHEESE SKILLET WRAPS



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
15 min



### Ingredients:

- 2 cups low-fat cottage cheese (low sodium)
- 0.75 cup egg whites (about 6 large whites)
- 1 cup scallions (sliced)
- 1 cup bell pepper (diced)
- 8 oz mushrooms (sliced)
- 2 cups spinach (chopped)
- 1 tbsp extra-virgin olive oil
- 1 ea orange (zest + 2 tbsp juice + segments)
- 0.5 tsp black pepper
- 0.5 tsp smoked paprika
- 4 ea whole-wheat tortillas (6-inch)
- 1 ea avocado (small, diced)



### Directions:

1. Warm tortillas in a dry skillet over med heat, 30 sec/side; wrap in a towel.
2. Add oil to the same skillet. Sauté scallions and bell pepper 3–4 min until fragrant.
3. Add mushrooms; cook 3–4 min to brown. Stir in spinach; wilt 1 min.
4. Push veg aside. Pour in egg whites; scramble gently until just set, 1–2 min.
5. Fold in cottage cheese, black pepper, and smoked paprika; cook 1 min to warm.
6. Off heat, add orange zest and 2 tbsp juice; toss. Scatter avocado and orange segments.
7. Spoon filling into warm tortillas and serve immediately.



### Nutritional Information:

Calories: 375, Protein: 25g, Carbs: 39g, Fat: 13g, Fiber: 8g, Sodium: 440mg, Sugar: 9g



## POACHED RICOTTA DUMPLING SOUP & AVOCADO MUFFIN TOAST



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
30 min



### Ingredients:

- 1 1/3 cups part-skim ricotta
- 4 large egg whites
- 1/4 cup rolled oats
- 2 tsp lemon zest (divided)
- 1/2 tsp black pepper (divided)
- 1 small onion (chopped)
- 2 cloves garlic (minced)
- 1 cup sweet potato (1/2-in dice)
- 4 cups baby spinach
- 4 whole-grain English muffins (low sodium) (split, toasted)
- 1 large avocado (mashed)
- 1/2 cup nonfat Greek yogurt



### Directions:

1. In a bowl, mix ricotta, egg whites, oats, 1 tsp zest, 1/4 tsp pepper. Let stand 5 min to thicken.
2. In a large pot, cook onion and garlic with 1/2 cup water over med heat 3 min until softened.
3. Add 6 cups water and sweet potato; bring to a simmer and cook 10 min until tender.
4. Reduce to bare simmer. Drop 2 tsp scoops of ricotta mix; poach 3–4 min until set. Stir in spinach to wilt 1 min.
5. Toast muffins. Mash avocado with yogurt, 1 tsp zest, and 1/4 tsp pepper.
6. Spread avocado mash on muffin halves.
7. Ladle soup into bowls; finish with pepper to taste.  
Optional: 1/16–1/8 tsp salt per bowl (adds sodium).



### Nutritional Information:

Calories: 430, Protein: 22g, Carbs: 50g, Fat: 16g, Fiber: 9g, Sodium: 340mg, Sugar: 7g



## PEPPER SAUTE TOAST WITH SAVORY MILK-OAT SPREAD



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
25 min



### Ingredients:

- 1 cup rolled oats (old-fashioned)
- 4 cup low-fat milk
- 1/3 cup whey protein isolate (unsweetened)
- 2 tbsp extra-virgin olive oil
- 2 cup bell peppers (diced mixed colors)
- 1 cup onion (thinly sliced)
- 2 cloves garlic (minced)
- 1/2 tsp smoked paprika
- 1/2 tsp dried oregano
- 1/2 tsp black pepper (plus more to finish)
- 1 tsp lemon zest (finely grated)
- 4 slices whole-wheat bread (low sodium)



### Directions:

1. In a saucepan, bring milk to a bare simmer. Stir in oats; cook on low, stirring often, 10–12 min until thick.
2. Meanwhile, heat oil in a skillet over med-high. Saute bell peppers and onion 6–8 min until tender; add garlic 1 min.
3. Stir in smoked paprika, oregano, and black pepper; remove from heat. Zest lemon over veg.
4. Off heat, whisk whey isolate into oats until smooth; thin with a splash of milk or water if too thick.
5. Toast 4 slices whole-wheat bread until crisp.
6. Spread about 3/4 cup milk-oat spread on each toast. Top with ~1/2 cup sauteed peppers/onions.
7. Finish with extra black pepper and lemon zest.  
Optional: 1/16–1/8 tsp salt per toast; adds sodium.



### Nutritional Information:

Calories: 397, Protein: 24g, Carbs: 51g, Fat: 12g, Fiber: 6g, Sodium: 245mg, Sugar: 20g



## HERBED TOFU & TOMATO BREAKFAST WRAPS



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
30 min



### Ingredients:

- 1.25 lb extra-firm tofu (drained, patted dry)
- 1/3 cup brown rice (dry; soak overnight)
- 4 whole-wheat tortillas (8-inch; aim ≤200 mg sodium each)
- 2 cup tomatoes (diced)
- 2 cup spinach (chopped)
- 1/2 cup nonfat Greek yogurt (plain)
- 2 tbsp tahini
- 1 tsp lemon zest
- 1 tbsp fresh dill (chopped)
- 1 clove garlic (minced)
- 1 3/4 tsp spice blend (smoked paprika 1 tsp, turmeric 1/2 tsp, black pepper 1/4 tsp)
- 2 tsp extra-virgin olive oil



### Directions:

1. Rinse rice. Soak in 2 cups water in fridge 8–12 hr; drain.
2. Simmer soaked rice in 2/3 cup fresh water, covered, 15–18 min. Rest 5 min, fluff, cool.
3. Stir yogurt, tahini, lemon zest, dill + 1–2 tbsp water to make a spread.
4. Toss tofu with garlic and spice blend to coat evenly.
5. Sauté tofu in olive oil over med-high until browned, 5–7 min.
6. Warm tortillas. Spread 2 tbsp sauce, add 1/4 cup rice, tofu, 1/2 cup tomatoes, 1/2 cup spinach.
7. Roll tightly; place seam-side down. Finish with black pepper or dill instead of salt.



### Nutritional Information:

Calories: 405, Protein: 24g, Carbs: 45g, Fat: 15g, Fiber: 6g, Sodium: 300mg, Sugar: 5g



## BREAKFAST PLATTER: POACHED WHEY, OATS & ROASTED KALE



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
35 min



### Ingredients:

- 1 cup steel-cut oats
- 6 cups kale, stemmed & torn
- 2 cups mixed veg (bell pepper, tomatoes, mushrooms), chopped
- 1/2 cup egg whites
- 2 scoops whey protein isolate (60 g total)
- 3/4 cup nonfat Greek yogurt
- 2 tbsp extra-virgin olive oil (divided)
- 2 cloves garlic, minced
- 2 tbsp fresh dill, chopped
- 1 tsp lemon zest, finely grated
- 1/2 tsp black pepper (divided)
- 1/4–1/2 tsp fine sea salt



### Directions:

1. Heat oven to 425°F. Toss kale + mixed veg with 1.5 tbsp oil, garlic, and 1/4 tsp pepper. Roast on sheet pan 15–18 min, tossing once.
2. In a pot, bring 4 cups water to boil. Stir in oats; reduce heat. Simmer 25–30 min, stirring, until tender and creamy.
3. Blend whey, egg whites, 1 cup water, and a pinch pepper 10 sec.
4. Lightly oil a heatproof loaf pan. Pour in mix. Set pan in pot with 1 in simmering water; cover. Poach/steam 20–22 min until set; rest 3 min.
5. Rinse blender. Blend yogurt, dill, lemon zest, 1/2 tbsp oil, 1–2 tbsp water, pinch pepper until smooth.
6. Spoon oats on a warm platter. Top with roasted kale/veg. Unmold protein, slice 1/2-in thick; fan over top. Drizzle herb yogurt.
7. Optional: 1/16–1/8 tsp fine sea salt per serving (adds sodium). Finish with extra pepper/zest.



### Nutritional Information:

Calories: 370, Protein: 29g, Carbs: 40g, Fat: 10g, Fiber: 7g, Sodium: 155mg, Sugar: 4g



## TOASTED TEMPEH BREAKFAST BENTO WITH QUINOA & DIP



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
30 min



### Ingredients:

- 8 oz tempeh (cubed)
- 0.5 cup quinoa (dry, rinsed)
- 1 medium onion (thinly sliced)
- 1 large bell pepper (sliced)
- 2 medium tomatoes (cut in wedges)
- 1 cup nonfat Greek yogurt
- 2 cup blueberries
- 1 tbsp fresh dill (chopped)
- 1 tsp lemon zest
- 2 8-inch whole-wheat tortillas (low sodium if available; cut into wedges)
- 0.25 cup almonds
- 2 tsp extra-virgin olive oil



### Directions:

1. Heat oven to 400°F. Rinse quinoa; slice onion/pepper, cut tomatoes, cube tempeh. Line a sheet pan.
2. Toast quinoa in a dry saucepan over med heat 2 min until nutty; add 1 cup water and bring to a boil.
3. Cover, simmer 12–15 min; off heat 5 min, then fluff.
4. Brush tortilla wedges with 1 tsp oil. Spread tortillas + almonds on pan; toast 6–8 min until crisp. Cool.
5. Heat 1 tsp oil in skillet. Add tempeh + onions; toast over med-high, stirring, 6–8 min until golden and tender.
6. Stir yogurt, dill, and lemon zest in a small bowl for a protein dip.
7. Divide 4 boxes: quinoa; tempeh-onion; pepper + tomatoes; 1/4 cup dip; tortilla crackers; 1/2 cup blueberries; 1 tbsp almonds. Optional 1/16-1/8 tsp salt/box increases sodium.



### Nutritional Information:

Calories: 430, Protein: 23g, Carbs: 55g, Fat: 15g, Fiber: 9g, Sodium: 190mg, Sugar: 12g



## LEMON-DILL EDAMAME SCRAMBLE PACKETS WITH BUCKWHEAT



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
30 min



### Ingredients:

- 1 cup buckwheat groats (raw)
- 2 cup edamame, shelled (unsalted) (thawed if frozen)
- 8 large egg whites
- 1 lb asparagus (thinly sliced on bias)
- 2 cloves garlic (minced)
- 1 tsp lemon zest (from 1 lemon)
- 2 tbsp fresh dill (chopped, divided)
- 2 tbsp extra-virgin olive oil
- 3/4 tsp black pepper (divided)
- 1/4 tsp red pepper flakes (optional)
- 2 tbsp chives (chopped) (optional)



### Directions:

1. Heat oven to 400°F. Cut 4 sheets parchment (12x15"). Set on a sheet pan.
2. Simmer buckwheat in 2 cups water 12 min; drain if needed and fluff.
3. Whisk egg whites with lemon zest and 1/2 tsp pepper. Heat 2 tsp oil in skillet; softly scramble 1–2 min. Slide to a plate.
4. In same skillet, heat 1 tbsp oil. Sauté asparagus 2–3 min; add garlic 30 sec, then edamame to warm. Stir in 1 tbsp dill.
5. Divide buckwheat on papers. Top with veg and eggs; drizzle remaining 1 tsp oil. Sprinkle red pepper flakes and remaining dill.
6. Fold into tight packets, crimping edges. Bake 10–12 min until packets puff and asparagus is tender.
7. Open carefully. Finish with chives, more lemon zest, and black pepper. For DASH flavor, skip added salt.



### Nutritional Information:

Calories: 350, Protein: 23g, Carbs: 39g, Fat: 12g, Fiber: 9g, Sodium: 180mg, Sugar: 4g



## SAVORY-SWEET ARUGULA PARFAIT, BAKED BARLEY CRUNCH



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
25 min



### Ingredients:

- 3 cup nonfat Greek yogurt
- 2 cup hulled barley, cooked (whole grain, cooled)
- 1/4 cup unsalted peanut butter (divided)
- 4 tsp honey
- 1/2 tsp ground cinnamon
- 2 tbsp chia seeds (divided)
- 2 cup mixed berries (strawberries/blueberries; slice if large)
- 2 cup arugula (loosely packed)
- 1 tsp lemon zest (freshly grated)
- 1 tsp pure vanilla extract
- 1/16–1/8 tsp fine sea salt (optional; increases sodium)



### Directions:

1. Preheat oven to 375°F. Line a sheet pan with parchment.
2. Whisk 2 tbsp peanut butter (reserve 2 tbsp), honey, cinnamon + 1 tbsp hot water until smooth.
3. Toss in 2 cups cooked hulled barley + 1 tbsp chia. Spread on pan; bake 20–25 min, stir once, until dry/crisp. Cool.
4. Toss arugula with lemon zest and 2 tsp yogurt; set aside.
5. Stir remaining 2 tbsp peanut butter + vanilla with 1/4 cup yogurt. Fold into remaining yogurt to make ribbons.
6. Layer 4 jars: peanut-ribbon yogurt, berries, arugula, barley crunch; repeat. Finish with crunch + pinch salt (optional; adds sodium).
7. Chill 10 min to set or serve now. Keeps 3 days refrigerated.



### Nutritional Information:

Calories: 380, Protein: 25g, Carbs: 48g, Fat: 11g, Fiber: 8g, Sodium: 70mg, Sugar: 18g



## ALMOND-JALAPENO GRITS BREAKFAST BAKE



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
30 min



### Ingredients:

- 1 cup stone-ground grits (dry)
- 4 3/4 cups water (divided)
- 2 cups nonfat Greek yogurt
- 1/3 cup unsalted almond butter
- 2 each jalapeno (seeded, minced)
- 4 cups spinach (chopped)
- 1/2 cup onion (small dice)
- 2 cloves garlic (minced)
- 1 tsp lemon zest
- 1 tsp ground cumin
- 1/2 tsp smoked paprika
- 1/2 tsp black pepper



### Directions:

1. Heat oven to 375°F. Boil 4 cups water; whisk in grits. Simmer, stirring, 12–15 min until thick.
2. Blend yogurt, almond butter, 3/4 cup warm water, garlic, cumin, paprika, pepper, and lemon zest into a silky almond-yogurt 'broth'.
3. Off heat, stir spinach, jalapeno, and onion into hot grits; cover 2 min to wilt.
4. Stir in the almond-yogurt blend; adjust pepper/zest to taste.
5. Spread into 8x8 dish; smooth top. Bake 15–18 min until set at edges.
6. Rest 5 min. Cut 4 squares. Serve warm.
7. Optional: tiny pinch salt (1/16–1/8 tsp) per serving; adds ~140–280 mg sodium each.



### Nutritional Information:

Calories: 345, Protein: 19g, Carbs: 43g, Fat: 11g, Fiber: 5g, Sodium: 90mg, Sugar: 7g



# **SOUPS & STEWS**





## SMOKY WHITE BEAN & PEPPER PRESSURE COOKER SOUP



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
35 min



### Ingredients:

- 2 tbsp extra-virgin olive oil
- 1 medium onion (chopped)
- 3 cups bell peppers (red/yellow/green) (diced)
- 3 cloves garlic (minced)
- 1/3 cup brown rice (rinsed)
- 1 14.5 oz can no-salt-added diced tomatoes (undrained)
- 4 cups water
- 3 15 oz cans white beans (no-salt-added) (drain & rinse 30 sec)
- 1 tsp smoked paprika (+ 1 tsp cumin)
- 1/2 tsp black pepper (freshly ground)
- 1 lemon (zest & juice)
- 14 oz firm tofu (drained & cubed)



### Directions:

1. Rinse beans 30 sec in a colander. Cube tofu. Chop onion and peppers; mince garlic. Rinse brown rice.
2. Set Instant Pot to Sauté. Heat oil; cook onion 3 min. Add peppers 3 min. Stir in garlic 30 sec, smoked paprika, and cumin.
3. Add rice, tomatoes with juices, and water; scrape up any bits. Lock lid; set valve to Sealing.
4. Pressure cook on High 22 min. Natural release 5 min, then quick release.
5. Open lid; stir in beans and tofu. Sauté 3–5 min to heat through. Add black pepper. Thin with hot water if needed.
6. Off heat, stir in lemon zest and juice. Optional finish: 1/16–1/8 tsp salt; note this raises sodium.
7. Ladle into bowls and serve hot. Brighten with extra lemon or pepper to taste.



### Nutritional Information:

Calories: 450, Protein: 25g, Carbs: 58g, Fat: 13g, Fiber: 14g, Sodium: 110mg, Sugar: 10g



## SAVORY ONION CHICKEN AND BROWN RICE SOUP



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
50 min



### Ingredients:

- 1 lb chicken breast (diced)
- 1 cup brown rice (rinsed)
- 2 medium onion (diced)
- 2 cups carrots & celery (chopped (1 each))
- 3 cloves garlic (minced)
- 1 14.5 oz can no-salt-added canned tomatoes (with juices)
- 3 tbsp extra-virgin olive oil
- 1 tsp Italian seasoning (salt-free)
- 1 bay leaf
- 3/4 tsp black pepper (divided)
- 1 lemon (zest + 2 tbsp juice)
- 6 cups water (more to thin)



### Directions:

1. Heat 2 tbsp oil in a large pot over med. Sauté onions and carrots/celery 7–8 min until soft.
2. Add garlic and Italian seasoning; cook 1 min until fragrant.
3. Push veg aside; add 1 tbsp oil. Add chicken; sauté 3–4 min until opaque.
4. Stir in rice; toast 1 min. Add tomatoes with juices, 6 cups water, bay, 1/2 tsp pepper.
5. Bring to a boil; reduce to low, cover, and simmer 40–45 min, stirring once or twice, until rice is tender.
6. Discard bay. Stir in lemon zest and 2 tbsp juice; add hot water to desired soupiness.
7. Taste; add remaining pepper. Optional: 1/16–1/8 tsp salt to finish (raises sodium). Rest 5 min; ladle.



### Nutritional Information:

Calories: 460, Protein: 32g, Carbs: 50g, Fat: 15g, Fiber: 5.5g, Sodium: 150mg, Sugar: 6.5g



## GARLIC-LEMON TURKEY QUINOA SOUP



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
30 min



### Ingredients:

- 1 lb turkey breast (boneless, skinless, 1/2-in cubes)
- 1 cup quinoa (rinsed 30 sec in mesh strainer)
- 14.5 oz diced tomatoes, no-salt-added (1 can)
- 6 cloves garlic (minced)
- 3 cups onion, carrot & celery (diced mix)
- 4 cups kale or spinach (chopped, loosely packed)
- 2 1/2 tbsp extra-virgin olive oil
- 1 tsp & 1 Italian seasoning (salt-free) & bay leaf (or 1 tsp dried thyme)
- 3/4 tsp, 1 tsp, 1/4 tsp black pepper, smoked paprika, red pepper flakes
- 6 cups water
- 1 lemon (zest & juice)
- 4 tbsp pumpkin seeds, unsalted (toasted, garnish)



### Directions:

1. Rinse quinoa 30 sec. Cube turkey; dice onion-carrot-celery; mince garlic. Zest and juice lemon.
2. Set Instant Pot to Sauté. Add oil; cook onion-carrot-celery 4 min. Add garlic, Italian seasoning, bay; cook 1 min.
3. Add turkey; sauté 2 min to lightly color.
4. Stir in quinoa, tomatoes with juices, water, pepper, paprika, red pepper flakes.
5. Lock lid. Cook on High Pressure 10 min.
6. Quick release. Stir in greens; discard bay. Sauté 2–3 min to wilt. Stir in lemon zest and juice.
7. Taste; add more pepper. Optional: 1/16–1/8 tsp fine salt. Ladle; top each bowl with 1 tbsp pumpkin seeds.



### Nutritional Information:

Calories: 500, Protein: 38g, Carbs: 52g, Fat: 15g, Fiber: 9g, Sodium: 230mg, Sugar: 7g



## CREAMY KALE & BARLEY TURKEY SOUP



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
50 min



### Ingredients:

- 1 1/4 lb ground turkey (93% lean)
- 1 cup hulled barley (dry)
- 6 cups kale (stems removed, chopped)
- 1 can no-salt-added diced tomatoes (14.5 oz)
- 1 medium yellow onion (diced)
- 2 cups carrots & celery (chopped, 1 cup each)
- 4 cloves garlic (minced)
- 1 tbsp extra-virgin olive oil
- 3 fresh thyme sprigs
- 1 bay leaf
- 1 tsp smoked paprika (salt-free)
- 1 lemon (zest and 2–3 tbsp juice)



### Directions:

1. Heat oil in a large pot over med. Sauté onion, carrots, celery 3–4 min. Add turkey; cook, breaking up, until lightly browned, 6–8 min. Add garlic 1 min.
2. Stir in smoked paprika, thyme, and tomatoes. Add barley, bay, and 7 cups water; scrape up browned bits.
3. Bring to a boil; reduce to low, cover, and simmer until barley is tender, 40–50 min.
4. Stir in kale; simmer uncovered 5–7 min until wilted and tender. Remove bay and thyme stems.
5. Ladle 3 cups soup (solids + liquid) to a blender; vent lid. Blend until silky; return puree to pot and stir to thicken.
6. Zest lemon into pot; add 2–3 tbsp juice. If too thick, thin with hot water. Taste and add more lemon for brightness.



### Nutritional Information:

Calories: 490, Protein: 34g, Carbs: 53g, Fat: 14g, Fiber: 12g, Sodium: 220mg, Sugar: 6g



## LEMON-POACHED TOFU & BELL PEPPER SOUP WITH FARRO



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
30 min



### Ingredients:

- 2 tbsp extra-virgin olive oil
- 1 medium yellow onion (diced)
- 2 medium bell peppers (diced)
- 3 cloves garlic (minced)
- 14.5 oz diced tomatoes (no-salt-added, with juices)
- 6 cups water
- 1 bay + 2 sprigs bay leaf & thyme sprigs (aromatics)
- 1 tsp each smoked paprika & cumin (+ 1/4 tsp black pepper)
- 2/3 cup farro (rinsed)
- 20 oz firm tofu (drained; 1-in cubes)
- 2 15 oz cans cannellini beans (no-salt-added; drained & rinsed 30 sec)
- 1 lemon (zest & juice)



### Directions:

1. Heat oil in a large pot over med. Add onion, bell peppers, and garlic; sauté 5 min until softened.
2. Stir in tomatoes, water, bay + thyme, smoked paprika & cumin; bring to a gentle simmer.
3. Add farro; simmer uncovered 15–20 min until al dente.
4. Rinse beans under running water 30 sec; drain. Stir into pot; return to a bare simmer.
5. Lower heat; add tofu cubes. Poach 8–10 min at a gentle simmer—do not boil.
6. Remove bay/thyme. Stir in lemon zest and juice and 1/4 tsp black pepper.
7. Taste; brighten with more lemon if needed. Optional: 1/16–1/8 tsp fine salt (raises sodium). Ladle and serve.



### Nutritional Information:

Calories: 480, Protein: 28g, Carbs: 59g, Fat: 16g, Fiber: 13g, Sodium: 420mg, Sugar: 8g



## RUSTIC TEMPEH, MUSHROOM & PASTA SOUP



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
30 min



### Ingredients:

- 2 tbsp extra-virgin olive oil
- 1 lb tempeh (cut 1/2-in cubes)
- 12 oz mushrooms (sliced)
- 2 cups onion, carrot & celery (1 cup each, diced)
- 4 cloves garlic (minced)
- 14.5 oz can no-salt-added diced tomatoes (with juices)
- 6 cups water
- 2 & 2 ea bay leaves & thyme sprigs
- 1/2 tsp black pepper
- 6 oz whole-wheat small pasta (ditalini or elbows)
- 15 oz can no-salt-added white beans (drained & rinsed 30 sec)
- 4 cups baby spinach (coarsely chopped)



### Directions:

1. Heat oil in a large pot over med. Add tempeh; cook 4–5 min, stirring, until lightly browned.
2. Add mushrooms; cook 4 min until they release juices. Stir in onion, carrot, celery; cook 2 min.
3. Add garlic; cook 30 sec. Stir in tomatoes; scrape up browned bits.
4. Pour in 6 cups water, bay, and thyme; bring to a boil, then add pasta.
5. Reduce heat; simmer 8–10 min until pasta is al dente. Add beans (rinse 30 sec first); simmer 3 min.
6. Stir in spinach; simmer 1–2 min to wilt. Remove bay and thyme. Stir in black pepper.
7. Rest 5 min. Brighten with lemon, if desired. Optional 1/16–1/8 tsp salt raises sodium. Ladle into bowls.






