



## Quick and Easy Weeknight Meals

*One of the biggest barriers to eating nutritious meals is the time-consuming nature of preparation and cooking. While dining out at restaurants or getting delivery is tempting, it is not a successful strategy in improving and sustaining health. Let these simple recipes and preparation methods become your default, and watch your wellness vision materialize!*

### Air-Fryer Salmon

*Flavorful and filling, this quick salmon recipe is packed with lean protein and omega-3 fatty acids. Pairs well with a side of greens and your favorite whole grain.*

#### **Ingredients:**

- 2 (6ounce) salmon fillets
- Pinch of salt and pepper
- 1 clove garlic, minced
- 2 tablespoons whole grain mustard
- 1 tablespoon packed brown sugar
- 2 teaspoons olive oil
- ½ teaspoon fresh thyme leaves (or ¼ teaspoon dried)

#### **Instructions:**

1. Season salmon with salt and black pepper. In a small bowl, whisk garlic, mustard, brown sugar, oil, and thyme to combine. Spread mixture on top of salmon.
2. In an air-fryer basket, arrange salmon. Cook at 400° F until desired degree of doneness, about 10 minutes.



Nutrition facts per serving (yields 2 servings):						
<b>Calories:</b> 290	<b>Fat:</b> 11 g	<b>Carb.:</b> 11 g	<b>Protein:</b> 34 g	<b>Fiber:</b> 1 g	<b>Sugar:</b> 8 g	<b>Sodium:</b> 551 mg

Recipe and photo adapted from <https://www.delish.com/cooking/recipe-ideas/a28141940/air-fryer-salmon-recipe/>

### Salsa Verde Chicken Chili

*This recipe has it all because it is quick, easy, and nutrition-packed!*

#### **Ingredients**

- 12 to 16 ounces of cooked shredded or cubed chicken
- 2 cups salsa verde (green salsa)
- 4 cups water or chicken stock
- 2 (15 ounce) cans great northern beans, drained and rinsed
- 1 (4 ounce) can diced green chiles
- 1 teaspoon cumin
- 1 teaspoon chili powder
- Salt, to taste
- ¼ cup chopped cilantro (optional)



#### **Instructions:**

1. In a Dutch oven or soup pot, combine cooked chicken, salsa, water, beans, green chiles, cumin, and