### Nutritional Information:

Calories: 560, Protein: 34g, Carbs: 62g, Fat: 20g, Fiber: 13g, Sodium: 200mg, Sugar: 9g



## NORTH WOODS CHICKPEA-WILD RICE CHOWDER

 **Servings:** 4  **Prep:** 20 min  **Cook:** 30 min

### **Ingredients:**

- 3 15 oz cans No-salt-added chickpeas, canned (drained & rinsed)
- 1/3 cup Wild rice, dry
- 2 cups Yellow onions, thinly sliced
- 3 cups Mushrooms, sliced
- 3 cloves Garlic, minced
- 4 Fresh thyme sprigs
- 2 tbsp Extra-virgin olive oil
- 3.5 cups Low-fat milk (1%)
- 2 tbsp Lemon juice
- 3/4 tsp Black pepper (optional 1/16–1/8 tsp salt to finish)
- 1 Bay leaf
- 5 cups Water

### **Directions:**




1. Heat oil in skillet (med). Sauté onions 6–8 min; add mushrooms 4 min. Stir in garlic 1 min. Transfer to slow cooker.
2. Add wild rice, thyme, bay leaf, water, and pepper; stir.
3. Cook on LOW 5–6 hr or HIGH 3–4 hr, until wild rice is tender.
4. Add chickpeas (drain & rinse 30 sec to cut sodium 30–40%); cook 15–20 min.
5. Stir in milk; heat 10 min on HIGH without boiling. Remove thyme and bay.
6. Finish with lemon juice; adjust pepper. Optional 1/16–1/8 tsp salt; this raises sodium.
7. Rest 5 min; ladle into bowls and serve hot.

### **Nutritional Information:**

Calories: 460, Protein: 23g, Carbs: 62g, Fat: 13g, Fiber: 12g, Sodium: 240mg, Sugar: 14g



## GARLIC-LEMON LENTIL-BULGUR SOUP WITH TOFU

 **Servings:** 4  **Prep:** 15 min  **Cook:** 30 min

### **Ingredients:**

- 2.5 tbsp extra-virgin olive oil
- 3.5 cups mirepoix (onion, carrot, celery) (diced)
- 6 cloves garlic (minced)
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 tsp dried oregano
- 14.5 oz can no-salt-added diced tomatoes (with juices)
- 1.5 cups brown lentils (picked and rinsed)
- 1/3 cup fine bulgur
- 8 oz firm tofu (drained, 1/2-inch cubes)
- 1 ea lemon (zest + 2 tbsp juice)
- 6 cups water

### **Directions:**

1. Heat oil in a large pot over med. Sauté mirepoix 7–8 min until golden. Add garlic; cook 1 min.
2. Stir in cumin, smoked paprika, and oregano; toast 30 sec until aromatic.
3. Deglaze with no-salt-added tomatoes and juices; scrape up browned bits. Simmer 2 min to reduce.
4. Add water and lentils; bring to a boil. Reduce heat; simmer 18 min, partially covered.
5. Stir in bulgur and tofu. Simmer 8–10 min, until lentils and bulgur are tender.
6. Off heat, add lemon zest and 2 tbsp juice. Thin with hot water if needed.
7. Taste; add more lemon if desired. Optional: 1/16–1/8 tsp salt (raises sodium). Ladle into bowls.

### **Nutritional Information:**

Calories: 510, Protein: 26g, Carbs: 72g, Fat: 13g, Fiber: 16g, Sodium: 120mg, Sugar: 9g



## SMOKY BLACK BEAN & KALE NOODLE SOUP



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
30 min



### Ingredients:

- 3 tbsp extra-virgin olive oil
- 1 medium onion, chopped
- 1.5 cups carrot & celery, diced
- 4 cloves garlic, minced
- 2.75 tsp spices (cumin, smoked paprika, oregano, black pepper) (cumin 1 tsp; smoked paprika 1 tsp; oregano 1/2 tsp;
- 1 can diced tomatoes, no-salt-added (14.5 oz, with juices)
- 3 cans black beans, no-salt-added (15 oz each; drain & rinse 30 sec to cut sodium 30–40%)
- 8 oz firm tofu, diced
- 6 cups water
- 6 cups kale, stemmed & chopped
- 2 oz whole-grain noodles (dry)
- 2 tbsp lime juice (plus extra wedges, optional)



### Directions:

1. Heat oil in a large pot over med. Sauté onion and carrot & celery 6–8 min until soft.
2. Add garlic and spices; cook 1 min until fragrant.
3. Stir in tomatoes. Drain & rinse beans 30 sec to cut sodium 30–40%; add beans and water; bring to a boil.
4. Reduce heat; simmer 10 min. Lightly mash some beans with a spoon to thicken.
5. Add noodles; cook 6–8 min, stirring so they don't stick.
6. Gently stir in tofu and kale; simmer 3–4 min until kale is tender.
7. Off heat, stir in lime juice. Optional: 1/16–1/8 tsp fine salt; this raises sodium. Rest 2 min and serve.



### Nutritional Information:

Calories: 530, Protein: 27g, Carbs: 75g, Fat: 14g, Fiber: 22g, Sodium: 150mg, Sugar: 8g



## CREAMY MUSHROOM & CANNELLINI SOUP WITH QUINOA



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
30 min



### Ingredients:

- 2 tbsp extra-virgin olive oil
- 1 medium onion (chopped)
- 16 oz mushrooms (sliced)
- 3 cloves garlic (minced)
- 4 sprigs fresh thyme
- 2/3 cup quinoa (rinsed)
- 2 cans (15 oz) cannellini beans (no-salt-added, drained & rinsed 30+ sec)
- 1/4 cup cashews (to blend)
- 5 cups water
- 1 cup evaporated skim milk
- 1/2 tsp black pepper (freshly ground)
- 1 tbsp lemon juice (fresh)



### Directions:

1. Heat oil in a large pot over med-high. Sauté onion 3 min. Add mushrooms; cook until browned, 8–10 min. Stir in garlic and thyme; cook 30 sec.
2. Add water and quinoa; bring to a boil. Reduce to low, cover, and simmer 15 min, stirring once.
3. Stir in cannellini beans (no-salt-added, drained & rinsed 30+ sec to cut sodium). Simmer 5 min.
4. Remove thyme. Ladle about 2/3 of soup into blender with cashews; vent lid. Blend until silky; return puree to pot.
5. Stir in evaporated skim milk, black pepper, and lemon juice. Warm 2–3 min—do not boil.
6. Taste; add more lemon or a tiny pinch salt (1/16–1/8 tsp, optional; raises sodium). Thin with hot water to desired consistency.
7. Ladle into bowls and serve hot.






### Nutritional Information:

Calories: 475, Protein: 25g, Carbs: 62g, Fat: 14g, Fiber: 13g, Sodium: 180mg, Sugar: 10g



## LEMON-THYME COD & BARLEY SOUP

 **Servings:** 4  **Prep:** 15 min  **Cook:** 40 min

 **Ingredients:**

- 4 tbsp extra-virgin olive oil (divided)
- 2 cups yellow onion, chopped
- 1 cup carrots, diced
- 3 cloves garlic, minced
- 1 cup hulled barley, soaked 4–8 hr, drained (whole grain)
- 14.5 oz can no-salt-added diced tomatoes (use juices)
- 6 cups water
- 3 cups kale, chopped (stems thinly sliced)
- 1.25 lb cod fillets, skinless, cut 2-in pieces
- 1 each lemon (zest + 2 tbsp juice)
- 1 + 3 + 1/2 leaf + sprigs + tsp bay leaf + thyme sprigs + black pepper
- 1/16–1/8 tsp kosher salt (optional, to finish)

 **Directions:**




1. Heat 2 tbsp oil in pot over med. Sauté onion and carrots 6–7 min until soft; add garlic 30 sec.
2. Stir in barley. Add tomatoes with juice, water, bay, thyme, pepper; bring to a boil.
3. Reduce heat; cover and simmer 30–35 min, until barley is just tender.
4. Stir in kale; cook 3–4 min to wilt. Remove thyme stems; keep bay.
5. Add lemon zest and 1 tbsp juice; taste broth.
6. Slide in cod; submerge. Poach at bare simmer 5–7 min, until just opaque and flakes.
7. Off heat, stir in 2 tbsp oil and 1 tbsp juice. Optional 1/16–1/8 tsp salt; adds 35–70 mg Na/serving. Discard bay; serve hot.

 **Nutritional Information:**

Calories: 520, Protein: 38g, Carbs: 58g, Fat: 15g, Fiber: 13g, Sodium: 320mg, Sugar: 7g



## GARLIC-LEMON SHRIMP & FARRO SOUP

 **Servings:** 4  **Prep:** 15 min  **Cook:** 35 min

 **Ingredients:**

- 2 1/2 tbsp extra-virgin olive oil
- 2 cups onion, carrot & celery, diced (mirepoix)
- 6 cloves garlic (thinly sliced)
- 14.5 oz can no-salt-added diced tomatoes (undrained)
- 3/4 cup farro (rinsed)
- 6 cups water
- 1 + 2 ea bay leaf & fresh thyme sprigs
- 1/2 + 1/4 + 1/2 tsp smoked paprika, red pepper flakes & black pepper
- 1 lb shrimp (peeled & deveined)
- 4 cups baby spinach (chopped)
- 1 + 1/2 ea + cup lemon & part-skim parmesan (zest & juice; finely grated (2 oz))
- 15 oz can no-salt-added cannellini beans (drain & rinse 30 sec)

 **Directions:**

1. Heat oil in a large pot over med. Sauté onion, carrot, celery 5 min. Add garlic; cook 1 min until fragrant.
2. Stir in tomatoes, beans (drain & rinse 30 sec), water, farro, bay, thyme, and spices.
3. Bring to a boil; reduce to a lively simmer. Partially cover; cook 22–25 min, stirring occasionally.
4. Add shrimp; simmer 3–4 min until pink and opaque.
5. Stir in spinach; simmer 1 min to wilt. Remove bay and thyme stems.
6. Off heat, add lemon zest and juice. Stir in parmesan until just melted.
7. Taste; add black pepper and an optional pinch salt (1/16–1/8 tsp). Ladle and serve.

 **Nutritional Information:**

Calories: 520, Protein: 39g, Carbs: 55g, Fat: 15g, Fiber: 10g, Sodium: 560mg, Sugar: 8g

A top-down view of a meal on a dark wooden table. In the center, a white semi-transparent banner contains the text "SANDWICHES & WRAPS". To the left, a white plate holds a wrap filled with lettuce, tomatoes, avocado, and chicken, next to a bowl of white dressing with green herbs. To the right, another white plate holds a wrap with lettuce, tomatoes, avocado, and chicken, next to a bowl of fresh vegetables including lettuce, tomatoes, and avocado. A third bowl of dressing is at the top, and a fourth bowl of dressing is at the bottom. A white cloth is visible in the top right corner.

# **SANDWICHES & WRAPS**



## BLACK BEAN-ARUGULA PATTY TOASTS & LETTUCE WRAPS



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
30 min



### Ingredients:

- 30 oz Black beans, no-salt-added, drained/rinsed 30 sec
- 15 oz White beans, no-salt-added, drained
- 1 large Egg
- 0.5 cup Red onion
- 2 cloves Garlic, minced
- 2.5 tsp Salt-free spice blend (cumin 1, paprika 0.5, black pepper 0.5, oregano 0.5)
- 8 tsp olive oil (divided)
- 4 cups Arugula (2 cups chopped into patties; 2 cups fresh to top)
- 8 large Lettuce leaves
- 4 slices Whole-wheat bread (low sodium)
- 1 cup Nonfat Greek yogurt
- 1 batch Tahini + lemon (tahini 2 tbsp + lemon juice 1 tbsp + zest 1/2 tsp)



### Directions:

1. Heat oven to 425°F. Line a sheet pan with parchment; brush with 3 tsp oil.
2. In a bowl, mash beans. Mix in onion, garlic, spice blend, egg, and 2 cups chopped arugula (beans rinsed 30 sec cut sodium ~30–40%).
3. Form 8 compact patties (~1/3 cup). Set on pan; brush tops with 3 tsp oil.
4. Bake 14 min. Flip with spatula; bake 8–10 min more until edges crisp; broil 1–2 min if needed.
5. Whisk yogurt with tahini, lemon juice, and zest; thin with 1–2 tsp water until spoonable.
6. Toast bread (toaster or skillet with 2 tsp oil). Spread each slice with 1 tbsp sauce.
7. Serve 2 patties/serving: 1 on toast with arugula, 1 in 2 lettuce leaves with arugula + sauce. Finish with lemon; optional 1/16 tsp salt/serving (raises sodium).



### Nutritional Information:

Calories: 530, Protein: 29g, Carbs: 67g, Fat: 16g, Fiber: 18g, Sodium: 350mg, Sugar: 6g



## MEDITERRANEAN BEAN-CARROT BAGUETTE PLATTER



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
30 min



### Ingredients:

- 2 cans white beans (no-salt-added, 15 oz each)
- 1.25 lb carrots (peeled, cut into batons)
- 2 tbsp olive oil (divided)
- 1 lemon (zest & juice)
- 2 cloves garlic
- 1/2 cup fresh herbs (parsley & dill) (finely chopped, divided)
- 3/4 cup Greek yogurt
- 6 oz whole-grain baguette
- 6 oz turkey breast, sliced (home-roasted, unsalted)
- 2 tsp cumin, paprika & black pepper
- 4 cups arugula (packed)
- 2 tbsp tahini



### Directions:

1. Heat oven to 425°F. Toss carrots with 1 tbsp oil, 1 tsp spice blend, and pepper. Roast on sheet pan 18–20 min, until tender and browned.
2. Drain & rinse beans 30–40 sec (cuts sodium ~30–40%). Mash with tahini, 1 garlic clove, 1 tsp spice blend, 1 tsp zest, 1 tbsp lemon juice, pepper.
3. Whisk yogurt with 2 tbsp herbs, 1 tsp zest, 1 tbsp juice, 1 minced garlic clove, pepper; reserve any extra lemon for serving. Chill.
4. Heat grill pan to med-high. Brush baguette with 1 tbsp oil. Griddle 2–3 min/side until crisp marks form. Warm turkey briefly on griddle, if desired. Pile arugula on a large platter.
5. Set out griddled baguette, roasted carrots, and sliced turkey. Spoon bean spread and yogurt-herb sauce into small bowls.
6. To eat: spread bean mash on bread; add carrots, turkey, arugula. Finish with reserved lemon instead of extra salt. Optional pinch salt 1/16–1/8 tsp.



### Nutritional Information:

Calories: 520, Protein: 32g, Carbs: 66g, Fat: 14g, Fiber: 13g, Sodium: 650mg, Sugar: 11g



## TUNA-ARUGULA WRAP LUNCHBOX, DASH STYLE



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
0 min



### Ingredients:

- 3 cans tuna, no-salt-added (5 oz each, drained)
- 1/2 cup nonfat Greek yogurt
- 1 large lemon (zest + 2 tbsp juice)
- 2 tbsp fresh dill, chopped
- 1/2 tsp black pepper (freshly ground)
- 4 8-inch whole-wheat tortillas (low sodium)
- 4 cups arugula (loosely packed)
- 1/2 cup hummus
- 2 cups carrot sticks
- 2 cups apple slices
- 4 cakes brown rice cakes, unsalted (break into crackers)
- 1/2 cup almonds, unsalted (whole)



### Directions:

1. In a bowl, mix drained tuna, yogurt, lemon zest/juice, dill, and pepper until creamy.
2. Lay tortillas flat. Add 1 cup arugula and 1/4 of tuna mix to each. Roll tightly; halve.
3. Place wrap halves in the large compartment of 4 meal-prep containers.
4. Portion hummus (2 tbsp each) and carrot sticks (1/2 cup each) into a compartment.
5. Add apple slices (1/2 cup each) with almonds (2 tbsp each) in another compartment.
6. Add 1 rice cake per box (keeps crisp). Seal and chill up to 2 days. Optional: 1/16–1/8 tsp salt to taste; lemon boosts flavor.



### Nutritional Information:

Calories: 515, Protein: 35g, Carbs: 56g, Fat: 19g, Fiber: 11g, Sodium: 500mg, Sugar: 12g



## GRIDDLED CHICKEN CLUB WITH CRISP LETTUCE



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
20 min



### Ingredients:

- 1 lb chicken breast (sliced) (trimmed)
- 12 slices whole-wheat bread (low sodium)
- 4 cups lettuce (torn)
- 2 tomatoes (sliced)
- 1 avocado (sliced)
- 1/4 cup hummus (low-sodium)
- 1/4 cup nonfat Greek yogurt
- 1 tsp + 2 tsp lemon zest + juice
- 2 tbsp fresh herbs (dill/parsley/chives) (chopped)
- 1 small clove garlic (minced)
- 1/2 tsp black pepper (divided)
- 4 tsp extra-virgin olive oil



### Directions:

1. Mix yogurt, lemon zest/juice, herbs, garlic, and 1/4 tsp pepper. Set aside.
2. Heat a grill pan/skillet on med; brush with 2 tsp oil.
3. Season chicken with 1/4 tsp pepper. Griddle 3–4 min/side to 165°F; remove.
4. Brush bread with remaining oil. Griddle 1–2 min/side until toasty.
5. Spread hummus on 4 slices. Top with lettuce, chicken, and tomato; cap with 4 slices.
6. Spread yogurt sauce on second layer; add lettuce, avocado, and chicken. Top with bread.
7. Press gently, slice diagonally. Serve warm; add extra pepper to taste.



### Nutritional Information:

Calories: 520, Protein: 40g, Carbs: 52g, Fat: 16g, Fiber: 12g, Sodium: 380mg, Sugar: 6g



## MEDITERRANEAN TURKEY LETTUCE WRAPS WITH TOASTED PITA



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
10 min



### Ingredients:

- 12 oz turkey breast (home-roasted, unsalted), sliced
- 8 leaves lettuce leaves (for wraps) (large)
- 3 pitas whole-grain pitas (6-in)
- 1 cup bell peppers, thinly sliced
- 1 cup cucumber, thinly sliced
- 1 cup tomatoes, diced
- 1 small avocado, sliced
- 3/4 cup nonfat Greek yogurt
- 1/2 cup white beans, no-salt-added, rinsed & mashed
- 2 tbsp tahini
- 1 medium lemon, zested & juiced
- 2 tbsp fresh parsley & dill, chopped



### Directions:

1. In a bowl, rinse beans 30 sec, drain; mash. Stir in yogurt, tahini, lemon zest/juice, and herbs until smooth.
2. Split pitas; toast in a dry skillet or toaster oven until crisp and golden, 3–4 min. Cut into wedges.
3. Slice bell pepper, cucumber, tomatoes, and avocado. Pat turkey slices dry.
4. Lay 8 lettuce leaves. Spread 1 tbsp sauce on each; layer turkey, peppers, cucumber, tomatoes, and avocado. Roll tightly.
5. Serve 2 wraps per plate with warm toasted pita wedges and remaining sauce for dipping.
6. Finish with extra lemon and black pepper if desired. Optional tiny pinch salt (1/16–1/8 tsp total); adds sodium.



### Nutritional Information:

Calories: 430, Protein: 38g, Carbs: 43g, Fat: 12g, Fiber: 9g, Sodium: 420mg, Sugar: 7g



## LEMON-DILL SALMON PACKET SANDWICHES, CARROT CRUNCH



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
20 min



### Ingredients:

- 4 x 4 oz salmon fillets, skinless
- 4 cups carrots, julienned (1 cup per packet)
- 0.5 cup roasted red peppers (unsalted), sliced
- 2 tbsp fresh dill, chopped (divided)
- 1 small clove garlic, minced
- 1 lemon, zest & juice
- 2 tsp extra-virgin olive oil
- 0.5 tsp black pepper (divided)
- 0.5 cup nonfat Greek yogurt
- 8 whole-grain sandwich thins
- 2 cups arugula (loosely packed)



### Directions:

1. Heat oven to 400°F. Cut 4 sheets parchment (about 12x16 in).
2. Stir yogurt, 1 tsp lemon zest, 2 tsp juice, garlic, 1 tbsp dill, 1/8 tsp pepper. Chill.
3. On each sheet, mound 1 cup carrots + 2 tbsp peppers; top with salmon. Drizzle 1/2 tsp oil, 1 tsp juice; pepper; dill. Seal.
4. Bake packets on sheet pan 14–16 min until salmon flakes. Rest 5 min; open carefully.
5. Meal-prep: Cool. Divide salmon, veg, and juices into 4 containers. Refrigerate up to 3 days.
6. When eating: Toast 2 sandwich thins per serving. Spread 2 tbsp yogurt sauce on cut sides.
7. Assemble: Add arugula, packet carrots/peppers, and salmon. Finish with lemon squeeze and pepper. Serve 2 per person.



### Nutritional Information:

Calories: 580, Protein: 36g, Carbs: 68g, Fat: 15g, Fiber: 12g, Sodium: 480mg, Sugar: 11g



## PRESSED EGG-LETTUCE RICE CAKEWICH & YOGURT CRUNCH



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
15 min



### Ingredients:

- 8 large eggs
- 12 each brown rice cakes (unsalted)
- 2 cups shredded lettuce
- 1 1/3 cups nonfat Greek yogurt
- 2 each apples, thin-sliced (medium)
- 1/4 cup walnuts, chopped (unsalted)
- 2 tbsp chives, chopped
- 1 tsp lemon zest
- 1/2 tsp black pepper
- 2 tsp extra-virgin olive oil



### Directions:

1. Whisk eggs with chives and black pepper in a bowl.
2. Heat grill pan; brush with 1 tsp oil. Cook 4 thin omelets (1/4 mix each), folding to fit rice cakes.
3. Build 4 sandwiches: rice cake + 1/2 cup lettuce + 1 omelet + rice cake. Brush outsides with 1 tsp oil.
4. Press on grill pan 1–2 min/side with a panini press or heavy skillet until crisp and warm.
5. On 4 rice cakes, layer 1/3 cup yogurt, apple slices, walnuts, and lemon zest for a grab-and-go sweet stack.
6. Serve each pressed sandwich with one layered yogurt-apple rice cake. Chill components up to 1 day.



### Nutritional Information:

Calories: 415, Protein: 25g, Carbs: 40g, Fat: 17g, Fiber: 5g, Sodium: 220mg, Sugar: 13g



## BAKED HUMMUS PEPPER WRAPS WITH YOGURT-BEAN DRIZZLE



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
25 min



### Ingredients:

- 8 ea corn tortillas (low sodium) (6-in)
- 1/2 cup hummus (spread)
- 2 cups bell peppers (thinly sliced)
- 1/2 cup red onion (thinly sliced)
- 2 cups spinach (chopped)
- 3 cups nonfat Greek yogurt
- 1 1/3 cups white beans (mashed) (no-salt-added; drain & rinse 30 sec)
- 4 tsp extra-virgin olive oil (2 tsp sauté + 2 tsp brush)
- 1 clove garlic (minced)
- 1 ea lemon (zest + 2 tbsp juice)
- 1 1/2 tsp cumin & paprika (salt-free)
- 1/4 tsp black pepper



### Directions:

1. Heat oven to 400°F. Lightly oil a 9x13-in baking dish.
2. Sauté peppers & onion in 2 tsp oil with cumin & paprika 6–8 min until tender; cool slightly.
3. Blend yogurt, mashed white beans (rinsed 30 sec), lemon zest/juice, garlic & 2–4 tbsp water; season with pepper.
4. Warm tortillas 1–2 min to pliable. Spread 1 tbsp hummus on each; add peppers & spinach. Roll tightly.
5. Nestle rolls seam-down in dish. Spoon ~2 tbsp yogurt-bean sauce over each; brush tops with 2 tsp oil.
6. Bake 12–15 min until edges crisp & sauce sets. Rest 5 min.
7. Serve 2 wraps/person with extra sauce and lemon for brightness.



### Nutritional Information:

Calories: 430, Protein: 30g, Carbs: 52g, Fat: 12g, Fiber: 12g, Sodium: 360mg, Sugar: 9g



## HERBED TOFU ROAST SANDWICH WITH CHARRED LETTUCE



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
30 min



### Ingredients:

- 1.25 lb tofu (baked), extra-firm (pressed, sliced)
- 8 leaves lettuce (romaine) (sturdy leaves for roasting)
- 2 cups bell peppers, sliced
- 1 cup red onion, sliced
- 5 tsp extra-virgin olive oil
- 1 large lemon (zest & juice, divided)
- 0.25 cup fresh parsley & dill, chopped (divided)
- 1 clove garlic, minced
- 1 tsp Italian seasoning (salt-free)
- 0.67 cup nonfat Greek yogurt
- 1 cup white beans (no-salt-added) (drain & rinse 30 sec)
- 8 slices whole-wheat bread (low sodium)



### Directions:

1. Heat oven to 425°F. Line a sheet pan. Pat tofu dry; slice into 1/2-in pieces.
2. On sheet pan, toss tofu, peppers, and onion with 3 tsp oil + Italian seasoning. Spread in one layer.
3. Roast 15 min. Brush lettuce with 2 tsp oil; add to pan. Roast 5–7 min until edges char and tofu browns.
4. Rinse beans 30 sec. Mash with yogurt, garlic, lemon zest, 1–2 tsp juice, and half the herbs.
5. Toast 8 bread slices to golden.
6. Toss hot tofu/veg with 1 tbsp lemon juice and remaining herbs to finish bright.
7. Spread 2 tbsp bean-yogurt on 4 slices; pile tofu and roasted lettuce/veg; cap. Optional 1/16–1/8 tsp salt adds sodium.



### Nutritional Information:

Calories: 450, Protein: 28g, Carbs: 50g, Fat: 15g, Fiber: 10g, Sodium: 220mg, Sugar: 6g



## SHAWARMA-STYLE TEMPEH PITA POCKETS



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
10 min



### Ingredients:

- 12 oz tempeh, marinated & baked (slice into thin strips)
- 4 whole-grain pitas (6-inch)
- 2 cups bell peppers, thinly sliced (mix of colors)
- 2 cups diced tomato & cucumber
- 2 cups baby spinach
- 1/2 cup red onion, very thin
- 1/2 cup nonfat Greek yogurt
- 2 tbsp tahini (unsalted)
- 1 lemon (zest & juice)
- 1 small clove garlic, minced
- 1 tsp ground cumin
- 1/2 tsp paprika



### Directions:

1. Whisk yogurt, tahini, lemon zest/juice, and garlic. Thin with 1–2 tbsp water to a drizzle; chill.
2. In a bowl, toss peppers, tomato-cucumber, onion, and spinach with cumin and paprika.
3. Warm tempeh in a dry skillet over medium, 2–3 min/side, until heated through.
4. Warm pitas in skillet or toaster 1–2 min until pliable; cut each in half to make 8 pockets.
5. Assemble: open each pocket; layer 1/2 cup veggies and 1.5 oz tempeh inside.
6. Drizzle ~1 tbsp sauce per pocket. Add extra lemon if desired.
7. Serve immediately. Optional: tiny pinch salt (1/16–1/8 tsp) per pita; raises sodium.



### Nutritional Information:

Calories: 480, Protein: 28g, Carbs: 58g, Fat: 15g, Fiber: 11g, Sodium: 380mg, Sugar: 8g



## ARUGULA-LENTIL PATTY WRAPS WITH LEMON BEAN VINAIGRETTE



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
10 min



### Ingredients:

- 4 each whole-wheat tortillas (low sodium) (8-inch)
- 4 each lentil patties (about 4 oz each)
- 4 cups arugula (packed)
- 2 cups mixed chopped vegetables (cucumber, tomato, bell pepper, red onion)
- 1/3 cup nonfat Greek yogurt (plain)
- 1/2 cup white beans (mashed) (no-salt-added)
- 1 lemon (zest and juice)
- 1 clove garlic (minced)
- 2 tbsp fresh parsley
- 1/2 tsp black pepper (freshly ground)
- 1 medium avocado (sliced)
- 4 oz low-fat Swiss (reduced sodium) (sliced; 1 oz/serving)



### Directions:

1. Rinse beans 30 sec; mash. Whisk in yogurt, lemon zest+juice, garlic, parsley, and pepper. Thin with 1–2 tbsp water. Optional: 1/16–1/8 tsp salt; raises sodium.
2. Heat skillet med. Warm patties 2–3 min/side until hot. Warm tortillas 10–15 sec/side.
3. Chop cucumbers, tomatoes, bell pepper, and red onion. Slice avocado. Keep arugula dry.
4. Meal-prep: Divide arugula (1 cup) and veg (1/2 cup) into 4 containers; add avocado. Add 1 tortilla + 1 patty each. Pack 2 tbsp vinaigrette in a small cup.
5. To serve: Reheat patty, slice. Lay tortilla; top with arugula, veg, Swiss, and patty. Drizzle 2 tbsp vinaigrette, add pepper. Roll tightly.
6. For day 2–3, keep greens and dressing separate until eating to prevent soggy wraps.
7. Brighten with extra lemon instead of more salt.



### Nutritional Information:

Calories: 505, Protein: 30g, Carbs: 68g, Fat: 14g, Fiber: 13g, Sodium: 480mg, Sugar: 5g



## CITRUS-PRESSED TURKEY MEATLOAF PANINI WITH CARROTS



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
20 min



### Ingredients:

- 4 each sandwich thins (whole grain)
- 12 oz turkey meatloaf slices (unsalted) (about 8 thin slices)
- 3 cups carrots, julienned
- 1 cup red onion, thinly sliced
- 2 cloves garlic, minced
- 2 tbsp extra-virgin olive oil
- 1 each lemon (zest + 2 tbsp juice)
- 2 tbsp fresh parsley, chopped
- 1/2 tsp black pepper
- 1/2 tsp ground cumin
- 1 1/3 cups white beans, mashed (no-salt-added, drained & rinsed 30 sec)
- 1 small avocado, thinly sliced



### Directions:

1. Mash beans (rinsed 30 sec) with 1 tsp oil, 1 tsp lemon zest, 1 tbsp juice, parsley, and 1/4 tsp pepper; set aside.
2. Heat remaining oil in a 12-in skillet on med-high. Sauté onion, carrots, garlic, cumin, and 1/4 tsp pepper until crisp-tender, 6–8 min.
3. Push veg to sides; add turkey slices to center. Sear 1–2 min/side to warm and lightly brown.
4. Off heat, toss veg with 1 tbsp lemon juice to finish bright. Adjust lemon to taste.
5. Split thins. Spread 1/3 cup bean mash on each bottom; layer turkey, citrus carrots/onion, and avocado. Cap with tops.
6. Return 2 sandwiches to skillet; press with a second heavy skillet (or panini press) 2–3 min/side until crisp. Repeat with remaining.
7. Serve hot with extra parsley and pepper. Rest 1 min before cutting.



### Nutritional Information:

Calories: 475, Protein: 31g, Carbs: 50g, Fat: 18g, Fiber: 12g, Sodium: 370mg, Sugar: 7g



# **SHEET PAN & SKILLET DINNERS**





## CITRUS-DEGLAZED TOFU & PEPPERS ON WILD RICE TOASTS



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
30 min



### Ingredients:

- 16 oz extra-firm tofu (pressed, sliced into 8 planks)
- 3 cups wild rice, cooked (warm)
- 1.5 cups no-salt-added chickpeas (drained & rinsed 30 sec)
- 4 cups bell peppers
- 0.5 medium red onion
- 2 cloves garlic (minced)
- 2 tbsp olive oil (divided)
- 1 ea lemon (zest + 3 tbsp juice)
- 1 tsp fresh thyme (chopped)
- 1 + 0.75 tsp smoked paprika + black pepper (paprika + pepper)
- 0.75 cup nonfat Greek yogurt
- 0.5 cup pumpkin seeds



### Directions:

1. Heat oven to 425°F. Oil sheet with 1 tsp. Mash rinsed chickpeas; mix with wild rice, 1 tsp oil, lemon zest, 1/4 tsp pepper, 1/4 tsp thyme. Press 4 rectangles; bake 12 min, flip; bake 8–10 min.
2. Heat 1 tbsp oil in skillet (med-high). Season tofu with 1/2 tsp paprika + 1/4 tsp pepper. Sear 3–4 min/side until golden; transfer to plate.
3. Add remaining 1 tsp oil; sauté peppers, onion, garlic 5–6 min until tender and browned.
4. Deglaze with 3 tbsp lemon juice + 2 tbsp water; scrape bits 30–60 sec. Return tofu; add remaining paprika + thyme; toss 1 min.
5. Off heat, whisk yogurt with 2 tbsp hot pan juices for a creamy sauce; add lemon to taste.
6. Toast pumpkin seeds on the sheet pan for last 2–3 min with the rice toasts.
7. Top each rice toast with peppers and tofu; spoon yogurt sauce; sprinkle seeds. Optional: 1/16 tsp salt per toast adds ~95 mg sodium.



### Nutritional Information:

Calories: 545, Protein: 31g, Carbs: 59g, Fat: 22g, Fiber: 11g, Sodium: 170mg, Sugar: 10g



## GREEK LEMON-OREGANO CHICKEN & POTATOES



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
45 min



### Ingredients:

- 2 lb chicken thighs (bone-in, skin-on)
- 1.5 lb Yukon gold potatoes (cut into wedges)
- 1 ea red onion (cut into thick wedges)
- 6 ea garlic cloves (2 minced, 4 smashed)
- 2 ea lemons
- 0.25 cup extra-virgin olive oil
- 2 tsp dried oregano
- 1.25 tsp kosher salt
- 0.5 tsp black pepper (freshly ground)
- 0.5 cup chicken broth or water
- 2 tbsp fresh parsley (chopped)



### Directions:

1. Heat oven to 425°F. Line a rimmed sheet pan.
2. Cut potatoes into wedges; slice onion into thick wedges. Mince 2 garlic, smash 4.
3. On pan, toss potatoes, onion, all garlic with 2 tbsp oil, 1 tsp oregano, 3/4 tsp salt, pepper.
4. Pat chicken dry; rub with 2 tbsp oil, 1 tsp oregano, 1/2 tsp salt. Nestle skin-side up among veg.
5. Juice 1 lemon; mix with broth. Pour around (not over skin). Roast 25 min.
6. Baste; roast 15-20 min more until thighs 175°F and potatoes tender. Optional: broil 2-3 min to crisp.
7. Rest 5 min. Squeeze 2nd lemon over; scatter parsley. Spoon pan juices to serve.






### Nutritional Information:

Calories: 620, Protein: 32g, Carbs: 41g, Fat: 35g, Fiber: 5g, Sodium: 700mg, Sugar: 4g



## SEARED CHICKEN, CARROT & BROWN RICE WRAPS

 **Servings:** 4  **Prep:** 15 min  **Cook:** 30 min

### **Ingredients:**

- 1.5 lb skinless chicken thighs, boneless
- 1 cup brown rice, uncooked (yields ~3 cups cooked)
- 4 ea whole-wheat tortillas (8-in)
- 3 ea carrots, julienned (large)
- 1 ea bell pepper, sliced (any color)
- 0.5 cup nonfat Greek yogurt
- 1 ea lemon (zest & juice)
- 2 cloves garlic, minced
- 1 tbsp fresh thyme, chopped
- 1.5 tsp smoked paprika
- 0.5 tsp black pepper
- 2 tbsp extra-virgin olive oil (divided)

### **Directions:**




1. Cook rice: Rinse. Simmer in 2 cups water, covered, 30–35 min until tender; rest 5 min, fluff.
2. Make spread: Mix yogurt, lemon zest, 1 tbsp juice, garlic, thyme, and 1/4 tsp pepper; set aside.
3. Heat 1 tbsp oil in skillet (med-high). Toss carrots & bell pepper with 1/2 tsp paprika; sear 4–5 min; remove.
4. Pat thighs dry; season with 1 tsp paprika + 1/4 tsp pepper. Add 1 tbsp oil; sear 4–5 min/side to 165°F. Rest; slice.
5. Warm tortillas in dry skillet 30–60 sec/side (or microwave 20–30 sec wrapped in a damp towel).
6. Assemble: Spread 2 tbsp yogurt mix on each. Add 3/4 cup rice, seared veg, and sliced chicken. Splash remaining lemon.
7. Roll tightly, tucking sides. Serve with extra thyme and lemon instead of salt.

### **Nutritional Information:**

Calories: 610, Protein: 42g, Carbs: 65g, Fat: 20g, Fiber: 8g, Sodium: 460mg, Sugar: 7g



## MEDITERRANEAN TURKEY BOX WITH ZUCCHINI & FARRO THINS

 **Servings:** 4  **Prep:** 15 min  **Cook:** 40 min

### **Ingredients:**

- 1 lb ground turkey (lean)
- 4 cups zucchini (1/2-in half-moons)
- 3/4 cup farro (dry)
- 2/3 cup nonfat Greek yogurt (plain)
- 2 cups grapes
- 1/2 cup almonds
- 2 tsp extra-virgin olive oil
- olive oil spray (as needed)
- 2 cloves garlic (minced)
- 1 lemon (zest + wedges)
- 2 tsp Italian seasoning (salt-free)
- 1/4 cup parmesan

### **Directions:**

1. Heat oven to 425°F. Line sheet pan. Seal farro + 1 1/2 cups hot water + 1 tsp oil + 1/2 tsp Italian seasoning in a foil packet; set on pan.
2. Mix turkey, 1 clove garlic, 1 tsp Italian seasoning, 1 tsp lemon zest, 1 tsp oil. Form 16 meatballs; arrange on pan.
3. Mist zucchini with oil spray, sprinkle 1/2 tsp Italian seasoning. Add grapes to a corner. Keep space for almonds.
4. Bake 15 min. Stir zucchini, turn meatballs. Add almonds to pan. Bake 8–10 min more, to 165°F; set meat/veg/fruit/nuts aside.
5. Set aside 2 tbsp yogurt. Stir remaining with garlic, 1 tsp lemon zest + 1 tsp juice, pinch Italian seasoning. Chill.
6. Open farro; drain if needed. Mix with parmesan + 2 tbsp yogurt. Spoon 8–12 thin 3-in rounds on pan; bake 12–15 min, flipping once, until crisp.
7. Portion 4 boxes: meatballs (4), zucchini (~1 cup), grapes (1/2 cup), farro thins (2–3), almonds (2 tbsp), yogurt dip. Finish with lemon; optional 1/16–1/8 tsp salt.

### **Nutritional Information:**

Calories: 530, Protein: 36g, Carbs: 48g, Fat: 21g, Fiber: 8g, Sodium: 220mg, Sugar: 15g



## CITRUS BROILED SALMON, SWEET POTATO PASTA & GRAPE PARFAIT



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
30 min



### Ingredients:

- 1 lb salmon fillets
- 12 oz sweet potatoes (1 medium, 3/4-in chunks)
- 12 oz green beans (trimmed)
- 8 oz whole-wheat pasta (dry)
- 1.5 tbsp extra-virgin olive oil (divided)
- 1 lemon (zest + juice)
- 2 cloves garlic (minced)
- 1 tsp black pepper
- 1 tbsp fresh thyme leaves (divided)
- 1 cup nonfat Greek yogurt (plain)
- 1 cup seedless grapes
- 0.25 cup unsalted pistachios (chopped)



### Directions:

1. Heat broiler (high). Boil water; cook pasta until al dente; drain, reserving 1/4 cup cooking water.
2. On a sheet pan, toss sweet potatoes + green beans with 1 tbsp oil, garlic, thyme, pepper. Broil 8–10 min, stirring once.
3. Push veg aside; add salmon. Brush with 1 tsp oil, lemon zest + 1 tsp juice, and pepper. Broil 6–8 min to 125–130°F.
4. In a bowl, toss pasta with 1 tsp oil, remaining lemon juice, splash pasta water; fold in half the veg.
5. Add grapes to pan; broil 2–3 min to blister. Layer 1/4 cup yogurt + warm grapes + 1 tbsp chopped nuts in 4 small jars.
6. Plate pasta and remaining veg; top with salmon. Finish with lemon squeeze. Optional: tiny pinch salt per plate (1/16–1/8 tsp).
7. Cool parfaits; cap for grab-and-go. Refrigerate up to 3 days. Serve alongside dinner or save for breakfast.



### Nutritional Information:

Calories: 700, Protein: 41g, Carbs: 77g, Fat: 24g, Fiber: 12g, Sodium: 180mg, Sugar: 15g



## SMOKY CITRUS SHRIMP PACKETS WITH BARLEY & GREEN BEANS



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
45 min



### Ingredients:

- 1 cup hulled barley (whole-grain) (dry; whole-grain hulled)
- 1 lb shrimp, peeled/deveined (large; unbrined/not sodium-treated)
- 12 oz green beans, trimmed
- 1 cup cherry tomatoes, halved
- 3 tbsp extra-virgin olive oil
- 1 each lemon (zest + 3 tbsp juice)
- 3 cloves garlic, minced
- 1 tbsp fresh thyme, chopped
- 1 tsp smoked paprika
- 1/2 tsp black pepper (freshly ground)
- 1/4 tsp red pepper flakes (optional)
- 1/3 cup unsalted sliced almonds



### Directions:

1. Rinse barley. Boil 3 1/4 cups water; add barley. Simmer covered 40–45 min until tender; rest 5 min off heat.
2. Heat oven to 425°F. Cut four 12x16-in parchment sheets; place on sheet pan.
3. Whisk oil, lemon zest/juice, garlic, thyme, paprika, pepper, red flakes. Toss shrimp; marinate 10 min.
4. Divide green beans and tomatoes on parchment. Top with shrimp; spoon marinade over each.
5. Fold and crimp to seal tightly. Bake 12–14 min until shrimp opaque, beans crisp-tender.
6. Fluff barley; divide among 4 bowls.
7. Open packets over barley; pour juices. Top with almonds and a lemon squeeze. Optional tiny pinch salt (1/16–1/8 tsp).



### Nutritional Information:

Calories: 465, Protein: 32g, Carbs: 49g, Fat: 16g, Fiber: 12g, Sodium: 300mg, Sugar: 5g



## LEMON-OREGANO COD WITH CAULIFLOWER BULGUR SKILLET



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
30 min



### Ingredients:

- 1.25 lb cod fillets, skinless (cut 2-in pieces)
- 1 cup bulgur (dry) (medium or coarse)
- 4 cups cauliflower florets (bite-size)
- 1 (15 oz) can chickpeas, no-salt-added (drain & rinse 30 sec)
- 2.5 cups low-sodium broth (veg or chicken)
- 0.5 cup nonfat Greek yogurt
- 1 med + 3 ea/cloves onion & garlic (thin-sliced onion, minced garlic)
- 2.5 tbsp extra-virgin olive oil
- 1 ea lemon (zest + 2 tbsp juice)
- 1.5 tsp dried oregano (salt-free)
- 0.75 tsp black pepper
- 0.33 cup unsalted almonds, chopped



### Directions:

1. Pat cod dry; toss with lemon zest, 1/2 tsp oregano, 1/4 tsp pepper, and 1 tsp oil. Set aside.
2. Heat 1.5 tbsp oil in a 12" skillet on med-high. Stir-fry onion 1 min, add cauliflower; cook 5–6 min until edges brown.
3. Add garlic; stir-fry 30 sec. Stir in remaining oregano and pepper.
4. Stir in bulgur; cook 1 min. Add broth and rinsed chickpeas; bring to a lively simmer.
5. Nest cod over grains; cover. Reduce heat; cook 6–8 min until cod flakes and bulgur is tender. Remove from heat.
6. Whisk yogurt with 2 tbsp lemon juice and 1/4 cup hot pan liquid; fold into skillet to coat. Do not boil.
7. Top with almonds; add more lemon and pepper instead of salt. Rest 2 min, then serve.



### Nutritional Information:

Calories: 530, Protein: 41g, Carbs: 58g, Fat: 16g, Fiber: 12g, Sodium: 250mg, Sugar: 6g



## LEMON-THYME TEMPEH PLATTER WITH ROASTED SQUASH



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
30 min



### Ingredients:

- 20 oz tempeh (sliced 1/2-in)
- 1 lb yellow squash (halved, sliced)
- 3 cups mixed vegetables (bell pepper, red onion, cherry tomatoes)
- 0.75 cup whole-grain polenta (unsalted) (dry cornmeal)
- 2 tbsp olive oil
- 3 cloves garlic (2 for roast, 1 for sauce)
- 1 lemon (zest + 1 tbsp juice, wedges to serve)
- 2 tsp fresh thyme (chopped, plus leaves to finish)
- 1 tsp smoked paprika
- 0.75 tsp black pepper
- 0.75 cup nonfat Greek yogurt



### Directions:

1. Preheat oven to 425°F. On a sheet pan, toss tempeh, squash, and mixed veg with 1.5 tbsp oil, paprika, 2 minced garlic, lemon zest, and 1/2 tsp pepper.
2. Spread in single layer. Roast 15 min; flip tempeh/veg. Roast 8–10 min more until browned and squash tender.
3. While roasting, boil 3 cups water. Whisk in 3/4 cup whole-grain polenta; reduce heat; simmer 12–15 min, stirring, until creamy. Cover to keep warm.
4. Stir yogurt, 1 tbsp lemon juice, 1 minced garlic, 1 tsp thyme, and 1/4 tsp pepper. Thin with 1–2 tsp water if needed.
5. Spread hot polenta on a warm platter. Top with roasted squash and tempeh; add remaining veg around.
6. Drizzle lemon–thyme yogurt. Finish with extra thyme and lemon wedges. Optional: tiny pinch salt (1/16–1/8 tsp) to taste; raises sodium.






### Nutritional Information:

Calories: 560, Protein: 36g, Carbs: 54g, Fat: 22g, Fiber: 12g, Sodium: 150mg, Sugar: 7g



## LEMON-PARSLEY SKILLET WITH CRISPY CHICKPEAS & TOMATOES

 **Servings:** 4  **Prep:** 15 min  **Cook:** 30 min

 **Ingredients:**

- 2 15-oz cans chickpeas, no-salt-added (drain, rinse 30 sec)
- 1 lb tofu, extra-firm (patted dry, 1-in cubes)
- 2.5 cups cherry tomatoes
- 3 cloves garlic (minced)
- 2 tbsp extra-virgin olive oil (divided)
- 1 tsp smoked paprika
- 1 tsp cumin
- 1/2 tsp black pepper (freshly ground)
- 1 cup quinoa (rinsed)
- 1 lemon (juiced, plus wedges)
- 1/3 cup fresh parsley (chopped)

 **Directions:**




1. Heat oven to 425°F. Rinse quinoa. Drain chickpeas; rinse 30 sec to cut sodium 30–40%. Pat dry. Press tofu dry; cut into 1-in cubes.
2. Cook quinoa: Boil 2 cups water. Stir in quinoa; cover, simmer 15 min. Off heat 5 min, fluff.
3. Heat 1 tbsp oil in 12" oven-safe skillet over med-high. Add tofu + chickpeas; season with paprika, cumin, pepper. Sear 5–6 min until crisped.
4. Add tomatoes and garlic; drizzle 1 tbsp oil, toss. Move skillet to oven; roast 12–15 min until tomatoes blister.
5. Off heat, add lemon juice and parsley; toss. Optional: 1/16–1/8 tsp kosher salt per serving at table (raises sodium).
6. Spoon quinoa into 4 bowls. Top with chickpea-tomato mix and pan juices. Serve with lemon wedges.

 **Nutritional Information:**

Calories: 545, Protein: 29g, Carbs: 68g, Fat: 18g, Fiber: 14g, Sodium: 160mg, Sugar: 10g



## SMOKY BLACK BEAN-POTATO SHEET PAN BOWLS

 **Servings:** 4  **Prep:** 15 min  **Cook:** 40 min

 **Ingredients:**

- 2/3 cup brown rice (uncooked)
- 30 oz black beans, no-salt-added
- 12 oz extra-firm tofu (drained, patted dry, 3/4-in cubes)
- 12 oz potatoes
- 4 cup mixed peppers & red onion (sliced)
- 3 cloves garlic (minced, divided)
- 3 tbsp extra-virgin olive oil
- 1.5 tsp cumin
- 1 tsp smoked paprika
- 1/2 tsp black pepper
- 1 cup nonfat Greek yogurt
- 1 ea lemon (zest + juice)

 **Directions:**

1. Heat oven to 425°F. In a saucepan, combine 2/3 cup rice + 1 1/3 cups water; boil, cover, simmer 35–40 min.
2. On a sheet pan, toss potatoes with 1 tbsp oil, 1/2 tsp cumin, 1/4 tsp smoked paprika, and 1/4 tsp pepper. Roast 15 min.
3. Meanwhile, cube tofu; drain and pat dry. Rinse and drain beans 30 sec.
4. Add peppers, onion, beans, tofu, 2 tbsp oil, remaining cumin, paprika, 1/4 tsp pepper, and 2 minced garlic cloves; toss to coat.
5. Roast 12–15 min more until potatoes are tender and edges char. Rest 3 min.
6. Whisk yogurt with lemon zest, 2 tbsp juice, and 1 minced garlic clove; thin with 1–3 tsp water to drizzle.
7. Build bowls: 1/2 cup rice, pile on roasted potatoes, veg, beans & tofu. Drizzle sauce, squeeze lemon. Optional 1/16–1/8 tsp salt per bowl raises sodium.

 **Nutritional Information:**

Calories: 580, Protein: 27g, Carbs: 78g, Fat: 16g, Fiber: 15g, Sodium: 360mg, Sugar: 7g



## CITRUS-OREGANO PORK OVER FARRO & BRUSSELS SALAD

**Servings:** 4 **Prep:** 15 min **Cook:** 30 min

### **Ingredients:**

- 1 lb pork tenderloin (lean, trimmed, unsalted)
- 1 cup farro (dry, whole-grain)
- 1 lb brussels sprouts (trimmed)
- 1 medium red bell pepper (diced)
- 1 cup cherry tomatoes (halved)
- 3 cloves garlic (minced, divided)
- 1 lemon (zest + 3 tsp juice)
- 4 tbsp extra-virgin olive oil
- 1 tsp smoked paprika
- 1 tsp oregano (dried)
- 1 tsp black pepper (freshly ground)
- 1/4 tsp red pepper flakes (optional)

### **Directions:**

1. Heat oven to 425°F. Boil farro in 3 cups unsalted water until tender, 20–25 min; drain.
2. In bowl, mix 1 tbsp oil, lemon zest + 1 tbsp juice, 2 minced garlic, paprika, oregano, pepper, flakes. Coat pork; marinate 15 min.
3. Halve most sprouts (reserve 1 cup thinly sliced), dice pepper, halve tomatoes.
4. On sheet pan, toss halved sprouts + pepper with 1 tbsp oil and 1 minced garlic. Roast 10 min.
5. Sear pork in hot skillet 2–3 min/side. Move to sheet pan, pushing veg aside; roast 10–12 min more to 145°F. Rest 5 min.
6. Whisk 2 tbsp oil with 2 tbsp lemon juice + pinch pepper. Toss warm farro, shaved sprouts, tomatoes with half the vinaigrette.
7. Slice pork. Mound farro salad on plates; top with roasted veg and pork. Drizzle remaining vinaigrette. Optional: 1/16–1/8 tsp salt/serving.

### **Nutritional Information:**

Calories: 480, Protein: 32g, Carbs: 48g, Fat: 18g, Fiber: 11g, Sodium: 260mg, Sugar: 5g



## LEMON-BROILED TURKEY MEATBALLS, BARLEY & ONIONS

**Servings:** 4 **Prep:** 15 min **Cook:** 45 min

### **Ingredients:**

- 1.25 lb turkey meatballs (homemade) (about 20 small, unsalted)
- 1 cup hulled barley (dry, rinsed)
- 2 medium yellow onions (thinly sliced)
- 4 cups broccoli florets
- 3 cloves garlic (minced)
- 3 tbsp extra-virgin olive oil
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 1/2 tsp black pepper
- 1 large lemon (zest + 3 tbsp juice)
- 1 tbsp fresh thyme (chopped leaves)

### **Directions:**

1. Cook barley: Boil 3 cups water. Add barley; simmer covered 40–45 min until chewy. Drain; keep warm.
2. Position rack 6 in from broiler; heat broiler. In a broiler-safe 12" skillet, toss onions & broccoli with 2 tbsp oil, paprika, cumin, pepper.
3. Nestle meatballs among veggies; broil 6 min. Turn meatballs, toss veg; broil 5–6 min more, to 165°F.
4. Move skillet to stovetop (med heat). Add 1 tbsp oil & garlic; sauté 1 min until fragrant.
5. Add lemon zest & 3 tbsp juice and thyme; toss. Optional: 1/16–1/8 tsp salt to taste (adds sodium).
6. Spoon barley into bowls; top with meatballs, onions & broccoli. Drizzle pan juices; add extra lemon if desired.
7. Serve hot; crack more pepper to finish.

### **Nutritional Information:**

Calories: 520, Protein: 36g, Carbs: 47g, Fat: 20g, Fiber: 11g, Sodium: 200mg, Sugar: 5g



# SEAFOOD MAINS





## CHARRED CAULIFLOWER FARRO WITH BROILED MAHI-MAHI



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
30 min



### Ingredients:

- 1.25 lb mahi-mahi fillets (4 fillets)
- 6 cups cauliflower florets (from 1 medium head)
- 4 cups cooked farro (from 1 1/4 cups dry, unsalted)
- 3 cloves garlic (minced)
- 1 large lemon (zest + 3 tbsp juice)
- 3 tbsp extra-virgin olive oil (divided)
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 3/4 tsp black pepper (freshly ground)
- 1/4 cup fresh parsley (chopped)
- 1/3 cup unsalted almonds (chopped)



### Directions:

1. Cook farro: Boil 1 1/4 cups dry farro in 4 cups water (no salt) 20–25 min; drain. Keep warm.
2. Heat broiler to High, rack 6 in from heat. Line a rimmed sheet pan; lightly brush with oil (from the 3 tbsp).
3. On pan, toss cauliflower with 1 tbsp oil, half the garlic, paprika, cumin, and 1/4 tsp pepper. Broil 8–10 min, tossing once.
4. Push veg to sides. Pat mahi-mahi dry; rub with 1 tbsp oil and 1/4 tsp pepper plus a pinch paprika. Broil 5–7 min, to 140°F and flaky.
5. Add cooked farro to pan with remaining garlic, 1 tbsp oil, and 2–3 tbsp lemon juice; toss with cauliflower. Broil 1–2 min to warm.
6. Off heat, fold in parsley, almonds, and lemon zest. Serve fish over the farro–cauliflower.
7. Optional: finish each plate with 1/16–1/8 tsp kosher salt or extra lemon. 1/8 tsp adds ~290 mg sodium.



### Nutritional Information:

Calories: 560, Protein: 37g, Carbs: 56g, Fat: 18g, Fiber: 9g, Sodium: 270mg, Sugar: 3g



## LEMON-DILL CLAM AND SNAP PEA RICE BAKE



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
30 min



### Ingredients:

- 4 lb littleneck clams, scrubbed (rinse well to remove grit)
- 4 cups brown rice, cooked (warm)
- 4 cups snap peas & kale (3 cups snap peas, 1 cup chopped kale)
- 1 cup low-sodium vegetable broth (warmed)
- 3/4 cup low-fat plain yogurt
- 2 1/2 tbsp extra-virgin olive oil
- 1 medium shallot, thinly sliced
- 2 cloves garlic, minced
- 1 lemon (zest and juice) (2 tbsp juice)
- 1/4 cup fresh dill, chopped
- 3/4 tsp black pepper
- 2 tbsp pine nuts, toasted (optional)



### Directions:

1. Preheat oven to 400°F. Lightly oil a 13x9-in baking dish.
2. In dish, toss rice, kale, shallot, garlic, 1 tbsp oil, and 1/2 cup broth. Spread evenly.
3. Nest clams over rice. Drizzle 1 1/2 tbsp oil. Cover tightly with foil; bake 18–20 min until most open.
4. Whisk yogurt, remaining 1/2 cup warm broth, lemon zest + 2 tbsp juice, dill, and pepper in a bowl.
5. Discard unopened clams. Add snap peas; pour yogurt sauce over rice. Gently fold to coat.
6. Bake uncovered 5–6 min until peas are bright and sauce steams (do not boil).
7. Top with pine nuts; rest 5 min. Squeeze lemon. Taste; add 1/16–1/8 tsp salt if needed (raises sodium).



### Nutritional Information:

Calories: 520, Protein: 33g, Carbs: 60g, Fat: 15g, Fiber: 8g, Sodium: 360mg, Sugar: 7g



## SKILLET-SEARED SALMON WITH SHEET-PAN ZUCCHINI & RICE



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
40 min



### Ingredients:

- 1.25 lb salmon fillets, skin-on (4 pieces)
- 1 1/3 cup brown rice (dry; yields ~4 cups cooked)
- 2 medium zucchini (halved, 1/2-in slices)
- 4 cups broccoli florets
- 1 cup cherry tomatoes
- 3 cloves garlic (minced)
- 1 lemon (zest & juice)
- 1.5 tbsp extra-virgin olive oil
- 1/4 cup fresh dill & parsley (chopped)
- 1.5 tsp smoked paprika & black pepper (1 tsp paprika + 1/2 tsp pepper)



### Directions:

1. Rinse rice. Boil 2 2/3 cups water; add rice, cover, reduce heat; simmer 40–45 min. Off heat 5 min; fluff.
2. Heat oven to 425°F. On a sheet pan, toss broccoli, zucchini, tomatoes with 1 tbsp oil, garlic, half the paprika & pepper. Roast 12 min.
3. Pat salmon dry; rub with 1/2 tbsp oil and remaining paprika & pepper. Heat skillet med-high; sear skin-side down 3–4 min, then 1–2 min flesh-side.
4. Nest salmon among veggies on the sheet; roast 6–8 min, until fish flakes (125–130°F) and veggies are browned.
5. Mix lemon zest & juice with chopped dill and parsley. Spoon over hot salmon and vegetables.
6. Serve about 1 cup cooked brown rice per plate; top with salmon and roasted vegetables. Drizzle pan juices and lemon-herb mix.



### Nutritional Information:

Calories: 600, Protein: 37g, Carbs: 55g, Fat: 25g, Fiber: 7g, Sodium: 190mg, Sugar: 5g



## CITRUS HERB COD QUINOA BOWLS WITH ROASTED BROCCOLI



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
30 min



### Ingredients:

- 1.25 lb cod fillets, skinless (cut into 4 portions)
- 1 1/3 cups quinoa, dry (rinse well)
- 5 cups broccoli florets
- 2 cups cherry tomatoes
- 2/3 cup low-fat plain yogurt
- 2 tbsp + 2 tsp extra-virgin olive oil (divided)
- 1 lemon (zest + 2 tbsp juice)
- 3 cloves garlic (minced)
- 1/2 cup fresh dill & parsley (chopped)
- paprika, cumin & black pepper (paprika 1.5 tsp, cumin 1 tsp, pepper 1/2 tsp)
- 1/2 cup almonds, sliced, unsalted



### Directions:

1. Heat oven to 425°F. Rinse quinoa. Boil 2 2/3 cups water; add quinoa, cover, simmer 15 min. Off heat 5 min; fluff.
2. On a sheet pan, toss broccoli+tomatoes with 1 tbsp oil, half the garlic, and half the spice mix. Spread.
3. Pat cod dry. Rub with 1 tbsp oil, remaining garlic, remaining spices, and lemon zest. Nestle on pan with veg. Bake 12–15 min to 145°F; add almonds last 3 min to toast.
4. Sauce: whisk yogurt, 2 tsp oil, 2 tbsp lemon juice, and half the herbs. Thin with 1–2 tsp water if needed; black pepper to taste.
5. Fluff quinoa; fold in remaining herbs and a squeeze of lemon.
6. Build bowls: 1 cup quinoa each; add roasted veg and flaked cod. Drizzle sauce; top with almonds. Optional tiny pinch salt for batch (+~70 mg/serv if 1/8 tsp total).



### Nutritional Information:

Calories: 555, Protein: 41g, Carbs: 54g, Fat: 20g, Fiber: 10g, Sodium: 230mg, Sugar: 8g



## POACHED HALIBUT, SPINACH-FARRO SALAD & LEMON VINAIGRETTE



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
30 min



### Ingredients:

- 1.25 lb halibut fillets (skinless)
- 1 cup farro (dry)
- 6 cups baby spinach (packed)
- 1 cup cherry tomatoes (halved)
- 1 medium bell pepper (diced)
- 1 small bulb fennel (thinly sliced; fronds reserved)
- 2 each scallions (thinly sliced)
- 1 large lemon (4 slices + zest & 3 tbsp juice)
- 1/4 cup extra-virgin olive oil
- 1 clove garlic (half minced, half smashed)
- 1/4 cup fresh dill & parsley (chopped, divided)
- 1/2 tsp black pepper (freshly ground)



### Directions:

1. Simmer farro in 3 c water until tender, 20–25 min; drain well and cool 5 min.
2. Whisk lemon zest/3 tbsp juice, 1/4 c oil, 1/2 minced garlic, 2 tbsp herbs, 1/4 tsp pepper.
3. In wide skillet, add 1 in water, 4 lemon slices, smashed garlic, fennel fronds; bring to bare simmer.
4. Slide in halibut; cover, barely simmer 7–10 min to 130–135°F. Lift out; rest 2 min.
5. Combine spinach, warm farro, tomatoes, bell pepper, fennel, scallions; toss with half the vinaigrette.
6. Divide salad; top with halibut. Spoon remaining vinaigrette; finish with herbs and pepper; serve with extra lemon.



### Nutritional Information:

Calories: 500, Protein: 38g, Carbs: 50g, Fat: 17g, Fiber: 9g, Sodium: 230mg, Sugar: 6g



## LEMON-DILL TILAPIA PACKETS WITH LEEK BARLEY PILAF



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
40 min



### Ingredients:

- 1.25 lb tilapia fillets (4 pieces)
- 2 large leeks (white/light green only, thinly sliced)
- 1 cup cherry tomatoes (halved)
- 2 cloves garlic (minced)
- 1 lemon (zest + juice + 4 thin slices)
- 2 tbsp fresh dill (chopped, divided)
- 2 tbsp fresh parsley (chopped, divided)
- 8 tsp extra-virgin olive oil (divided)
- 1/2 cup barley (quick-cook (pearled))
- 1/2 cup quinoa (rinsed)
- 1/3 cup unsalted almonds (chopped)
- 3/4 tsp black pepper (divided)



### Directions:

1. Heat oven to 400°F. In a saucepan, boil 2 1/2 cups water. Add barley; simmer 10 min. Stir in quinoa, cover; simmer 15 min. Off heat 5 min.
2. In a skillet, toast almonds 2 min; set aside. Add 2 tsp oil; sauté leeks and garlic 4–5 min. Add tomatoes, 1 tsp oil + 1/4 tsp pepper; cook 2 min.
3. Cut 4 sheets parchment (12x16 in). Mound leek-tomato mix in centers. Top with tilapia. Add half the dill, 1/2 tsp pepper, 1 tsp oil/fillet, and lemon slices.
4. Fold into tight packets. Set on a sheet pan; bake 12–14 min until fish flakes easily.
5. Fluff grains; stir in 1 tsp oil, lemon zest, half the parsley and remaining dill, plus 1/4 tsp pepper.
6. Open packets carefully. Squeeze lemon over fish; sprinkle remaining parsley.
7. Spoon barley-quinoa onto plates. Top with fish and vegetables; scatter almonds.






### Nutritional Information:

Calories: 520, Protein: 37g, Carbs: 52g, Fat: 19g, Fiber: 7.5g, Sodium: 230mg, Sugar: 5g



## CITRUS-HERB MAHI-MAHI EN PAPILOTE PLATTER

 **Servings:** 4  **Prep:** 15 min  **Cook:** 30 min

### **Ingredients:**

- 1.25 lb mahi-mahi fillets
- 12 oz green beans (trimmed)
- 1 cup cherry tomatoes (halved)
- 1 1/4 cup farro (dry, whole grain)
- 1 ea lemon (zest & juice)
- 2 cloves garlic (minced)
- 1/4 cup fresh parsley
- 2 tbsp fresh dill
- 1/2 cup low-fat plain yogurt
- 3 tbsp extra-virgin olive oil (divided)
- 1 tsp each black pepper + smoked paprika
- 1/4 cup sliced almonds

### **Directions:**




1. Heat oven to 400°F. Toast almonds on sheet pan 4–5 min; set aside. Cook farro in unsalted water until tender, 20–25 min; drain.
2. In a small bowl, mix yogurt, half the lemon zest/juice, half the garlic, 1 tbsp parsley, 1 tbsp dill. Chill.
3. Cut 4 parchment sheets. Toss beans & tomatoes with 1 tbsp oil, 1/2 tsp pepper, 1/2 tsp paprika, remaining garlic. Divide on papers.
4. Top each with mahi-mahi; season with remaining pepper & paprika. Add a squeeze of lemon and a scatter of herbs; drizzle 1 tbsp oil total.
5. Fold packets to seal (en papillote). Bake on sheet pan 12–15 min, until fish flakes (135–140°F). Rest 2 min; open, reserve juices.
6. Toss farro with remaining zest/juice, remaining herbs, 1 tbsp oil, and packet juices. Spread on a large platter.
7. Thick-slice fish; arrange over farro with vegetables. Drizzle yogurt sauce; sprinkle almonds. Optional 1/16–1/8 tsp salt to finish (raises sodium).

### **Nutritional Information:**

Calories: 507, Protein: 38g, Carbs: 52g, Fat: 16g, Fiber: 10g, Sodium: 260mg, Sugar: 6g



## ROASTED TOMATO TUNA WRAPS WITH WILD RICE & DILL YOGURT

 **Servings:** 4  **Prep:** 15 min  **Cook:** 35 min

### **Ingredients:**

- 1 lb fresh tuna steaks (about 1-in thick)
- 2 cups cherry tomatoes
- 1 cup wild rice (dry)
- 1/2 cup low-fat plain yogurt
- 1 ea lemon (zest and juice)
- 1 clove garlic (grated)
- 2 tbsp fresh dill (chopped)
- 2 tsp extra-virgin olive oil (divided)
- 1 tsp black pepper (divided)
- 4 ea whole-wheat tortillas (8-in; choose low-sodium if possible)
- 1 ea avocado (sliced)
- 4 cups baby spinach (loosely packed)

### **Directions:**

1. Cook rice: Rinse 1 cup wild rice; simmer in 3 cups water, covered, 35–45 min until tender; drain well.
2. Heat oven to 425°F. Toss tomatoes with 1 tsp oil, 1/8 tsp pepper; spread on sheet pan; bake 12–15 min until blistered.
3. Push tomatoes aside. Brush tuna with 1 tsp oil; season with 1/4 tsp pepper. Bake 8–12 min to 125–130°F; rest 5 min; slice or flake.
4. Stir yogurt, lemon zest (1 tsp) and 2 tsp juice, grated garlic, dill, pinch pepper; optional 1/16–1/8 tsp salt.
5. Warm tortillas on oven rack 2–3 min.
6. Assemble each: spread 2 tbsp yogurt; layer 1 cup spinach, 3/4 cup cooked rice, tuna, and roasted tomatoes; add avocado.
7. Roll snugly; halve. Finish with a lemon squeeze and pepper; skip extra salt.

### **Nutritional Information:**

Calories: 490, Protein: 34g, Carbs: 56g, Fat: 13g, Fiber: 9g, Sodium: 360mg, Sugar: 5g



## SPRING SHRIMP POACH BOX WITH BULGUR THINS



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
30 min



### Ingredients:

- 1 lb shrimp, raw, peeled deveined
- 1 cup bulgur, dry (fine or medium)
- 1 lb asparagus (ends trimmed)
- 3/4 cup low-fat plain yogurt
- 1 lemon (zest + 1/2 juiced + 3–4 slices)
- 2 cloves garlic (1 crushed, 1 minced)
- 1/4 cup fresh dill (chopped, divided)
- 2 tsp extra-virgin olive oil (divided)
- 1/2 tsp black pepper (divided)
- 2 oranges (peeled, segmented)
- 1/2 cup unsalted almonds



### Directions:

1. Preheat oven to 400°F. In a large pot, simmer 8 c water with 3–4 lemon slices and 1 crushed garlic.
2. Add shrimp; poach 2–3 min until pink. Lift with slotted spoon; chill.
3. Poach asparagus 2–3 min until crisp-tender; lift out. Reserve 2 c hot liquid.
4. In bowl, add bulgur; pour in 2 c hot liquid. Cover 10 min; fluff with 1 tsp oil, lemon zest, 2 tbsp dill, 1/4 tsp pepper.
5. Brush sheet with 1 tsp oil. Spread 1 c cooked bulgur thin; score into squares. Bake 14–16 min until golden-crisp; cool, break.
6. Stir yogurt with 1 tbsp lemon juice, 1 minced garlic, 1 tbsp dill, 1/4 tsp pepper.
7. Assemble 4 boxes: 4 oz shrimp, asparagus, orange segments, bulgur thins, 2 tbsp almonds, 2 tbsp dip. Finish w/ lemon; tiny salt pinch optional.



### Nutritional Information:

Calories: 455, Protein: 37g, Carbs: 47g, Fat: 13g, Fiber: 13g, Sodium: 240mg, Sugar: 11g



## LEMON-DILL CRAB ON QUINOA TOASTS



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
30 min



### Ingredients:

- 1 1/3 cup quinoa, dry
- 4 cup bell peppers
- 1 lb lump crabmeat
- 3 tbsp low-fat yogurt
- 1/4 cup part-skim parmesan, grated
- 1 each lemon (zest + juice; half sliced)
- 2 cloves garlic (1 minced, 1 smashed)
- 1/4 cup fresh dill + parsley (chopped)
- 3 tbsp olive oil (divided)
- to taste black pepper + red pepper flakes
- 1 each bay leaf
- 2 tbsp sesame seeds



### Directions:

1. Rinse quinoa. Simmer with 2 2/3 cups water, covered, 15 min; rest 5. Fluff. Reserve 1 cup for peppers; 3 cups for toasts. Heat oven to 425°F.
2. Mix 3 cups quinoa with yogurt, parmesan, 1 tbsp oil, 1 tbsp herbs, and black pepper. Press 8 thin ovals (~3x4 in) on oiled sheet. Bake 10 min, flip, bake 4–6 min more to crisp.
3. Heat 1 tbsp oil in skillet. Sauté peppers 8–10 min until tender; add minced garlic 1 min. Stir in reserved 1 cup quinoa, sesame, lemon zest, flakes, and 1 tbsp herbs. Hold warm.
4. For poach: In wide pot, simmer 3 cups water with bay, lemon slices (from 1/2 lemon) and smashed garlic 5 min. Add crab; poach 2–3 min just to warm. Drain well. Toss warm crab with 1 tsp oil and 1 tbsp lemon juice. Season with pepper (optional fine salt 1/8 tsp total; raises sodium).
5. Set 2 quinoa toasts per plate. Spoon pepper-quinoa over toasts, top with crab. Drizzle remaining 2 tsp oil and a squeeze of lemon. Finish with herbs and pepper.






### Nutritional Information:

Calories: 505, Protein: 33g, Carbs: 51g, Fat: 19g, Fiber: 8g, Sodium: 540mg, Sugar: 8g



## HERBED SCALLOPS EN PAPILOTE WITH KALE & WHEAT PASTA

 **Servings:**  **Prep:**  **Cook:** 4 15 min 30 min

### **Ingredients:**

- 1.25 lb dry sea scallops (patted dry)
- 8 oz whole-wheat pasta (rotini or penne)
- 4 cups kale (thinly sliced, stems removed)
- 2 cups cherry tomatoes (halved)
- 1/3 cup shallot (thinly sliced)
- 3 cloves garlic (minced)
- 1 whole lemon (zest + 4 wedges)
- 1/4 cup fresh parsley (chopped)
- 3 tbsp extra-virgin olive oil
- 3/4 tsp black pepper (freshly ground)
- 1/4 tsp red pepper flakes (optional)
- 1/4 cup unsalted almonds

### **Directions:**




1. Heat oven to 425°F. Bring a pot of unsalted water to boil. Cut 4 parchment sheets (12x16 in).
2. Cook pasta 2 min shy of al dente; drain. Toss with 1 tbsp oil, half the lemon zest, and tomatoes.
3. Toss kale with 1 tbsp oil and black pepper; massage 30 sec. Pat scallops dry; toss with garlic, shallot, remaining zest, and flakes.
4. Assemble 4 packets: center 1 cup kale and 1 cup pasta on each sheet. Top with ~5 oz scallops and juices; add a lemon wedge.
5. Fold and crimp edges to seal tightly. Place packets on a sheet pan.
6. Bake 12–14 min until scallops are opaque and springy. Rest 2 min. Open carefully; toss; sprinkle parsley and almonds.
7. Finish with lemon. Optional: 1/16–1/8 tsp fine salt per serving (raises sodium); prefer lemon over salt for DASH.

### **Nutritional Information:**

Calories: 520, Protein: 35g, Carbs: 55g, Fat: 17g, Fiber: 10g, Sodium: 280mg, Sugar: 6g



## CHARRED CAULIFLOWER FARRO WITH BROILED MAHI-MAHI

 **Servings:**  **Prep:**  **Cook:** 4 15 min 30 min

### **Ingredients:**

- 1.25 lb mahi-mahi fillets (4 fillets)
- 6 cups cauliflower florets (from 1 medium head)
- 4 cups cooked farro (from 1 1/4 cups dry, unsalted)
- 3 cloves garlic (minced)
- 1 large lemon (zest + 3 tbsp juice)
- 3 tbsp extra-virgin olive oil (divided)
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 3/4 tsp black pepper (freshly ground)
- 1/4 cup fresh parsley (chopped)
- 1/3 cup unsalted almonds (chopped)

### **Directions:**

1. Cook farro: Boil 1 1/4 cups dry farro in 4 cups water (no salt) 20–25 min; drain. Keep warm.
2. Heat broiler to High, rack 6 in from heat. Line a rimmed sheet pan; lightly brush with oil (from the 3 tbsp).
3. On pan, toss cauliflower with 1 tbsp oil, half the garlic, paprika, cumin, and 1/4 tsp pepper. Broil 8–10 min, tossing once.
4. Push veg to sides. Pat mahi-mahi dry; rub with 1 tbsp oil and 1/4 tsp pepper plus a pinch paprika. Broil 5–7 min, to 140°F and flaky.
5. Add cooked farro to pan with remaining garlic, 1 tbsp oil, and 2–3 tbsp lemon juice; toss with cauliflower. Broil 1–2 min to warm.
6. Off heat, fold in parsley, almonds, and lemon zest. Serve fish over the farro–cauliflower.
7. Optional: finish each plate with 1/16–1/8 tsp kosher salt or extra lemon. 1/8 tsp adds ~290 mg sodium.

### **Nutritional Information:**

Calories: 560, Protein: 37g, Carbs: 56g, Fat: 18g, Fiber: 9g, Sodium: 270mg, Sugar: 3g



# **POULTRY DISHES**





## CITRUS-HERB CHICKEN ZUCCHINI PACKETS, WARM TORTILLAS



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
30 min



### Ingredients:

- 1 lb ground chicken
- 2 medium zucchini, thinly sliced
- 1 small onion, thinly sliced
- 2 cloves garlic, minced
- 1 lemon (zest + 2 tbsp juice)
- 2 tbsp extra-virgin olive oil
- 1 tsp cumin
- 1 tsp smoked paprika
- 1 tsp oregano, dried
- 1/2 tsp black pepper
- 1/2 cup low-fat plain yogurt
- 8 whole-wheat tortillas (6-in)



### Directions:

1. Heat grill/grill pan to med-high; preheat oven to 400°F. Cut 4 sheets parchment (12x16 in).
2. In a bowl, mix chicken, 1 tbsp oil, garlic, cumin, paprika, oregano, pepper, and lemon zest.
3. Form 4 thin patties. Grill 2–3 min/side to sear. Warm tortillas on grill 30 sec/side; wrap to keep soft.
4. On each parchment, mound zucchini and onion; top with a patty. Drizzle 1 tbsp oil and divide lemon juice.
5. Fold packets tightly to seal. Set on a sheet pan; bake 12–14 min, until chicken hits 165°F and veg are tender.
6. Stir yogurt with 1 tsp lemon juice and a pinch pepper; thin with 1–2 tsp water if needed.
7. Serve packets with 2 tortillas each. Open, spoon yogurt sauce, add extra lemon; optional 1/16–1/8 tsp salt raises sodium.



### Nutritional Information:

Calories: 540, Protein: 33g, Carbs: 55g, Fat: 22g, Fiber: 8g, Sodium: 560mg, Sugar: 7g



## CITRUS-THYME CHICKEN WITH ROASTED BROCCOLI & BROWN RICE



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
40 min



### Ingredients:

- 1.25 lb chicken breast (boneless, skinless)
- 6 cups broccoli florets
- 1 1/4 cups brown rice (uncooked)
- 4 tbsp extra-virgin olive oil (divided)
- 3 cloves garlic (minced)
- 1 lemon (zested & juiced)
- 1 tsp black pepper
- 1 tsp smoked paprika
- 1 tsp dried oregano
- 2 tbsp fresh thyme leaves (chopped)



### Directions:

1. Rinse rice. Boil 2 1/2 cups water; add rice, simmer covered 35–40 min until tender. Keep warm.
2. Place a sheet pan in oven; heat to 425°F. Heat grill or grill pan to med-high.
3. Whisk oil, garlic, lemon zest/juice, pepper, paprika, oregano. Toss chicken with half; toss broccoli with rest.
4. Grill chicken 2–3 min/side for good char (not cooked through).
5. Spread broccoli on hot sheet pan; nestle chicken on top. Roast 10–12 min, to 165°F and crisp-tender.
6. Rest 5 min. Finish with extra lemon and sprinkle fresh thyme. Optional: 1/16–1/8 tsp kosher salt; sodium rises.
7. Fluff rice. Serve bowls with about 1 cup rice, chicken, broccoli, and pan juices.



### Nutritional Information:

Calories: 540, Protein: 40g, Carbs: 52g, Fat: 19g, Fiber: 7g, Sodium: 200mg, Sugar: 3g



## MEDITERRANEAN CHICKEN THIGH QUINOA BOWL



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
30 min



### Ingredients:

- 1 lb skinless chicken thighs (boneless, trimmed)
- 1 cup quinoa (dry)
- 2 medium onions (thinly sliced)
- 2 medium bell peppers (mixed colors, sliced)
- 4 cups baby spinach
- 3 cloves garlic (minced)
- 2 tbsp extra-virgin olive oil
- 1 each lemon (zest + 2 tbsp juice)
- 1/2 cup low-fat plain yogurt
- 1 tsp each smoked paprika & cumin
- 1 tsp dried oregano (salt-free (or Italian seasoning))
- 1/2 tsp black pepper (freshly ground)



### Directions:

1. Rinse quinoa; simmer in 2 cups water until tender, 15 min. Cover 5 min, fluff.
2. Heat 1 tbsp oil in skillet (med-high). Sauté onions & peppers until softened and browned, 6–8 min. Transfer to bowl.
3. Toss chicken with 1 tbsp oil, paprika, cumin, oregano, garlic, lemon zest, black pepper.
4. Sauté chicken in same skillet until browned and cooked through (165°F), 6–8 min.
5. Return onions & peppers; add spinach; toss to wilt, 1–2 min. Squeeze in 1 tbsp lemon juice.
6. Whisk yogurt with 1 tbsp lemon juice + 1–2 tbsp water to drizzle; pepper to taste.
7. Layer bowls: 3/4 cup quinoa, top chicken-veggies (onions on top), drizzle 2 tbsp sauce. Finish w/ lemon. Optional 1/16–1/8 tsp salt; adds sodium.



### Nutritional Information:

Calories: 480, Protein: 33g, Carbs: 48g, Fat: 17g, Fiber: 8g, Sodium: 260mg, Sugar: 8g



## BRAISED TURKEY & CARROT BULGUR SALAD WITH LEMON



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
30 min



### Ingredients:

- 1 lb ground turkey (lean, 93%+)
- 2 cup bulgur (dry)
- 2 cup carrots (diced)
- 1 cup onion (chopped)
- 3 cloves garlic (minced)
- 2 tbsp extra-virgin olive oil (divided)
- 2 cup tomatoes (diced)
- 1 tsp black pepper
- 1 1/2 tsp ground cumin & smoked paprika (total; 3/4 tsp each)
- 1 tsp dried oregano
- 6 cup spinach & kale
- 1 lemon (zest and juice)



### Directions:

1. Whisk 2 tbsp lemon juice + zest, 1 tbsp oil, 1 minced garlic, 1/4 tsp pepper, 1/2 tsp oregano. Set vinaigrette aside.
2. Toss spinach & kale with 1 tsp vinaigrette; divide on 4 plates for a composed base. Reserve remaining vinaigrette.
3. Heat 1 tbsp oil in a lidded skillet/Dutch oven over med-high. Add turkey; cook 3–4 min, breaking up, until lightly browned.
4. Add carrots, onion, 2 minced garlic, cumin, smoked paprika, 3/4 tsp pepper, 1/2 tsp oregano. Cook 2 min to bloom spices.
5. Stir in 1 1/2 cups tomatoes and 4 cups water. Bring to a boil. Add bulgur; submerge. Reduce heat, cover, and braise 12 min.
6. Off heat, keep covered 5 min. Fluff. Stir in 1 tbsp lemon juice; loosen with a splash of water if needed.
7. Spoon hot turkey–carrot bulgur over greens; top with remaining 1/2 cup tomatoes; drizzle vinaigrette. Brighten with lemon; optional tiny pinch salt (1/16 tsp/serving).



### Nutritional Information:

Calories: 550, Protein: 33g, Carbs: 72g, Fat: 15g, Fiber: 18g, Sodium: 300mg, Sugar: 9g



## LEMON-GARLIC TURKEY, GREEN BEANS & FARRO SKILLET



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
40 min



### Ingredients:

- 1.25 lb turkey breast, boneless/skinless
- 1 lb green beans, trimmed
- 1.5 cups farro, dry, rinsed
- 1 medium onion, sliced
- 4 cloves garlic, minced
- 1 lemon (zest & juice)
- 3 tbsp extra-virgin olive oil
- 1 tsp black pepper
- 1 tsp smoked paprika
- 1 tsp thyme, dried
- 0.25 cup walnuts, chopped (unsalted)
- 2 each scallions, sliced (whites/greens divided)



### Directions:

1. In slow cooker, add turkey, onion, 2 garlic cloves, lemon zest, paprika, thyme, pepper, 1 tbsp oil, 1/4 cup water. Cook LOW 3–4 hr (or HIGH 1.5–2 hr) until shred-tender.
2. Cook farro in 4 cups water until tender, 20–25 min; drain well.
3. Shred turkey in cooker with two forks; toss back with its juices.
4. Heat 2 tbsp oil in large skillet (med-high). Add green beans, scallion whites, remaining garlic; sauté 5–6 min, splash water to steam to crisp-tender.
5. Add shredded turkey and cooked farro; stir-fry 2–3 min to heat and combine.
6. Off heat, add lemon juice, scallion greens, walnuts. Finish with fresh pepper. Optional: 1/16–1/8 tsp kosher salt; raises sodium—use sparingly.
7. Serve hot; extra lemon brightens without more salt.



### Nutritional Information:

Calories: 610, Protein: 47g, Carbs: 65g, Fat: 19g, Fiber: 12g, Sodium: 120mg, Sugar: 6g



## TURKEY MEATBALL PARFAITS WITH TOMATO-MANGO & MILLET



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
30 min



### Ingredients:

- 1 lb turkey meatballs (homemade, unsalted)
- 1 cup millet (dry) (whole grain)
- 2 cups low-fat plain yogurt
- 2 cups tomatoes, diced (fresh)
- 1 cup mango, diced (ripe)
- 1 small yellow onion, finely chopped
- 2 cloves garlic, minced
- 3 cups broccoli, small florets
- 2 tsp extra-virgin olive oil
- 1 tsp ea ground cumin & smoked paprika (salt-free)
- 1/4 cup walnuts, chopped (unsalted)
- 1 ea lemon (plus wedges)



### Directions:

1. Rinse millet; simmer 1 cup in 2 cups water, covered 15–18 min. Rest 5 min; fluff.
2. Heat oil in skillet. Sauté onion 3 min; add garlic 30 sec. Stir in tomatoes, mango, cumin & paprika; cook 6–8 min until jammy.
3. Push sauce to sides; add meatballs. Sauté 5–7 min to brown and heat through. Add 1/2 cup water if pan dries.
4. Stir in broccoli; cover 3–4 min until crisp-tender. Squeeze 1/2 lemon into sauce; toss.
5. Assemble 4 jars: layer 1/4 cup yogurt, then 3/4 cup cooked millet.
6. Top with 1/2 cup tomato-mango-broccoli and 3–4 meatball halves. Add 1/4 cup yogurt; sprinkle 1 tbsp walnuts.
7. Serve with lemon wedges. Optional: tiny pinch salt (1/16–1/8 tsp total) if needed—note it raises sodium.






### Nutritional Information:

Calories: 580, Protein: 38g, Carbs: 62g, Fat: 20g, Fiber: 9g, Sodium: 280mg, Sugar: 17g



## ROASTED CHICKEN & SWEET POTATO PASTA SOUP

 **Servings:** 4  **Prep:** 15 min  **Cook:** 30 min

### **Ingredients:**

- 1 lb chicken tenderloins (trimmed)
- 1 lb sweet potatoes (peeled, 1/2-in cubes)
- 1 medium yellow onion (diced)
- 2 medium carrots (diced)
- 2 stalks celery (diced)
- 3 cloves garlic (minced)
- 2 tbsp extra-virgin olive oil
- 1 tsp dried thyme
- 1 tsp smoked paprika
- 6 oz whole-wheat pasta (small shapes)
- 6 cups water
- 1 lemon (zest and juice)

### **Directions:**




1. Heat oven to 425°F. Toss sweet potatoes with 1 tbsp oil, paprika, 1/2 thyme; spread on sheet pan; roast 10 min.
2. Push potatoes aside; add chicken coated with 1 tsp oil + rest of thyme. Roast 10-12 min to 165°F. Rest 5 min; slice bite-size.
3. In a large pot, warm 1 tsp oil. Saute onion, carrot, celery 5 min; add garlic 30 sec until fragrant.
4. Add 6 cups water; bring to a boil. Stir in pasta; simmer until al dente, 8-10 min.
5. Add roasted sweet potatoes, sliced chicken, and any pan juices; simmer 2-3 min.
6. Off heat, stir in lemon zest and 2 tbsp juice. Adjust with more lemon to taste.
7. Ladle into bowls. Serve with 1 slice whole-grain toast per person (optional; not in nutrition).

### **Nutritional Information:**

Calories: 470, Protein: 35g, Carbs: 61g, Fat: 10g, Fiber: 10g, Sodium: 220mg, Sugar: 9g



## SPRING BRAISED CHICKEN MEATBALL RICE BAKE

 **Servings:** 4  **Prep:** 15 min  **Cook:** 30 min

### **Ingredients:**

- 1 lb chicken meatballs (homemade, unsalted) (about 20 small meatballs)
- 1 lb asparagus (trimmed, cut 1-in)
- 8 oz mushrooms (sliced)
- 1 cup onion (diced)
- 3 cloves garlic (minced)
- 3 cups cooked brown rice (warm, fluffed)
- 1.5 cups low-sodium chicken broth (≤130 mg sodium per cup)
- 0.5 cup low-fat plain yogurt (room temp)
- 1 ea lemon (zest + 2 tsp juice)
- 2 tbsp extra-virgin olive oil
- 2 tsp thyme, black pepper, smoked paprika (1 tsp thyme, 1/2 tsp pepper, 1/2 tsp paprika)

### **Directions:**




1. Preheat oven to 375°F. Heat oil in an oven-safe Dutch oven over medium heat.
2. Sauté onion and mushrooms 5–6 min until browned; add garlic 30 sec.
3. Add meatballs, asparagus, thyme, pepper, paprika; stir. Pour in broth; bring to a simmer.
4. Cover and braise in oven 15 min, until meatballs reach 165°F and asparagus is just tender.
5. In a bowl, whisk yogurt with lemon zest and 2 tbsp hot braising liquid; whisk in 2 tsp lemon juice.
6. Stir cooked brown rice and yogurt mixture into pot. Return to oven, uncovered, 5 min to thicken.
7. Rest 5 min. Finish with more pepper and 1/16–1/8 tsp salt if needed (optional; raises sodium). Serve hot.

### **Nutritional Information:**

Calories: 470, Protein: 30g, Carbs: 49g, Fat: 18g, Fiber: 7g, Sodium: 300mg, Sugar: 7g



## ZESTY TURKEY-CAULIFLOWER WRAPS WITH BARLEY CRUNCH

 **Servings:** 4  **Prep:** 15 min  **Cook:** 30 min

### **Ingredients:**

- 1 lb turkey cutlets (thinly sliced)
- 1/2 cup pearly barley (dry)
- 4 cups cauliflower florets (small pieces)
- 1 medium onion
- 1 large bell pepper
- 3 cloves garlic
- 2 tbsp olive oil (divided)
- 3/4 cup low-fat plain yogurt
- 1 lemon (zest + 2 tbsp juice)
- cumin, smoked paprika, black pepper (mix: 1.5 tsp cumin, 1 tsp paprika, 1/4 tsp pepper)
- 1/2 cup scallions
- 8 whole-wheat tortillas or romaine leaves (6-in tortillas (low-sodium if avail) or 12 leaves)

### **Directions:**




1. Simmer barley in 1.5 cups water, covered, 20–25 min until tender; drain and fluff.
2. Mix yogurt, lemon zest, 1 tsp juice, 1/2 minced garlic, and a pinch pepper; chill.
3. Slice turkey thin; cut cauliflower small; slice onion and pepper. Toss turkey with 1/2 tsp cumin and 1/4 tsp paprika. Heat 1 tbsp oil in a wok on high. Stir-fry turkey with 1 minced garlic clove 3–4 min until just cooked; transfer to a bowl.
4. Add 1 tbsp oil; stir-fry onion & cauliflower 4–5 min. Add pepper, remaining cumin, paprika, black pepper, and 2 tbsp lemon juice; return turkey; toss 1 min. Warm tortillas 30 sec/side. Spread 1.5 tbsp yogurt, add 3 tbsp barley + 3/4 cup turkey-veg; sprinkle scallions; roll. For lettuce wraps, fill leaves. Finish with a lemon squeeze. Optional: season batch with 1/16–1/8 tsp salt; sodium will rise. Serve 2 wraps per person.

### **Nutritional Information:**

Calories: 620, Protein: 43g, Carbs: 80g, Fat: 17g, Fiber: 14g, Sodium: 620mg, Sugar: 11g



## SLOW-COOKED PEPPER TURKEY ON WHOLE-WHEAT TOSTADAS

 **Servings:** 4  **Prep:** 15 min  **Cook:** 240 min

### **Ingredients:**

- 1 lb turkey burger patties (homemade, unsalted) (4 patties, 4 oz each)
- 3 cups bell peppers (sliced (mix colors))
- 1 medium onion (sliced)
- 2 cups tomatoes (diced)
- 3 cloves garlic (minced)
- 1 tsp chili powder
- 1 tsp cumin
- 1 tsp oregano (dried)
- 1 tbsp extra-virgin olive oil
- 3/4 cup quinoa (rinsed)
- 4 6-in whole-wheat tortillas (low-sodium)
- 1 medium lime (zest + juice)

### **Directions:**

1. Add peppers, onion, tomatoes, garlic, oil, chili powder, cumin, and oregano to slow cooker; nestle turkey patties on top.
2. Cover and cook on LOW 3.5–4 hrs, until patties reach 165°F. Break into large chunks; stir in half the lime juice.
3. Rinse quinoa. In saucepan, combine quinoa + 1.5 cups water; boil, cover, simmer 15 min. Off heat 5 min; fluff with lime zest.
4. Heat oven to 400°F. Bake tortillas on sheet 6–8 min; flip and bake 3–5 min more until crisp.
5. Spread ~1/2 cup quinoa on each tortilla. Top evenly with the turkey-pepper mixture.
6. Squeeze remaining lime juice over toasts. Optional: tiny pinch salt at table (raises sodium).

### **Nutritional Information:**

Calories: 480, Protein: 33g, Carbs: 54g, Fat: 15g, Fiber: 9g, Sodium: 350mg, Sugar: 11g



## MARKET LUNCH BOX: POACHED CHICKEN & SPINACH



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
45 min



### Ingredients:

- 12 oz shredded chicken (unsalted, homemade) (cooked)
- 1 cup wild rice (uncooked)
- 8 cups baby spinach (packed)
- 1/2 cup low-fat plain yogurt (for dip)
- 1 lemon (zest 1 tsp, juice 2 tbsp)
- 2 cloves garlic (smashed)
- 1 tsp dried thyme
- 1/2 tsp black pepper (freshly ground)
- 4 6-in whole-wheat tortillas (baked into crisps)
- 2 cups seedless grapes
- 4 cups bell pepper & carrot sticks (mixed)
- 2 oz unsalted almonds



### Directions:

1. Rinse 1 cup wild rice; simmer in 3.5 cups water, covered, 40–45 min until tender; drain excess.
2. Zest 1 tsp lemon; squeeze 2 tbsp juice. Simmer 4 cups water with 2 lemon peel strips, 1 tbsp juice, smashed garlic, thyme, pepper.
3. Add 12 oz shredded chicken; poach at bare simmer 5–7 min to heat/infuse. Lift; toss with 1 tbsp lemon juice.
4. In same liquid, submerge spinach in batches 30–60 sec to wilt. Drain well; press out liquid.
5. Heat oven 400°F. Cut 4 six-inch whole-wheat tortillas into triangles; bake on sheet pan 6–8 min until crisp.
6. Stir yogurt with reserved 1 tsp lemon zest + a pinch pepper; add 1 tsp lemon juice for tang, if you like.
7. Divide rice, chicken, spinach, veg sticks, grapes, almonds, crisps, and a ramekin of dip among 4 compartment containers.



### Nutritional Information:

Calories: 640, Protein: 44g, Carbs: 84g, Fat: 14g, Fiber: 13g, Sodium: 420mg, Sugar: 22g



## KALE-ROASTED CHICKEN WITH BULGUR & SCALLION YOGURT



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
30 min



### Ingredients:

- 1 lb chicken breast (boneless, skinless)
- 1 1/4 cups bulgur (dry)
- 6 cups kale (chopped, stems removed)
- 3 cups mixed vegetables (bell pepper, onion, zucchini) (1-in pieces)
- 1/2 cup low-fat plain yogurt (for sauce)
- 1 ea lemon (zest & juice)
- 3 cloves garlic (divided)
- 3 ea scallions (thinly sliced)
- 3 tbsp extra-virgin olive oil (divided)
- 1/4 cup walnuts (chopped, unsalted)
- 1 tsp black pepper (freshly ground)
- 1 tsp oregano (dried)



### Directions:

1. Heat oven to 425°F; line a sheet pan. Bring 2 1/4 cups water to a boil in a saucepan for bulgur.
2. Toss chicken with 1 tbsp oil, lemon zest, 1 grated garlic clove, 1/2 tsp oregano, 1/4 tsp pepper.
3. On pan, toss mixed veg with 1 tbsp oil and 1/4 tsp pepper; push to sides. Set chicken in center; roast 12 min.
4. Add kale (tossed with 1 tsp oil) to pan; roast 8–10 min more until chicken hits 165°F. Rest 5 min; slice.
5. Stir bulgur into boiling water with 1/2 tsp oregano; simmer 12 min, cover 5. Fluff with 1 tsp oil, half scallions, 1 tbsp lemon juice.
6. Whisk yogurt, remaining scallions, remaining garlic, 1 tbsp lemon juice, 1/4 tsp pepper; thin with 1–2 tsp water.
7. Platter bulgur, veg, and sliced chicken. Drizzle sauce, sprinkle walnuts. Optional: 1/16–1/8 tsp salt/serving (raises sodium).






### Nutritional Information:

Calories: 560, Protein: 41g, Carbs: 53g, Fat: 20g, Fiber: 11g, Sodium: 310mg, Sugar: 7g



## LEMON-THYME CHICKEN THIGHS WITH MUSHROOM FARRO

 **Servings:** 4  **Prep:** 15 min  **Cook:** 30 min

### **Ingredients:**

- 1.25 lb skinless chicken thighs (boneless, trimmed, cut 1-in)
- 20 oz mushrooms (sliced)
- 3 cups broccoli florets
- 1.25 cups farro (dry, rinsed)
- 2 tbsp extra-virgin olive oil
- 3 cloves garlic (minced)
- 1 each lemon (zest + juice)
- 2 tsp thyme (fresh, chopped)
- 1 tsp black pepper (freshly ground)
- 1 tsp smoked paprika
- 2 each scallions (thinly sliced)
- 1/4 cup almonds (sliced, unsalted)

### **Directions:**




1. Heat oven to 425°F. Rinse farro; simmer 1 1/4 cups in 3 3/4 cups water 20–25 min until tender. Drain; cover 5 min.
2. Cut thighs into 1-in pieces; slice mushrooms; chop broccoli. Mix garlic, lemon zest, thyme, paprika, pepper with 1 tbsp oil.
3. Toss chicken, mushrooms, broccoli with the mix. Heat 2 tsp oil in skillet; stir-fry on high 4–5 min to brown (work in 2 batches).
4. Spread on sheet pan; roast 8–10 min until chicken is 165°F. Add almonds for last 3 min to toast.
5. Fluff farro with 1 tsp oil, half the lemon juice, and half the scallions; optional 1/16–1/8 tsp salt (raises sodium).
6. Toss roast with remaining juice and scallions; rest 2 min. Sprinkle thyme leaves, more pepper to taste.
7. Serve chicken-mushrooms over farro. Finish with a final lemon squeeze.

### **Nutritional Information:**

Calories: 580, Protein: 38g, Carbs: 55g, Fat: 23g, Fiber: 9g, Sodium: 330mg, Sugar: 6g



## CITRUS POACHED TURKEY BOWL WITH BRUSSELS & WHEAT PASTA

 **Servings:** 4  **Prep:** 15 min  **Cook:** 30 min

### **Ingredients:**

- 1 lb ground turkey (lean)
- 8 oz whole-wheat pasta (dry)
- 1 lb brussels sprouts (trimmed, thinly sliced)
- 9 tbsp low-fat plain yogurt (divided)
- 1 each lemon (zest, juice, and 2 slices)
- 4 cloves garlic (2 smashed, 1 minced, 1 grated)
- 1 small onion (1/2 sliced, 1/2 minced)
- 4 sprigs thyme (or 1 tsp dried)
- 1 1/2 tbsp extra-virgin olive oil (divided)
- 1 tsp smoked paprika
- 3/4 tsp black pepper (divided)
- 2 each scallions (thinly sliced)

### **Directions:**

1. Whisk 8 tbsp yogurt, 1 tbsp lemon juice, 1 tsp zest, 1 tsp oil, 1 grated garlic clove, and 1/8 tsp pepper. Chill.
2. Boil pasta in unsalted water until al dente (8–10 min). Drain; toss with 2 tsp oil and 1/2 tsp zest. Keep warm. In same pot, add 6 cups water, 1/2 sliced onion, 2 smashed garlic, thyme, 2 lemon slices, 1/4 tsp pepper; simmer gently.
3. Mix turkey, 1 tbsp yogurt, 1/2 minced onion, 1 minced garlic, paprika, 1/8 tsp pepper. Form 1-in balls.
4. Slide meatballs into barely simmering pot; poach 6–8 min to 165°F. Lift out with a slotted spoon.
5. Add sliced Brussels sprouts to pot; poach 2–3 min until crisp-tender. Drain well.
6. Layer bowls: pasta, sprouts, turkey. Drizzle sauce; top with scallions and remaining pepper. Optional: 1/16–1/8 tsp salt per bowl (adds Na).

### **Nutritional Information:**

Calories: 480, Protein: 33g, Carbs: 54g, Fat: 15g, Fiber: 8g, Sodium: 280mg, Sugar: 6g



# **PLANT-BASED MAINS**





## SPICED EGGPLANT-CHICKPEA KALE WRAPS WITH FARRO



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
30 min



### Ingredients:

- 1 lb eggplant (cut in 3/4-in cubes)
- 3 cup chickpeas, no-salt-added
- 1 cup edamame, shelled (thawed)
- 3/4 cup farro, dry (unsalted cooking water)
- 8 large kale leaves (stems trimmed)
- 1 1/4 cup plain low-fat yogurt
- 2 tbsp tahini
- 2 tbsp lemon juice (fresh)
- 3 cloves garlic (minced)
- 2 tbsp extra-virgin olive oil
- 2 tsp spices: cumin, coriander, smoked paprika, black pepper (salt-free)
- 1/16–1/8 tsp fine salt (optional) (optional; raises sodium)



### Directions:

1. Cook farro in 2 qt boiling water until tender, 18–20 min; drain well and cool slightly.
2. Heat oven to 425°F. Toss eggplant, chickpeas (rinsed 30 sec), and edamame with oil + spices. Spread on sheet pan; bake 20–22 min, stirring once.
3. Stir yogurt, tahini, lemon juice, and garlic; thin with 1–2 tbsp water. Season; add optional 1/16–1/8 tsp salt if desired.
4. Blanch kale leaves 30 sec in boiling water; drain and pat dry until pliable.
5. Combine roasted eggplant-legume mix with cooked farro in a bowl; toss to blend.
6. Spread 1–2 tbsp sauce on each leaf. Top with ~1/2 cup filling; roll up tightly, tucking sides.
7. Serve 2 wraps per person with extra sauce. Brighten with lemony tang—no extra salt needed.



### Nutritional Information:

Calories: 540, Protein: 26g, Carbs: 70g, Fat: 17g, Fiber: 18g, Sodium: 200mg, Sugar: 12g



## TUSCAN BEAN ON WILD RICE TOASTS WITH ROASTED TOMATOES



**Servings:**  
4



**Prep:**  
20 min



**Cook:**  
45 min



### Ingredients:

- 1 cup wild rice, dry
- 2 tbsp chia seeds
- 3 tbsp olive oil (divided)
- 2 cans cannellini beans, no-salt-added (15 oz each; drain & rinse)
- 2 cups edamame, shelled (unsalted, thawed if frozen)
- 4 cups tomatoes (cut in wedges)
- 2 cloves garlic (minced)
- 1 ea lemon (zest + 2 tbsp juice)
- 1 tsp dried oregano
- 3/4 tsp black pepper
- 1 ea red chili (thinly sliced, optional)



### Directions:

1. Start rice: In a pot, combine 1 cup wild rice + 3 cups water. Boil, then simmer covered 40–45 min. Or Instant Pot: 1 1/4 cups water, High 22 min, quick release.
2. Heat oven to 425°F. Stir chia with 6 tbsp warm water; let thicken 5 min.
3. Drain cannellini; rinse 30+ sec to cut sodium. Mash beans + edamame with 1 tbsp oil, lemon zest/2 tbsp juice, garlic, oregano, 1/2 tsp pepper.
4. Mix hot rice with chia gel + 1 tbsp oil; cool 3 min. On a sheet pan, press into 8 thin 3x2-in rectangles.
5. Toss tomatoes with 1 tbsp oil and 1/4 tsp pepper (add chili if using). Arrange beside toasts on the same sheet.
6. Roast 10–12 min; flip toasts. Roast 8–10 min more until toasts are crisp-edged and tomatoes blister.
7. Spread bean mix on toasts; top with roasted tomatoes, pepper, and a lemon squeeze. Optional: 1/16–1/8 tsp salt per serving (raises sodium).



### Nutritional Information:

Calories: 550, Protein: 27g, Carbs: 72g, Fat: 18g, Fiber: 17g, Sodium: 150mg, Sugar: 6g



## LEMON-TAHINI TOFU STIR-FRY WITH FARRO AND CARROTS



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
30 min



### Ingredients:

- 28 oz extra-firm tofu (pressed, cut 3/4-in cubes)
- 1 cup farro (uncooked)
- 2 cups carrots (thinly sliced on bias)
- 3 cups broccoli florets
- 2 cups shelled edamame (thawed if frozen)
- 3 cloves garlic (minced)
- 1 tbsp fresh ginger (grated)
- 4 scallions (thinly sliced)
- 1 lemon (zest + 3 tbsp juice)
- 2 tbsp tahini
- 1.5 tbsp avocado oil (divided)
- 1 red chili (thinly sliced)



### Directions:

1. Cook farro in a saucepan of boiling unsalted water until tender, 25–30 min; drain well and keep warm.
2. Whisk lemon juice, zest, tahini, and 2–4 tbsp water until smooth; set aside.
3. Heat 1 tbsp oil in a large skillet over med-high. Add tofu; stir-fry until golden on edges, 6–8 min. Transfer to a bowl.
4. Add remaining 0.5 tbsp oil. Stir-fry carrots and broccoli 4–5 min. Add garlic, ginger, and chili; cook 1 min until fragrant.
5. Return tofu; add edamame. Pour in lemon-tahini sauce; toss and cook 1–2 min until glossy.
6. Fold in drained farro and most scallions; stir-fry 1–2 min to heat through.
7. Off heat, add 1–2 tbsp water to loosen if needed. Optional pinch salt (1/16–1/8 tsp; raises sodium). Top with remaining scallions.



### Nutritional Information:

Calories: 610, Protein: 38g, Carbs: 60g, Fat: 24g, Fiber: 12g, Sodium: 220mg, Sugar: 8g



## ROASTED CABBAGE BENTO WITH LENTIL DIP & BARLEY CRISPS



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
40 min



### Ingredients:

- 1 cup green lentils, dry
- 2 cups TVP, rehydrated (low-sodium)
- 0.5 cup hulled barley
- 1 lb green cabbage (wedges or thick shreds)
- 1 tbsp extra-virgin olive oil (divided)
- 2 cloves garlic
- 1 each lemon (zest and juice)
- 2 tbsp tahini (divided)
- 1 tsp smoked paprika
- 0.5 tsp ground cumin
- 4 oz almonds, unsalted
- 2 each oranges (cut in wedges)



### Directions:

1. Heat oven to 425°F. Toss cabbage with 2 tsp oil and smoked paprika on a sheet pan. Roast 20–25 min, flipping once, until edges char and cores are tender.
2. Simmer lentils in 3 cups water until just tender, 20–25 min; drain well.
3. In another pot, simmer barley in 1.5 cups water until tender, 25–30 min; drain and cool slightly.
4. Blend dip: In processor, puree lentils, rehydrated TVP, 1 tbsp tahini, lemon zest/juice, garlic, cumin, and 2–3 tbsp water until smooth. Brighten with extra lemon, not salt.
5. Lower oven to 400°F. Mash 1 cup cooked barley with 1 tbsp tahini + 1 tsp oil. Spread very thin into 8 squares on lined pan. Bake 10–12 min, flip, bake 5–8 min to crisp.
6. Portion 4 boxes: about 1 heaping cup roasted cabbage, 1/2 cup dip, 2 barley crisps, 1 oz almonds, and orange wedges.
7. Serve with a squeeze of lemon for pop. Keep crisps dry until eating for best crunch.



### Nutritional Information:

Calories: 610, Protein: 36g, Carbs: 70g, Fat: 24g, Fiber: 27g, Sodium: 200mg, Sugar: 10g



## PEA STIR-FRY PLATTER WITH ROASTED SQUASH & POLENTA



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
35 min



### Ingredients:

- 1 lb butternut squash, peeled 3/4" cubes
- 4 cup peas (fresh or frozen, unsalted) (thawed if frozen)
- 8 oz seitan (homemade, unsalted), sliced
- 4 cup kale, thinly sliced
- 3/4 cup polenta (unsalted, dry)
- 4 1/4 cup water, divided
- 5 tbsp extra-virgin olive oil, divided
- 4 cloves garlic, minced, divided
- 1 lemon, zest & juice, divided
- 1 cup parsley, finely chopped
- 1 tsp smoked paprika
- 1/2 tsp black pepper



### Directions:

1. Heat oven to 425°F. Toss squash with 1 tbsp oil, smoked paprika, and pepper. Spread on sheet pan; roast 20–25 min, turning once.
2. Boil 4 c water in saucepan. Whisk in 3/4 c polenta. Reduce heat; simmer 15–20 min, whisking, until creamy. Stir in lemon zest; cover to keep warm.
3. Heat 1 tbsp oil in a large skillet on high. Add seitan and half the garlic; stir-fry 2 min until edges brown.
4. Add peas, kale, and 1 tbsp oil; stir-fry 3–4 min until peas hot and greens tender.
5. Stir parsley, remaining garlic, 2 tbsp oil, 2–3 tbsp lemon juice, and 1–2 tbsp water; season with pepper.
6. Spread polenta on a warm platter. Top with roasted squash and the sliced seitan–pea–kale stir-fry. Spoon over herb sauce.
7. Finish with any leftover lemon juice. Optional pinch salt (1/16–1/8 tsp) at table; raises sodium.



### Nutritional Information:

Calories: 590, Protein: 29g, Carbs: 74g, Fat: 20g, Fiber: 16g, Sodium: 180mg, Sugar: 14g



## CITRUS-TAHINI TOFU BOWL WITH ROASTED BROCCOLI



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
30 min



### Ingredients:

- 28 oz tofu (extra-firm, drained & pressed)
- 6 cups broccoli florets (bite-size)
- 1.5 cups shelled edamame (thawed, unsalted)
- 3 cups brown rice (cooked) (warm)
- 4 cups baby spinach (packed)
- 1 red bell pepper (diced)
- 1 carrot (shaved or julienned)
- 1 tbsp extra-virgin olive oil
- 2 tbsp tahini
- 1 lemon (zest & juice)
- 1 clove garlic (grated)
- 1.75 tsp cumin, smoked paprika, black pepper (1 tsp cumin, 1/2 tsp smoked paprika, 1/4 tsp pepper)



### Directions:

1. Heat oven to 425°F. Line a sheet pan.
2. Pat tofu dry; cut 1-in cubes. Toss with 2 tsp oil + spice mix. Spread on half the pan.
3. Toss broccoli with 1 tsp oil and a little pepper; add to other half. Roast 15 min.
4. Add edamame to pan; roast 5–7 min until tofu edges crisp and broccoli is browned.
5. Whisk tahini, lemon zest/juice, garlic + 2–4 tbsp water to a pourable dressing.
6. Compose 4 bowls: spinach + warm rice. Top with roasted tofu, broccoli, and edamame.
7. Add bell pepper & carrot. Drizzle dressing; finish with extra lemon and black pepper.



### Nutritional Information:

Calories: 600, Protein: 36g, Carbs: 60g, Fat: 24g, Fiber: 11g, Sodium: 130mg, Sugar: 7g



## GINGERY CAULIFLOWER-LENTIL PACKETS WITH MILLET



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
35 min



### Ingredients:

- 2 cup red lentils, dry (rinse)
- 1/3 cup millet, dry
- 4 cup cauliflower florets
- 1 medium yellow onion (thinly sliced)
- 3 clove garlic (minced)
- 1 tbsp ginger (minced)
- 2 tbsp extra-virgin olive oil
- 2 tsp curry powder (salt-free)
- 1/4 tsp black pepper
- 1 lemon (zest and juice)
- 1/4 cup tahini
- 1/2 cup scallions (thinly sliced)



### Directions:

1. Heat oven to 400°F. Cut 4 parchment sheets (12x16 in). Prep veg; zest and juice lemon.
2. Rinse lentils. Simmer in 3 cup water 6–8 min until just tender; drain well.
3. Cook millet: boil 2/3 cup water; add millet, cover, simmer 15 min; off heat 5 min, fluff.
4. Stir-fry: heat oil in a wok on med-high. Add onion & cauliflower 5–6 min. Add garlic, ginger, curry, pepper; 1 min.
5. Add lentils, lemon zest, 2 tbsp water; stir-fry 2 min to coat. Fold in half the scallions.
6. Build 4 packets: divide stir-fry on papers; drizzle each 1 tbsp tahini + 1 tsp lemon juice; seal tightly.
7. Bake on a sheet pan 10–12 min. Serve each packet over millet; top with remaining scallions & extra lemon.



### Nutritional Information:

Calories: 600, Protein: 31g, Carbs: 82g, Fat: 18g, Fiber: 16g, Sodium: 190mg, Sugar: 6g



## CHARRED SEITAN & SPINACH SHEET PAN OVER BROWN RICE



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
45 min



### Ingredients:

- 1 lb seitan, homemade unsalted (cut into 1/2-in slices)
- 1.5 cups brown rice (uncooked)
- 8 oz baby spinach
- 1 large red bell pepper (sliced)
- 1 small red onion (sliced)
- 2 tbsp extra-virgin olive oil
- 3 cloves garlic (minced)
- 1 lemon (zest & juice)
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 2 tbsp fresh oregano (chopped)
- 0.25 cup unsalted almonds (chopped)



### Directions:

1. Rinse rice. Boil 3 c water; add 1.5 c rice. Cover, simmer 40–45 min; rest 5 min, fluff.
2. Heat grill or grill pan to high. Toss seitan with 1 tbsp oil, garlic, paprika, and cumin.
3. Grill seitan 2–3 min/side for deep char. Transfer pieces to a rimmed sheet pan.
4. On same pan, toss pepper and onion with 1 tbsp oil. Spread around seitan; roast at 425°F 12–15 min.
5. Add spinach to pan; roast 3–4 min until just wilted.
6. Zest and juice lemon over pan; add oregano, toss. Optional: 1/16–1/8 tsp salt to taste (raises sodium).
7. Spoon rice into bowls; top with seitan and veg. Sprinkle almonds; serve with extra lemon if desired.



### Nutritional Information:

Calories: 575, Protein: 38g, Carbs: 70g, Fat: 16g, Fiber: 7.5g, Sodium: 180mg, Sugar: 5g



## LEMON-TAHINI TEMPEH STIR-FRY WITH KALE & QUINOA



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
30 min



### Ingredients:

- 1 lb tempeh (cut 1/2-in cubes)
- 1 cup quinoa (dry) (rinsed)
- 8 cups kale (stemmed, chopped)
- 1 large bell pepper (thinly sliced)
- 8 oz mushrooms (sliced)
- 1 medium onion (sliced)
- 3 cloves garlic (minced)
- 1 tbsp ginger (minced)
- 2 tbsp extra-virgin olive oil (divided)
- 2 tbsp tahini
- 1 lemon (zest & juice)
- 2 tsp curry powder (salt-free)



### Directions:

1. Rinse quinoa. In saucepan, boil 2 cups water. Add quinoa, cover, reduce heat; simmer 15 min. Off heat, rest 5.
2. In a measuring cup, whisk tahini, zest and juice of 1/2 lemon, curry powder, and 1/3 cup water until smooth.
3. Cut tempeh into 1/2-in cubes. Heat 1 tbsp oil in a wok or large skillet over med-high until shimmering.
4. Stir-fry tempeh 4–5 min until golden on edges. Transfer to a plate.
5. Add remaining 1 tbsp oil. Stir-fry onion, mushrooms, bell pepper 3–4 min. Add garlic and ginger; cook 30 sec.
6. Add kale; toss until wilted, 2–3 min. Return tempeh; pour in tahini-lemon sauce; stir 1–2 min to coat.
7. Fluff quinoa. Divide into bowls, top with stir-fry. Finish with remaining lemon juice.



### Nutritional Information:

Calories: 616, Protein: 37g, Carbs: 54g, Fat: 28g, Fiber: 18g, Sodium: 180mg, Sugar: 7g



## PARFAIT-STYLE GRILLED BLACK BEAN PASTA JARS



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
30 min



### Ingredients:

- 3.5 cups black beans (no-salt-added)
- 6 oz whole-wheat pasta (short) (rotini or penne)
- 10 oz Swiss chard
- 2 cups tomatoes
- 3 cloves garlic (minced)
- 1 tbsp extra-virgin olive oil (for grilling)
- 6 tbsp tahini (unsalted)
- 1 each lemon (halved; zest & 2 tbsp juice)
- 2 tsp cumin + smoked paprika + black pepper (1+1+0.5 tsp, salt-free)
- 0.33 cup pumpkin seeds (unsalted) (for topping)
- 0.25 tsp fine sea salt (optional) (finishing pinch; raises Na)
- 3 tbsp water



### Directions:

1. Heat grill/grill pan to med-high. Boil pasta in unsalted water to al dente; drain, rinse cool, set aside.
2. Toss chard stems/leaves and tomatoes with oil, garlic, and 1.5 tsp spice blend. Halve lemon.
3. Grill tomatoes (cut-side down), chard stems 3–4 min, leaves 1–2 min, and lemon (cut-side down) until lightly charred; chop chard.
4. On grill pan, heat beans + 0.5 tsp spice blend + 2 tbsp water, 5–6 min, stirring. (Rinsed 30 sec cuts Na ~30–40%.)
5. Whisk tahini, zest, and 2 tbsp lemon juice with 1 tbsp water to a creamy sauce. Pepper to taste; add a tiny salt pinch only if needed.
6. Layer (parfait-style) in 4 jars/bowls: 2 tbsp sauce, pasta, grilled chard, warm beans, grilled tomatoes; repeat; top with more sauce.
7. Finish with pumpkin seeds and a squeeze of grilled lemon. Serve warm, or cap for grab-and-go.






### Nutritional Information:

Calories: 610, Protein: 28g, Carbs: 78g, Fat: 24g, Fiber: 22g, Sodium: 170mg, Sugar: 6g



## ROASTED PEPPER QUINOA BOWLS WITH LEMON-TAHINI

 **Servings:** 4  **Prep:** 15 min  **Cook:** 30 min

### **Ingredients:**

- 2 cups quinoa (rinsed)
- 2 large bell peppers (1-in strips)
- 1 medium red onion (cut in wedges)
- 1 medium zucchini (half-moons)
- 2 cups edamame, shelled (thawed, unsalted)
- 1 cup textured vegetable protein (TVP) (low-sodium, rehydrated)
- 1.5 tbsp extra-virgin olive oil (divided)
- 3 cloves garlic (minced)
- 1 lemon (zest + 3 tbsp juice)
- 3 tbsp tahini
- 2 tsp salt-free spice blend (cumin, smoked paprika, oregano, black pepper)
- 1/16–1/8 tsp fine sea salt (optional) (per bowl; adds sodium)

### **Directions:**




1. Heat oven to 425°F. Rinse quinoa; simmer 2 cups quinoa in 3.5 cups water 15 min. Off heat, cover 5 min; fluff.
2. On a sheet pan, toss peppers, onion, zucchini, edamame, and garlic with oil and spice blend; spread in one layer.
3. Bake 20–22 min, stirring once, until tender with browned edges.
4. Whisk tahini, lemon juice, and 2–4 tbsp water to a pourable sauce; stir in lemon zest.
5. Stir rehydrated TVP into hot quinoa; add 1–2 tbsp water if needed to moisten.
6. Build bowls: quinoa–TVP base; mound roasted veg/edamame; drizzle lemon–tahini.
7. Finish with extra lemon. Optional: 1/16–1/8 tsp salt per bowl (adds sodium). For DASH, favor lemon over salt.

### **Nutritional Information:**

Calories: 660, Protein: 35g, Carbs: 85g, Fat: 21g, Fiber: 18g, Sodium: 120mg, Sugar: 7g



## SMOKY EDAMAME LENTIL SOUP WITH BULGUR TOAST

 **Servings:** 4  **Prep:** 15 min  **Cook:** 40 min

### **Ingredients:**

- 4 cups edamame, shelled, unsalted (frozen, thawed)
- 2 medium onions (cut 1/2-in rounds)
- 3 medium tomatoes (halved)
- 3 cloves garlic (minced)
- 3/4 cup green lentils, dry (rinsed)
- 3/4 cup bulgur (whole grain) (fine or medium)
- 2 tbsp extra-virgin olive oil (divided)
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1/2 tsp black pepper (freshly ground)
- 1 lemon (juiced)
- 6 cups water

### **Directions:**

1. Boil 6 cups water in a large pot. Pour 1 cup into a bowl with bulgur + 1 tsp oil; cover 10 min to hydrate.
2. Heat grill pan med-high. Toss onions, tomatoes, and edamame with 1 tbsp oil + smoked paprika. Grill 8–10 min, turning, until charred.
3. Chop grilled onions/tomatoes. To pot add 5 cups water, lentils, garlic, cumin, chopped veg; boil, then simmer 20–25 min. Stir in 2.5 cups grilled edamame.
4. For toast: Mash 1/2 cup grilled edamame into hydrated bulgur; season with black pepper. Divide into 4 thin 4x6-in slabs.
5. Lightly oil grill pan with 1 tsp oil. Grill bulgur slabs 3–4 min/side until crisp and toasted at edges.
6. Finish soup with lemon juice. Use more lemon instead of salt. Ladle; top with remaining 1 cup grilled edamame. Serve each bowl with 1 bulgur toast.

### **Nutritional Information:**

Calories: 540, Protein: 33g, Carbs: 66g, Fat: 16g, Fiber: 24g, Sodium: 120mg, Sugar: 11g



## MUSHROOM-KIDNEY BEAN KASHA BAKE WITH LEMON YOGURT



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
40 min



### Ingredients:

- 3/4 cup buckwheat (kasha), dry
- 1 1/2 cup low-sodium vegetable broth
- 4 tbsp extra-virgin olive oil
- 12 oz mushrooms, sliced
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 3 15-oz can kidney beans, no-salt-added (drain & rinse 30 sec)
- 4 cup baby spinach, chopped
- 1 cup nonfat plain Greek yogurt
- 1 tsp smoked paprika
- 1 tsp dried thyme
- 1 lemon (zest + 2 tsp juice)



### Directions:

1. Heat oven to 375°F. Lightly oil a 9x13-in baking dish.
2. Simmer kasha in 1 cup low-sodium broth until tender, 12–15 min; fluff.
3. In 12-in skillet, heat 2 tbsp oil. Sauté onion & mushrooms 7–9 min; add garlic, thyme, paprika 1 min. Wilt in spinach.
4. Whisk yogurt with remaining 1/2 cup broth, 2 tbsp oil, lemon zest, and 2 tsp juice.
5. In a bowl, combine kasha, mushroom mix, and kidney beans (rinsed 30 sec to cut sodium ~30–40%). Fold in yogurt mix.
6. Spread in dish. Cover with foil; bake 15 min. Uncover; bake 10–12 min until set and edges lightly golden.
7. Rest 5 min. Squeeze a little more lemon to finish. Serve warm.



### Nutritional Information:

Calories: 600, Protein: 34g, Carbs: 88g, Fat: 16g, Fiber: 20g, Sodium: 200mg, Sugar: 8g



## ZESTY LEMON-OREGANO TVP OVER BULGUR & ZUCCHINI SALAD



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
30 min



### Ingredients:

- 5 cups rehydrated TVP (low-sodium) (well-drained)
- 4 cups zucchini (1/2-in half-moons)
- 1.5 cups bulgur (medium) (dry)
- 6 cups spinach (chopped)
- 2 cups tomatoes (diced)
- 0.5 cup scallions (thinly sliced)
- 4 tbsp extra-virgin olive oil (divided)
- 1 lemon (zest + 3 tbsp juice)
- 2 cloves garlic (minced)
- 1.5 tsp dried oregano (salt-free)
- 1 tsp smoked paprika
- 0.5 tsp black pepper (freshly ground)



### Directions:

1. Heat oven to 425°F. Lightly oil a sheet pan.
2. Toss well-drained rehydrated TVP and zucchini with 2 tbsp oil, smoked paprika, 1 tsp oregano, and 1/4 tsp pepper. Spread on pan; roast 18–22 min, stirring once, until browned.
3. Boil 3 cups water; stir in bulgur. Reduce heat; simmer 12 min. Cover off heat 5 min, then fluff.
4. Whisk 2 tbsp oil, lemon zest + 3 tbsp lemon juice, and minced garlic with 1/2 tsp oregano until glossy.
5. In a large bowl, toss warm bulgur with spinach and half the vinaigrette to lightly wilt the greens.
6. Divide base among 4 bowls. Top with roasted TVP + zucchini, tomatoes, and scallions. Drizzle remaining vinaigrette.
7. Finish with extra lemon. Optional: 1/16–1/8 tsp salt per serving at the table; this will increase sodium.



### Nutritional Information:

Calories: 560, Protein: 35g, Carbs: 77g, Fat: 15g, Fiber: 16g, Sodium: 260mg, Sugar: 8g



# **SALADS & GRAIN BOWLS**





## SUMAC CHICKEN ROMAINE & QUINOA SALAD



**Servings:**  
4



**Prep:**  
20 min



**Cook:**  
25 min



### Ingredients:

- 1 lb chicken breast (boneless, skinless)
- 1 cup quinoa (dry, rinsed) (whole grain)
- 8 cups romaine, chopped
- 5 cups mixed veg (cucumber, tomatoes, red cabbage, corn) (unsalted corn)
- 1/2 cup fresh parsley, chopped
- 1/2 cup nonfat Greek yogurt (low sodium)
- 2 tsp tahini
- 2 tsp extra-virgin olive oil, divided
- 2 ea lemons (zest & juice)
- 1 clove garlic (minced)
- 1.5 tsp ground cumin, sumac & black pepper (mixed)
- 1/4 cup pumpkin seeds, unsalted (toasted)



### Directions:

1. Cook quinoa: In saucepan, simmer 1 cup quinoa in 2 cups water, covered, 15 min. Rest 5 min, fluff, cool.
2. Season chicken: Toss with 1 tsp oil and half the spice mix. Sear in skillet 5–6 min/side to 165°F. Rest 5 min; slice.
3. Whisk dressing: yogurt, tahini, lemon zest/juice, garlic, remaining oil, rest of spices. Thin with 1–3 tsp water.
4. In a large bowl, combine romaine, mixed veg, parsley, and quinoa.
5. Toss salad with 2/3 of dressing until evenly coated and glossy.
6. Divide bowls; top with sliced chicken. Drizzle remaining dressing, add pumpkin seeds. Finish with lemon; optional 1/16–1/8 tsp salt/serving (adds sodium).



### Nutritional Information:

Calories: 560, Protein: 41g, Carbs: 52g, Fat: 21g, Fiber: 10g, Sodium: 180mg, Sugar: 0g



## MEDITERRANEAN TURKEY & ARUGULA BROWN RICE SALAD



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
40 min



### Ingredients:

- 1 lb turkey breast (boneless, skinless, unbrined)
- 1 1/4 cups brown rice (uncooked)
- 6 cups arugula (about 5–6 oz)
- 2 cups tomatoes (cut in wedges)
- 1 red bell pepper (large, sliced)
- 2 shallots (sliced)
- 2 tbsp extra-virgin olive oil (divided)
- 1 lemon (juiced)
- 1/2 cup nonfat Greek yogurt
- 1 clove garlic (grated)
- 1 tbsp spice blend (mix: cumin 1 tsp, smoked paprika 1 tsp, oregano 1/2 tsp, black pepper 1/2 tsp)
- 1/2 cup almonds, sliced (unsalted)



### Directions:

1. Rinse rice. Boil 2½ cups water; add rice, cover, simmer 35–40 min. Rest 5 min; fluff.
2. Heat oven to 425°F. On a sheet pan, toss turkey, tomatoes, pepper, shallots with 1½ tbsp oil + spice blend.
3. Roast 18–20 min, turning once, until turkey hits 165°F and veggies brown at edges.
4. Whisk yogurt, 2–3 tbsp lemon juice, garlic, and 1 tsp oil with 1–2 tbsp water until pourable.
5. Toss arugula with 1–2 tbsp dressing to lightly coat.
6. Divide rice in bowls; top with arugula, roasted turkey and veg. Sprinkle almonds.
7. Drizzle remaining dressing. Finish with extra lemon; optional 1/16–1/8 tsp salt/serving raises sodium.



### Nutritional Information:

Calories: 520, Protein: 36g, Carbs: 56g, Fat: 16g, Fiber: 7g, Sodium: 230mg, Sugar: 8g



## LEMONY PICKLED PEPPER TOFU FARRO SALAD



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
30 min



### Ingredients:

- 16 oz tofu (extra-firm, drained)
- 1 cup farro (dry)
- 2 cups bell peppers (thinly sliced, mixed colors)
- 4 cups arugula (or spinach)
- 2 each lemons (juiced (about 1/3 cup), zest optional)
- 1 clove garlic (minced)
- 2 tbsp extra-virgin olive oil (divided)
- 3/4 cup nonfat Greek yogurt (plain)
- 1 tbsp tahini
- 1 tsp cumin (ground)
- 1 tsp sumac (salt-free)
- 2 cups chickpeas (no-salt-added) (drained & rinsed 30+ sec)



### Directions:

1. Cook farro in unsalted water 20–25 min until chewy; drain in a strainer and cool.
2. Quick-pickle peppers: Toss peppers with lemon juice (reserve 2 tbsp), 1/2 garlic, and 1/2 tsp sumac; rest 15 min.
3. Sear tofu: Pat dry; cube. Toss with 1 tbsp oil + cumin. Sear in skillet over med-high 6–8 min until golden; sprinkle remaining sumac.
4. Dressing: Whisk yogurt, tahini, 2 tbsp reserved lemon, remaining garlic, 1 tbsp oil. Thin with 1–2 tbsp water.
5. Rinse chickpeas 30–60 sec under cool water; drain well to cut sodium ~30–40%.
6. Build: Divide arugula + farro among 4 bowls. Top with tofu, chickpeas, pickled peppers and their juices.
7. Finish: Spoon dressing. Add extra lemon instead of salt. Optional: 1/16–1/8 tsp salt raises sodium—use sparingly.



### Nutritional Information:

Calories: 530, Protein: 28g, Carbs: 66g, Fat: 18g, Fiber: 13g, Sodium: 160mg, Sugar: 7g



## LEMON-TAHINI TEMPEH SALAD WITH BULGUR & CHARRED CORN



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
30 min



### Ingredients:

- 1 cup bulgur (dry)
- 16 oz tempeh (cut 1/2-in cubes)
- 1.5 cups corn kernels, unsalted (fresh or frozen)
- 4 cups mixed greens (arugula/spinach)
- 1.5 cups cherry tomatoes, halved
- 1 cup cucumber, diced
- 2 tbsp extra-virgin olive oil, divided
- 1 large lemon (zest + 3 tbsp juice)
- 3 tbsp tahini
- 0.5 cup nonfat Greek yogurt
- 1 clove garlic, minced
- 2 tsp spice blend (cumin, smoked paprika, sumac, black pepper; divided)



### Directions:

1. Bring 2 cups water to a boil. Stir in bulgur, cover, simmer 12 min; off heat 5 min, fluff.
2. Toss tempeh with 1 tbsp oil, 1 tsp spice blend, and lemon zest.
3. Heat skillet med-high. Sear tempeh 6–8 min until browned. Add corn; cook 3–4 min to lightly char.
4. Blend yogurt, tahini, lemon juice (3 tbsp), garlic, remaining 1 tsp spice blend, 1 tbsp oil until creamy.
5. In bowl, combine greens, warm bulgur, tomatoes, cucumber. Toss with half the dressing.
6. Top with tempeh and corn. Drizzle remaining dressing, finish with extra lemon. Optional: 1/16–1/8 tsp salt; adds sodium.






### Nutritional Information:

Calories: 560, Protein: 32g, Carbs: 54g, Fat: 24g, Fiber: 11g, Sodium: 220mg, Sugar: 6g



## ROASTED CAULIFLOWER CHICKPEA BARLEY KALE SALAD

 **Servings:** 4  **Prep:** 20 min  **Cook:** 45 min

### **Ingredients:**

- 3/4 cup barley, hulled, dry
- 1 medium head cauliflower (cut to 1-in florets)
- 2 cans (15 oz) chickpeas, no-salt-added
- 4 cups kale (stems removed, thinly sliced)
- 1 large lemon (zest + 4 tbsp juice)
- 2 tbsp olive oil
- 1 cup nonfat Greek yogurt
- 1/2 cup hemp hearts ((8 tbsp))
- 1 tsp sumac
- 1 tsp ground cumin
- 1/3 cup fresh parsley
- 1 small shallot

### **Directions:**




1. Cook hulled barley in unsalted boiling water until tender-chewy, 35–45 min; drain and cool.
2. Heat oven to 425°F. Toss cauliflower with 1 tbsp oil + 1/2 tsp cumin; roast on sheet pan until browned, 20–25 min.
3. Whisk yogurt, 3 tbsp lemon juice, 1 tbsp oil, sumac + 1/2 tsp cumin. Add 1–2 tbsp water to loosen.
4. In a large bowl, add kale, 1 tbsp lemon juice + 1 tbsp dressing. Massage with hands until glossy and tender, 1–2 min.
5. Drain chickpeas; rinse 30 sec to cut sodium ~30–40%. Pat dry. Add barley, chickpeas, roasted cauliflower, parsley, and shallot to bowl.
6. Add lemon zest and remaining dressing; toss to coat. If needed, add a splash of water/lemon to taste.
7. Divide salad; sprinkle 2 tbsp hemp hearts per serving. Finish with extra sumac + a squeeze of lemon instead of salt.

### **Nutritional Information:**

Calories: 600, Protein: 33g, Carbs: 75g, Fat: 22g, Fiber: 22g, Sodium: 180mg, Sugar: 9g



## CHARRED PEPPER LENTIL-WILD RICE SPINACH SALAD

 **Servings:** 4  **Prep:** 15 min  **Cook:** 45 min

### **Ingredients:**

- 1 1/2 cups lentils, dry (rinsed)
- 2/3 cup wild rice (rinsed)
- 6 cups baby spinach (packed)
- 2 medium bell peppers (thick strips)
- 1 bunch scallions (trimmed)
- 2 medium tomatoes (cut in wedges)
- 1 large lemon (zest & juice)
- 3 tbsp extra-virgin olive oil
- 2 cloves garlic (minced)
- 1/2 cup fresh parsley (chopped)
- 1 tsp each ground cumin & sumac (salt-free)
- 2 cups nonfat Greek yogurt (plain)

### **Directions:**

1. Rinse wild rice. Simmer in 2 cups water, covered, until tender, 40–45 min. Drain if needed; rest 5 min.
2. Rinse lentils. Boil in 5 cups water until just tender, 20–25 min. Drain well; cool slightly.
3. Heat grill/grill pan to med-high. Toss peppers, tomatoes, scallions with 1 tbsp oil. Grill 6–8 min. Zest lemon; grill halves cut side down 2–3 min.
4. Whisk yogurt, 2 tbsp oil, lemon zest + 2 tbsp grilled-lemon juice, garlic, cumin, sumac, and 2–3 tbsp water until pourable.
5. In a bowl, combine warm lentils, rice, parsley, and half the yogurt sauce; toss gently.
6. Divide spinach among 4 bowls. Top with lentil-rice mix and grilled veggies. Drizzle remaining sauce.
7. Optional: add 1/16–1/8 tsp salt per bowl (raises sodium). Serve warm or room temp.

### **Nutritional Information:**

Calories: 540, Protein: 34g, Carbs: 74g, Fat: 12g, Fiber: 20g, Sodium: 150mg, Sugar: 10g



## CUCUMBER-LIME BLACK BEAN COUSCOUS SALAD



**Servings:**  
4



**Prep:**  
20 min



**Cook:**  
5 min



### Ingredients:

- 1 cup whole-wheat couscous (dry)
- 3 cans black beans, no-salt-added (canned) (15 oz each; drain & rinse 30 sec)
- 2 cups cucumber (seeded, diced)
- 2 cups tomatoes (diced)
- 1 cup red bell pepper (diced)
- 1 cup red cabbage (shredded)
- 1/2 cup scallions & parsley (chopped)
- 1 cup nonfat Greek yogurt
- 1 tbsp extra-virgin olive oil
- 1/4 cup lime juice & zest (+ 1 tsp zest)
- 2 tsp spice blend (ground cumin, coriander, smoked paprika, black pepper)
- 1/8–1/4 tsp fine sea salt (optional) (to taste; increases sodium)



### Directions:

1. Boil 1 cup water in a small saucepan. Off heat, stir in couscous, cover 5 min; fluff and cool.
2. Make dressing: shake yogurt, lime juice/zest, olive oil, and spice blend until smooth.
3. Prep veggies: seed/dice cucumber; dice tomatoes & bell pepper; shred cabbage; chop scallions & parsley.
4. Drain beans; rinse 30 sec and pat dry to cut sodium by ~30–40%.
5. Layer 4 containers: dressing (bottom), beans, bell pepper & cabbage, cucumber & tomatoes, couscous, then herbs.
6. Chill up to 4 days. To serve, invert into a bowl and toss. Brighten with lime; add 1/16–1/8 tsp salt only if needed.



### Nutritional Information:

Calories: 530, Protein: 30g, Carbs: 90g, Fat: 6g, Fiber: 24g, Sodium: 220mg, Sugar: 8g



## SUMAC-LEMON SALMON FREEKEH SALAD WITH CARROT RIBBONS



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
30 min



### Ingredients:

- 1 lb salmon fillets (skinless)
- 1 1/4 cups freekeh, cracked
- 3 cups carrots, shaved (ribbons)
- 4 cups arugula
- 1/4 cup fresh dill, chopped
- 1 ea lemon (zest & juice)
- 1/3 cup nonfat Greek yogurt
- 1 tbsp tahini
- 2 tbsp extra-virgin olive oil
- 1 clove garlic, grated
- 1 tsp black pepper
- 1 tsp sumac (salt-free)



### Directions:

1. Cook freekeh: Boil 2 1/2 cups water. Add freekeh, reduce heat, cover, simmer 18–20 min. Drain if needed; spread to cool.
2. Prep veg: shave carrot ribbons, chop dill, and place arugula in a large bowl.
3. Whisk dressing: yogurt, tahini, lemon zest/juice, grated garlic, 1 tbsp oil, 1–3 tbsp cold water. Season with pepper.
4. Cook salmon: heat 1 tbsp oil in skillet (med-high). Season fish with pepper + 1/2 tsp sumac. Sear 3–4 min/side; rest.
5. Toss cooled freekeh, carrot ribbons, arugula, half the dill, and half the dressing until coated.
6. Flake salmon into big pieces. Top salads; drizzle remaining dressing. Sprinkle remaining dill + 1/2 tsp sumac.
7. Taste; add more lemon or pepper. Optional tiny pinch salt (1/16 tsp/serving) will raise sodium.



### Nutritional Information:

Calories: 560, Protein: 35g, Carbs: 50g, Fat: 22g, Fiber: 10g, Sodium: 230mg, Sugar: 6g



## CITRUS-TAHINI TUNA PASTA SALAD WITH ROASTED BEETS



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
30 min



### Ingredients:

- 1 lb beets (peeled, 1-in chunks)
- 1 cup cucumber (diced)
- 1/2 cup fresh parsley & dill (chopped)
- 1 tbsp extra-virgin olive oil
- 1 large lemon (zest & juice)
- 3 tbsp tahini
- 1 clove garlic (grated)
- 1 tsp ground sumac & black pepper (divided)
- 2 tbsp pumpkin seeds
- 8 oz whole-grain pasta (fusilli)
- 3 cans tuna, no-salt-added (canned) (5 oz each, drained)
- 4 cups arugula



### Directions:

1. Heat oven to 425°F. Toss beets with oil + half the sumac/pepper. Roast on a sheet pan 25–30 min, until tender; cool 5 min.
2. Cook pasta in unsalted boiling water until al dente, 8–10 min. Drain; rinse under cool water; drain well.
3. Whisk tahini, lemon zest/juice, garlic, and remaining sumac/pepper. Whisk in 2–4 tbsp cold water to a pourable dressing.
4. Flake tuna in a bowl; toss with 2 tbsp dressing to moisten.
5. In a large bowl, combine arugula, cucumber, herbs, and cooled pasta; toss with half the dressing.
6. Add roasted beets and tuna; gently fold. Add more dressing to taste; finish with an extra squeeze of lemon.
7. Divide into bowls; top with pumpkin seeds. Optional: a tiny pinch fine salt (1/16–1/8 tsp) per serving will raise sodium.



### Nutritional Information:

Calories: 460, Protein: 30g, Carbs: 58g, Fat: 13g, Fiber: 9g, Sodium: 230mg, Sugar: 9g



## CITRUS-PICKLED RADISH SHRIMP QUINOA SALAD



**Servings:**  
4



**Prep:**  
20 min



**Cook:**  
25 min



### Ingredients:

- 1 1/3 cups quinoa (rinsed)
- 2 tbsp fresh orange juice
- 1 lb shrimp (peeled)
- 3 tbsp extra-virgin olive oil (divided)
- 1.5 cups radishes (thinly sliced)
- 1/4 cup fresh herbs (parsley/dill/basil, chopped)
- 4 cups arugula or spinach (packed)
- 1 tsp + 1/4 tsp sumac & chili flakes (salt-free sumac)
- 1 cup cucumber (diced)
- 1 cup corn (unsalted)
- 1/4 cup + 1 tsp lime juice & zest (fresh)
- 2 ea scallions (thinly sliced)



### Directions:

1. Rinse quinoa. Boil 2 2/3 cups water, add quinoa, simmer covered 15 min; rest 5, fluff.
2. In a bowl, mix lime juice/zest, orange juice, sumac, chili. Add radishes; toss, press down; marinate 10 min. Reserve 4 tbsp liquid.
3. Pat shrimp dry. Heat 1 tsp oil in skillet med-high; sear 2–3 min/side until opaque. Off heat, splash 1 tbsp pickling liquid; toss.
4. Whisk remaining 3 tbsp pickling liquid with remaining oil; stir in half the herbs and half the scallions.
5. In a large bowl, combine greens, warm quinoa, cucumber, and corn; add half the dressing and toss to coat.
6. Divide salad; top with shrimp, drained radishes, remaining herbs and scallions. Drizzle with remaining dressing; add extra lime if desired.
7. Optional: tiny salt 1/16–1/8 tsp per serving; note this raises sodium.



### Nutritional Information:

Calories: 470, Protein: 33g, Carbs: 50g, Fat: 15g, Fiber: 7g, Sodium: 220mg, Sugar: 7g



## HERBY YOGURT-TAHINI KALE & BROWN RICE EGG BOWL



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
30 min



### Ingredients:

- 8 large eggs
- 2 cups brown rice, cooked
- 8 cups kale, chopped (stems removed)
- 2 cups cucumber, diced
- 2 cups no-salt-added chickpeas (drained & rinsed)
- 0.5 cup scallions, thinly sliced
- 1 cup fresh herbs (parsley/dill/basil) (packed)
- 1 cup nonfat Greek yogurt
- 2 tbsp tahini
- 1 tbsp extra-virgin olive oil
- 1 large lemon (zest & juice)
- 0.5 tsp black pepper (plus more to taste)



### Directions:

1. If needed, cook brown rice per package; cool to room temp. You'll need 2 cups cooked.
2. Boil eggs 7–8 min for jammy centers. Transfer to ice water 5 min, peel, then halve or quarter.
3. Blend yogurt, tahini, lemon zest/juice, herbs, olive oil, and pepper until creamy.
4. In a large bowl, toss kale with 2 tbsp dressing; massage 30 sec to soften.
5. Add rice, cucumber, chickpeas (rinse 30 sec to cut sodium 30–40%), and scallions; toss with more dressing.
6. Divide into 4 bowls; top each with 2 eggs. Finish with extra pepper and lemon. Optional tiny salt (1/16–1/8 tsp) raises sodium.
7. For meal prep, keep eggs and dressing separate; toss just before eating. Refrigerate up to 3 days.



### Nutritional Information:

Calories: 555, Protein: 33g, Carbs: 61g, Fat: 21g, Fiber: 12g, Sodium: 320mg, Sugar: 6g



## SUMAC TOMATO-KALE BOWL WITH COTTAGE CHEESE & FARRO



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
25 min



### Ingredients:

- 1 cup farro (uncooked)
- 5 cups kale (ribs removed, shredded)
- 2 cups tomatoes (chopped)
- 1 15 oz can chickpeas (no-salt-added, drained & rinsed)
- 1/2 cup fresh herbs (chopped parsley & dill)
- 3 cups low-fat cottage cheese (low sodium)
- 3 tbsp lemon juice (fresh)
- 3 tbsp extra-virgin olive oil
- 1 clove garlic (small, minced)
- 1 tsp sumac (divided)
- 1/2 tsp black pepper (freshly ground)
- 1/8 tsp fine sea salt (optional, to finish)



### Directions:

1. Cook farro in a large pot of unsalted boiling water until tender, 20–25 min. Drain, rinse cool, and spread to steam-dry.
2. In a large bowl, whisk lemon juice, olive oil, garlic, black pepper, and 1/2 tsp sumac.
3. Add kale. Massage with the dressing until glossy and tender, 1–2 min.
4. Fold in tomatoes, chickpeas (rinsed 30 sec), herbs, and cooled farro; toss well.
5. Taste; add 1/16–1/8 tsp fine sea salt if needed (raises sodium). Adjust lemon or oil to balance.
6. Divide bowls. Top each with 3/4 cup cottage cheese. Sprinkle remaining 1/2 tsp sumac; finish with a light squeeze of lemon.



### Nutritional Information:

Calories: 530, Protein: 34g, Carbs: 66g, Fat: 14g, Fiber: 10g, Sodium: 350mg, Sugar: 8g



# SNACKS





## CARROT-HUMMUS MINI WRAPS WITH TOASTED NUT CRUMBS



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
5 min



### Ingredients:

- 2 ea whole-wheat tortillas (low sodium) (6-in; cut in half)
- 6 tbsp hummus (low sodium) (divided)
- 1/4 cup nonfat Greek yogurt
- 1 tsp lemon zest
- 1 tbsp fresh dill (chopped)
- 1 1/3 cup carrots (matchsticks)
- 2 tbsp scallions (thinly sliced)
- 2 ea whole-grain crackers (low sodium) (crushed)
- 2 tbsp almonds (finely chopped)
- 1 tsp extra-virgin olive oil
- 1/2 tsp smoked paprika
- 1/4 tsp black pepper



### Directions:

1. Toast crumbs: crush crackers; combine with almonds. Cook with oil and paprika in a skillet over med heat, 2–3 min, until golden. Cool.
2. Mix yogurt, lemon zest, dill, and black pepper in a bowl.
3. Julienne carrots and slice scallions.
4. Warm tortilla halves in a dry skillet 15–20 sec/side to soften.
5. For each mini wrap, spread 1 tbsp yogurt, then 1.5 tbsp hummus.
6. Top with 1/3 cup carrots, a pinch of scallions, and 2 tsp toasted nut-crumbs.
7. Roll from rounded edge to cut edge, seam-side down. Serve; add extra lemon zest for brightness instead of salt.



### Nutritional Information:

Calories: 195, Protein: 7g, Carbs: 22g, Fat: 9g, Fiber: 5g, Sodium: 140mg, Sugar: 4g



## BROILED YOGURT-STUFFED TOMATOES WITH POPCORN CRUNCH



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
8 min



### Ingredients:

- 1 pint cherry tomatoes (about 24 large; ripe, firm)
- 1 cup nonfat Greek yogurt (plain)
- 4 cups air-popped popcorn (popped from kernels; lightly crush)
- 2 tbsp fresh dill or chives (finely chopped)
- 1 tsp lemon zest (freshly grated)
- 1 small clove garlic (grated)
- 4 tsp extra-virgin olive oil
- 1/4 tsp black pepper (freshly ground)
- 1 tsp everything bagel seasoning (salt-free)



### Directions:

1. Set broiler to high; line a sheet pan with foil. Position rack 6 in from the heat.
2. If needed, air-pop kernels to make 4 cups popcorn. Crush lightly; toss with 3 tsp oil and everything bagel seasoning.
3. In a bowl, mix yogurt, dill/chives, lemon zest, grated garlic, 1 tsp oil, and black pepper.
4. Slice tops from cherry tomatoes; scoop seeds with a 1/4 tsp spoon. Arrange on the sheet, cut side up.
5. Fill each tomato with 1–2 tsp yogurt mixture, mounding slightly.
6. Top with popcorn crumbs, pressing gently so they adhere.
7. Broil 2–3 min until tomatoes blister and crumbs toast. Rest 2 min; add more zest and pepper if desired.



### Nutritional Information:

Calories: 120, Protein: 7g, Carbs: 12g, Fat: 5g, Fiber: 3g, Sodium: 25mg, Sugar: 4g



## SMOKY BROCCOLI PITA DIPPERS WITH HERBED COTTAGE CHEESE



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
15 min



### Ingredients:

- 1 cup low-fat cottage cheese (low sodium)
- 1 ea whole-wheat pita (6-in, ≤140 mg sodium, cut into 8 wedges)
- 3 cups broccoli florets (bite-size)
- 1 tbsp extra-virgin olive oil (divided)
- 1 clove garlic (minced)
- 1/2 ea lemon (zest 1 tsp + juice 2 tsp)
- 1/2 tsp smoked paprika
- 1/4 tsp black pepper (divided)
- 2 tbsp fresh dill or parsley (chopped)



### Directions:

1. Prep: Cut pita; chop dill; zest and juice lemon; mince garlic.
2. Make dip: Mix cottage cheese, zest, 1 tsp lemon juice, half the dill, and a pinch pepper; chill.
3. Heat 2 tsp oil in large skillet over med-high. Add broccoli; shallow-fry 5–7 min until crisp-tender with char.
4. Stir in garlic; cook 30 sec. Add smoked paprika and remaining pepper; toss. Finish with 1 tsp lemon juice; transfer.
5. Wipe pan; add 1 tsp oil. Shallow-fry pita wedges 1–2 min/side until golden with grill-like marks if ridged pan.
6. Plate dip; dust with a pinch paprika and dill. Arrange charred broccoli and warm pita for a grilled-style platter.



### Nutritional Information:

Calories: 160, Protein: 10g, Carbs: 16g, Fat: 6g, Fiber: 3g, Sodium: 170mg, Sugar: 3g



## CRISPY KALE & SAUTEED EGG SNACK BOWL



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
8 min



### Ingredients:

- 4 ea hard-boiled eggs (peeled, chopped)
- 4 ea brown rice cakes (unsalted)
- 4 cup kale chips (homemade, unsalted)
- 2 tsp extra-virgin olive oil
- 2 ea scallions (thinly sliced)
- 1/2 tsp smoked paprika
- 1/4 tsp black pepper (freshly ground)
- 1/2 cup nonfat Greek yogurt
- 1 ea lemon (zest + 2 tsp juice)
- 1 tbsp dill (fresh, chopped)
- 1 tbsp chia seeds
- 1/16–1/8 tsp kosher salt (optional) (finishing pinch; adds sodium)



### Directions:

1. Chop eggs; slice scallions. In a bowl, mix yogurt, lemon zest + 2 tsp juice, dill, and chia; rest 5 min.
2. Heat oil in a skillet over med. Saute scallions 1 min until fragrant.
3. Add chopped eggs, paprika, and pepper. Saute 1–2 min to warm and coat; remove from heat.
4. Crumble 1 rice cake into each of 4 shallow bowls.
5. Spoon about 2 tbsp yogurt sauce over the rice cake in each bowl.
6. Top with the warm sauteed eggs.
7. Add kale chips. Finish with extra pepper or a tiny pinch of salt (optional; adds sodium).



### Nutritional Information:

Calories: 180, Protein: 12g, Carbs: 13g, Fat: 9g, Fiber: 3g, Sodium: 120mg, Sugar: 3g



## BLISTERED TOMATO BITES STUFFED WITH CHICKPEA CRUNCH



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
8 min



### Ingredients:

- 1 pint cherry tomatoes (stems removed)
- 1 cup roasted chickpeas (unsalted) (lightly crushed)
- 1/3 cup nonfat Greek yogurt
- 3/4 cup oat squares (no sugar added) (crushed; choose 100% whole grain)
- 2 tsp extra-virgin olive oil
- 1 tsp lemon zest
- 2 tbsp parsley (chopped)
- 1/2 tsp cumin
- 1/2 tsp smoked paprika
- 1/4 tsp black pepper
- 1 clove garlic (finely grated)



### Directions:

1. Heat broiler to high; line sheet pan. Slice a thin cap off each tomato; scoop seeds with a small spoon to hollow.
2. Arrange tomatoes cut-side down on pan. Broil 3–4 min until skins blister. Cool 5 min.
3. In a bowl, lightly crush chickpeas. Stir in yogurt, lemon zest, cumin, pepper, garlic, and parsley.
4. In another bowl, crush oat squares. Toss with olive oil and smoked paprika to make a loose crumb.
5. Turn tomatoes cut-side up. Spoon in chickpea filling, packing gently.
6. Top each with oat crumb. Serve, or quick-broil 30 sec to warm. Brighten with extra lemon zest instead of salt.



### Nutritional Information:

Calories: 135, Protein: 7g, Carbs: 20g, Fat: 4g, Fiber: 5g, Sodium: 60mg, Sugar: 5g



## BEAN DIP WITH CHARRED BROCCOLI & GRILLED TORTILLA



**Servings:**  
4



**Prep:**  
10 min



**Cook:**  
12 min



### Ingredients:

- 1 cup black bean dip (homemade) (low sodium)
- 4 cups broccoli florets (bite-size)
- 2 each whole-wheat tortillas (low sodium) (6-in; cut into strips)
- 2 tsp avocado oil (for shallow frying)
- 1 small lemon (zested and juiced)
- 1/2 tsp smoked paprika
- 1/2 tsp ground cumin
- 1/4 tsp black pepper (freshly ground)
- 2 tbsp parsley (chopped)
- 1/16–1/8 tsp fine sea salt (optional; increases sodium)



### Directions:

1. Prep: cut tortillas to strips; zest/juice lemon; chop parsley.
2. Heat skillet with oil on med-high. Add broccoli; shallow-fry 5–6 min, tossing, until crisp-tender with char.
3. Sprinkle cumin, paprika, pepper; cook 30 sec. Add 1 tsp zest + 2 tsp lemon juice; toss to coat.
4. Dry-toast tortilla strips in same skillet 1–2 min/side until browned with grill-style spots.
5. Spoon black bean dip into a bowl. If made from canned beans, drain/rinse 30+ sec to cut sodium.
6. Plate: arrange broccoli and tortilla strips around dip; sprinkle parsley. Optional salt (1/16–1/8 tsp) raises sodium.
7. Serve warm; finish with extra lemon instead of more salt.



### Nutritional Information:

Calories: 165, Protein: 7g, Carbs: 26g, Fat: 4g, Fiber: 8g, Sodium: 160mg, Sugar: 3g



## WARM TOMATO-GARLIC BEAN DIP CRUNCH BOWL



**Servings:**  
4



**Prep:**  
10 min



**Cook:**  
5 min



### Ingredients:

- 1 1/3 cup white bean dip (homemade, low sodium) (Use dip made from no-salt-added beans, rinsed 30–60 sec)
- 4 cup kale chips (homemade, unsalted) (1 cup per bowl)
- 12 each whole-grain crackers (low sodium) (3 per serving)
- 1 cup cherry tomatoes (halved)
- 1 clove garlic (thinly sliced)
- 2 tsp extra-virgin olive oil
- 1/2 tsp smoked paprika
- 1/4 tsp cumin
- 1 tsp lemon zest (finely grated)
- 2 tbsp parsley (chopped)
- 1/8 tsp black pepper (freshly ground)



### Directions:

1. Heat oil in a skillet over med. Sauté garlic 30 sec until fragrant. Add tomatoes, paprika, cumin; cook, stirring, 3–4 min until juicy.
2. Off heat, stir in lemon zest, black pepper, and parsley.
3. Divide white bean dip among 4 small bowls.
4. Spoon warm tomato–garlic mixture over each bowl.
5. Nest 1 cup kale chips around each dip; keep chips on edges to stay crisp.
6. Add 3 whole-grain crackers to each bowl for dipping. Serve at once; lemony finish stands in for salt.



### Nutritional Information:

Calories: 220, Protein: 8g, Carbs: 29g, Fat: 8g, Fiber: 6g, Sodium: 160mg, Sugar: 2g



## CARROT CRUNCH PEANUT YOGURT WRAPS



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
5 min



### Ingredients:

- 4 each whole-wheat tortillas (6-in, low sodium)
- 2 cups carrots, julienned
- 2 tbsp scallions, thinly sliced
- 3 tbsp unsalted peanut butter
- 1/4 cup nonfat Greek yogurt
- 1/2 tsp lime zest
- 1/2 tsp ground cumin
- 1/2 tsp chili powder
- 1 cup air-popped popcorn, lightly crushed
- 1 tbsp pumpkin seeds, unsalted
- 1/8 tsp black pepper



### Directions:

1. Crush popcorn to coarse crumbs; dry-toast with pumpkin seeds in a small skillet over med heat until golden, 3–4 min. Cool.
2. Whisk peanut butter, yogurt, lime zest, cumin, and chili powder. Add 1–2 tsp water until spreadable.
3. Lay tortillas. Spread 1 tbsp peanut-yogurt on each.
4. Add 1/2 cup carrots and 1/2 tbsp scallions to each. Sprinkle ~2 tbsp toasted crumb; add black pepper (optional 1/16 tsp salt total—raises sodium).
5. Roll tightly, tucking ends; set seam-side down. Slice each wrap in half.
6. Serve, or wrap in parchment and chill up to 24 hr. Keep extra crumb separate; sprinkle just before eating.



### Nutritional Information:

Calories: 240, Protein: 9g, Carbs: 31g, Fat: 9g, Fiber: 5g, Sodium: 165mg, Sugar: 6g



## BLISTERED TOMATO-ALMOND PITA POCKETS



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
10 min



### Ingredients:

- 2 ea whole-wheat pitas (6-in; choose ≤140 mg sodium each)
- 2 cup cherry tomatoes (left whole)
- 1 cup cucumber (small dice)
- 1/4 cup unsalted almond butter (stirred)
- 1/4 cup nonfat Greek yogurt (plain)
- 1/2 tsp lemon zest
- 1 clove garlic (small, minced)
- 1/4 cup fresh parsley (chopped)
- 1 tsp extra-virgin olive oil
- 1/4 tsp smoked paprika
- 1/4 tsp ground cumin
- 1/4 tsp black pepper (freshly ground)



### Directions:

1. Preheat grill or broiler to high. Halve pitas. Toss tomatoes with oil, paprika, and cumin.
2. Grill/broil tomatoes in a grill basket or on a sheet until blistered, 4–6 min, shaking once. Cool 2 min.
3. Grill pitas 30–60 sec/side until lightly charred and puffed; slit edges to open pockets.
4. Mix almond butter, yogurt, lemon zest, and garlic; whisk in 1–2 tsp water to make a spread.
5. Toss blistered tomatoes with cucumber and parsley.
6. Spread 2 tbsp almond-yogurt in each pita half; stuff with tomato-cucumber mix.
7. Finish with black pepper and a touch more zest. Serve warm.



### Nutritional Information:

Calories: 220, Protein: 9g, Carbs: 27g, Fat: 10g, Fiber: 5g, Sodium: 180mg, Sugar: 4g



## GRILLED-STYLE TUNA & CHARRED BROCCOLI RICE CAKES



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
10 min



### Ingredients:

- 10 oz tuna, no-salt-added, canned (drained well)
- 1/3 cup nonfat Greek yogurt
- 3 cups broccoli florets (small, patted dry)
- 1.5 tbsp avocado oil
- 1 tsp lemon zest (divided)
- 2 tbsp parsley leaves (torn, divided)
- 1/2 tsp smoked paprika
- 1/4 tsp black pepper (freshly ground)
- 1 tsp everything bagel seasoning (salt-free)
- 4 cakes brown rice cakes (unsalted)



### Directions:

1. In a bowl, mix tuna (drained), yogurt, 1/2 tsp lemon zest, 1 tbsp parsley, and half the pepper. Chill.
2. Pat broccoli very dry. Toss with smoked paprika and remaining pepper.
3. Heat a grill pan over med-high. Add oil; shallow-fry broccoli 5–7 min, turning for char. Off heat, toss with 1/2 tsp zest + 1 tbsp parsley.
4. Grill-mark rice cakes on the dry pan 30–45 sec/side.
5. Spread tuna mix on each cake; top with charred broccoli.
6. Sprinkle everything bagel seasoning. Serve warm with lemony aroma.



### Nutritional Information:

Calories: 200, Protein: 23g, Carbs: 12g, Fat: 6.5g, Fiber: 2.3g, Sodium: 90mg, Sugar: 2g



# DESSERTS





## CINNAMON-MAPLE APPLE CRISP YOGURT BOWLS



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
30 min



### Ingredients:

- 4 medium apples (thinly sliced (about 4 cups))
- 1 tsp lemon zest
- 1 tsp cinnamon (divided)
- 1/4 tsp ground ginger (divided)
- 1 1/2 tbsp maple syrup (divided)
- 1 tsp vanilla extract (divided)
- 2 tbsp unsweetened applesauce
- 1/4 cup whole-wheat flour
- 2 tsp canola oil
- 1 1/3 cups nonfat Greek yogurt (chilled)



### Directions:

1. Heat oven to 375°F. Place sliced apples in an 8-in baking dish.
2. Toss apples with lemon zest, 1/2 tsp cinnamon, 1/8 tsp ginger, 1/2 tsp maple, 1/2 tsp vanilla.
3. In a bowl, mix flour, applesauce, oil, 1 tsp maple, 1/2 tsp vanilla, 1/2 tsp cinnamon, 1/8 tsp ginger to coarse crumbs.
4. Sprinkle crumbs over apples. Bake 25–30 min until apples are tender and top is golden.
5. Rest 5 min. Spoon warm apple crisp into 4 bowls.
6. Top each bowl with 1/3 cup nonfat Greek yogurt. Dust with a pinch of cinnamon if desired.



### Nutritional Information:

Calories: 220, Protein: 9g, Carbs: 40g, Fat: 2.7g, Fiber: 5.5g, Sodium: 65mg, Sugar: 27g



## FROZEN PEACH YOGURT BOWLS WITH WHOLE-WHEAT CRUNCH



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
5 min



### Ingredients:

- 3 medium peaches, ripe (diced; freeze 30–45 min)
- 1 cup nonfat Greek yogurt
- 1.5 tbsp honey
- 1 tsp vanilla extract
- 1 tsp lemon zest
- 2 tbsp rolled oats
- 2 tbsp whole-wheat flour
- 2 tbsp almonds, unsalted (chopped)
- 2 tsp extra-virgin olive oil
- 1 tsp maple syrup
- 0.5 tsp cinnamon



### Directions:

1. Dice peaches; spread on baking sheet; freeze 30–45 min until firm.
2. Toast oats, flour, almonds in a dry skillet 2–3 min over med heat.
3. Stir in oil, maple, cinnamon; cook 1–2 min to clump; cool.
4. Blend frozen peaches, yogurt, honey, vanilla, zest until smooth.
5. If soft, spread on sheet; freeze 10–15 min to firm to soft-serve.
6. Scoop into 4 bowls; top each with about 2 tbsp of the crumble.
7. Finish with a pinch of lemon zest or cinnamon; serve right away.



### Nutritional Information:

Calories: 180, Protein: 8g, Carbs: 26g, Fat: 4.5g, Fiber: 3g, Sodium: 45mg, Sugar: 19g



## WHIPPED RICOTTA CHERRY OAT CASSEROLE



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
30 min



### Ingredients:

- 2 cups sweet cherries (pitted & halved (fresh or frozen, unsweetened))
- 1/2 cup part-skim ricotta (unsalted)
- 1 cup nonfat Greek yogurt (plain, unsweetened)
- 1/4 cup oat flour
- 1 tbsp flaxseed (ground)
- 1/4 cup low-fat milk (1% or 2%)
- 1 tbsp honey
- 1 tsp vanilla extract
- 1/4 tsp almond extract
- 1 tsp lemon zest (finely grated)
- 1/2 tsp cinnamon
- 1/2 tsp avocado oil (for greasing)



### Directions:

1. Heat oven to 350°F. Lightly oil an 8-in square casserole.
2. Stir ground flaxseed with milk; let stand 5 min to gel.
3. In a bowl, whip ricotta, yogurt, honey, vanilla, almond, and zest 1–2 min until light.
4. Beat in oat flour and cinnamon; fold in the flax gel.
5. Fold in cherries. Spread mixture in the dish; smooth the top.
6. Bake 28–32 min, until just set and edges lightly golden. Cool 10 min.
7. Serve warm. Sprinkle a pinch of cinnamon if desired.



### Nutritional Information:

Calories: 190, Protein: 12g, Carbs: 25g, Fat: 5g, Fiber: 3g, Sodium: 65mg, Sugar: 18g



## NO-BAKE BANANA OAT CREAM CASSEROLE



**Servings:**  
9



**Prep:**  
20 min



**Cook:**  
0 min



### Ingredients:

- 3 medium ripe bananas (divided)
- 1 1/2 cups nonfat Greek yogurt
- 1 cup part-skim ricotta
- 1 cup oat flour (100% whole grain)
- 1/4 cup walnuts, unsalted (finely chopped)
- 1 tbsp canola oil (plus a few drops to oil dish)
- 3 tbsp date paste (divided)
- 1 1/2 tsp vanilla extract
- 1 tsp lemon zest
- 1 tsp ground cinnamon (plus a pinch to finish)
- 1 tbsp chia seeds
- 2 tbsp unsweetened applesauce



### Directions:

1. Lightly oil an 8-in square dish with a few drops canola.
2. Mix oat flour, walnuts, 1 tsp cinnamon, 2 tbsp date paste, applesauce, and remaining canola to damp crumbs.
3. Press firmly into dish in an even layer; chill 10 min.
4. Blend yogurt, ricotta, 1 banana, 1 tbsp date paste, vanilla, lemon zest, and chia until smooth; rest 5 min to thicken.
5. Slice remaining 2 bananas thin; layer half over crust.
6. Spread filling; top with remaining banana; dust a pinch cinnamon; cover.
7. Chill 4–6 hrs to set. Cut 9 squares and serve cold.






### Nutritional Information:

Calories: 197, Protein: 10g, Carbs: 24g, Fat: 7g, Fiber: 3g, Sodium: 55mg, Sugar: 13g



## STEWED BERRY-RICOTTA STUFFED BAKED APPLES

 **Servings:** 4  **Prep:** 15 min  **Cook:** 30 min

### **Ingredients:**

- 4 apples (medium, cored)
- 2 cups mixed berries (fresh or frozen, no sugar added)
- 1/2 cup part-skim ricotta
- 1 tbsp brown rice flour
- 1 tbsp honey
- 1 tsp lemon zest
- 1/2 tsp cinnamon
- 1/2 tsp vanilla extract
- 2 tsp chia seeds (optional)

### **Directions:**




1. Heat oven to 375°F. Core apples; set upright in an 8-in baking dish. Add 1/4 cup water to the pan.
2. Stew berries: In a small saucepan, combine berries, honey, lemon zest, and cinnamon. Simmer over med heat 5–7 min until juicy.
3. Whisk brown rice flour with 2 tbsp water; stir into berries. Cook 1–2 min to thicken; remove from heat. Stir in vanilla; cool 5 min.
4. Fold in ricotta and chia (if using).
5. Spoon the ricotta-berry mix into apple cavities; mound any extra around apples.
6. Bake 18–22 min, until apples are tender; baste with pan juices halfway.
7. Rest 5 min; serve warm with juices.

### **Nutritional Information:**

Calories: 225, Protein: 5g, Carbs: 44g, Fat: 3.5g, Fiber: 7g, Sodium: 60mg, Sugar: 29g



## POACHED PEAR YOGURT WRAPS WITH CORNMEAL TORTILLAS

 **Servings:** 4  **Prep:** 15 min  **Cook:** 30 min

### **Ingredients:**

- 2 medium pears, firm-ripe (cored, sliced; skins on)
- 1 tsp lemon zest
- 1/2 tsp ground cinnamon
- 1 tsp fresh ginger, grated
- 1/2 cup nonfat Greek yogurt
- 2 tsp honey
- 1/2 tsp vanilla extract
- 1/2 cup whole-wheat flour
- 1/4 cup cornmeal (fine)
- 1 tsp canola oil
- 4 tsp pistachios, unsalted, chopped

### **Directions:**

1. Poach pears: In a pot, cover sliced pears with water; add lemon zest, cinnamon, ginger. Simmer 10–12 min till tender. Cool in liquid; drain.
2. Stir yogurt, honey, and vanilla in a bowl; chill.
3. Mix flour, cornmeal, 1/3 cup warm water, and oil to a soft dough. Knead 1 min; rest 5 min.
4. Heat skillet med-high. Divide dough into 4; roll thin 7-in rounds. Cook 1–2 min/side until brown spots; keep warm.
5. Spread 2 tbsp yogurt on each tortilla. Top with warm pear slices.
6. Sprinkle 1 tsp pistachios. Roll firmly like a burrito; seam down.
7. Serve warm or chilled; spoon a little poaching liquid over if desired.

### **Nutritional Information:**

Calories: 185, Protein: 6g, Carbs: 34g, Fat: 3g, Fiber: 4.5g, Sodium: 40mg, Sugar: 12g



## HONEY-LEMON RICOTTA STUFFED PLUMS



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
15 min



### Ingredients:

- 4 each plums (ripe, medium)
- 1/2 cup part-skim ricotta
- 1/2 cup nonfat Greek yogurt
- 2 tsp honey (divided)
- 1 tsp lemon zest
- 1/2 tsp vanilla extract
- 3 tbsp brown rice flour
- 2 tbsp almonds, unsalted, chopped
- 1 tbsp chia seeds
- 1/2 tsp cinnamon
- 1 tsp extra-virgin olive oil



### Directions:

1. Heat oven to 375°F. Halve and pit 4 plums; set cut side up on a baking sheet.
2. In a bowl, mix flour, almonds, chia, cinnamon, oil, 1 tsp honey. Scatter mix beside plums.
3. Bake 12–15 min until plums soften and crumble is golden; cool 5 min.
4. In another bowl, add ricotta, yogurt, vanilla, lemon zest, 1 tsp honey; fold gently until smooth.
5. Stuff each plum cavity with 2 tbsp filling; top with warm crumble.
6. Chill 10 min for cleaner slices, or serve warm. Dust with extra zest or cinnamon if desired.



### Nutritional Information:

Calories: 171, Protein: 9g, Carbs: 21g, Fat: 7g, Fiber: 3g, Sodium: 50mg, Sugar: 12g



## PINEAPPLE-GINGER YOGURT CRUNCH BOWLS



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
5 min



### Ingredients:

- 2 cups pineapple (small dice)
- 2 cups nonfat Greek yogurt (plain)
- 1 tbsp honey
- 1 tsp vanilla extract
- 1/2 tsp lemon zest (finely grated)
- 1 tsp fresh ginger (finely grated)
- 1/4 cup rolled oats
- 2 tbsp whole-wheat flour
- 2 tbsp almonds (unsalted, finely chopped)
- 2 tsp canola oil
- 1/4 tsp ground cinnamon



### Directions:

1. Whisk yogurt, honey, and vanilla until smooth. Cover and chill 20 min to thicken.
2. In a bowl, toss pineapple with lemon zest and grated ginger; let stand 10 min to juice.
3. Heat oil in skillet over med. Add oats, flour, almonds, and cinnamon; stir 3–4 min until toasty and flour is cooked. Cool.
4. Divide yogurt into 4 bowls. Spoon pineapple on top; sprinkle 2 tbsp crumble over each. Serve chilled.



### Nutritional Information:

Calories: 215, Protein: 14g, Carbs: 27g, Fat: 6g, Fiber: 3g, Sodium: 70mg, Sugar: 16g



## CITRUS STEW CRISP CASSEROLE WITH VANILLA YOGURT



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
30 min



### Ingredients:

- 4 cups citrus segments (orange/grapefruit mix; membranes removed)
- 1 cup nonfat Greek yogurt
- 1/3 cup oat flour (topping)
- 2 tsp oat flour (thickener)
- 2 tbsp almonds, chopped (unsalted)
- 2 tsp extra-virgin olive oil
- 2 tbsp unsweetened applesauce
- 2 tsp honey
- 1 tsp vanilla extract (divided)
- 1 tsp fresh ginger, grated
- 1/2 tsp cinnamon
- 1.5 tsp orange + lemon zest (1 tsp orange + 1/2 tsp lemon)



### Directions:

1. Heat oven to 350°F. In a saucepan, add citrus, ginger, honey, cinnamon, and zests.
2. Cook over med heat 8–10 min until fruit releases juices and turns syrupy.
3. Sprinkle in 2 tsp oat flour; simmer 1 min, stirring, to lightly thicken.
4. Pour fruit into an 8-in square baking dish; spread evenly.
5. In a bowl, mix 1/3 cup oat flour, almonds, applesauce, and oil to crumbs. Scatter over fruit.
6. Bake 12–15 min until the top is golden in spots. Rest 5 min.
7. Stir yogurt with 1/2 tsp vanilla. Serve warm crisp with 1/4 cup yogurt per serving.



### Nutritional Information:

Calories: 230, Protein: 10g, Carbs: 36g, Fat: 5g, Fiber: 5.5g, Sodium: 50mg, Sugar: 23g



## CARDAMOM POACHED PEARS STUFFED WITH DATE RICOTTA



**Servings:**  
4



**Prep:**  
15 min



**Cook:**  
30 min



### Ingredients:

- 2 each pears (small, firm (Bosc/Anjou), halved, cored)
- 3 cups water
- 2 strips orange zest (from 1 orange, about 3 in each)
- 1/4 tsp ground cinnamon
- 1/4 tsp ground cardamom
- 1/4 cup pitted dates, chopped
- 1/3 cup part-skim ricotta
- 1/2 tsp vanilla extract
- 2 tbsp brown rice flour
- 1 tsp extra-virgin olive oil
- 1 tbsp unsalted pistachios, chopped



### Directions:

1. In a saucepan, bring 3 cups water, orange zest, cinnamon, and cardamom to a gentle simmer.
2. Add pear halves, cut side down. Simmer 12–15 min until knife-tender; turn once. Remove pears; reduce liquid to ~1/2 cup, 3–5 min.
3. In a bowl, mix ricotta, chopped dates, and vanilla until cohesive.
4. Heat oil in a small skillet on med. Add brown rice flour; toast 2–3 min to pale golden. Stir in pistachios; toast 1 min. Remove.
5. Pat pears dry. Spoon date-ricotta into cores, about 2 tbsp per half; gently press to mound.
6. Plate pears. Spoon 1–2 tbsp warm poaching syrup over each; sprinkle rice-flour pistachio crumble.
7. Serve warm, or chill 30 min for a firmer set.



### Nutritional Information:

Calories: 156, Protein: 3.6g, Carbs: 26g, Fat: 4.0g, Fiber: 4.0g, Sodium: 30mg, Sugar: 18g

# Conclusion

Thank you for inviting me into your kitchen and your day. Whether you came here to lower blood pressure, trim the salt, cook for a changing season of health, or simply find weeknight meals that feel good, you showed up for yourself. That choice is powerful, and I'm honored to have cooked alongside you.

Please keep experimenting. Swap in the veggies you have, choose the protein that fits your budget and taste, and lean on spices, citrus, vinegar, garlic, and fresh herbs to wake up flavor so the salt can step back. Taste as you go, finish with a squeeze of lemon or a drizzle of olive oil, and adjust heat and texture until the plate feels like you.

A few last bits of wisdom: build meals around produce, beans, lentils, whole grains, fish or lean poultry, nuts, and low-fat dairy; aim for color and fiber at every meal. Read labels for sodium and added sugar, rinse canned beans, and choose lower-sodium broths. Keep a flavor toolbox—no-salt spice blends, Dijon, smoked paprika, yogurt, citrus zest, toasted seeds. Batch-cook grains, roast a sheet pan of vegetables, and freeze soups so tomorrow's dinner is halfway done. Progress over perfection, always; health isn't a size, and nourishment includes joy.

Share what you make. Set out a big salad and pass bowls family-style, pack an extra portion for a neighbor, or start a small potluck at work. When we cook for others, we multiply comfort, connection, and accountability—one delicious plate at a time.

With gratitude,  
Tess Holden

May your meals be simple, heart-smart, and full of color—and may each bite remind you that caring for yourself can be wonderfully, deliciously doable.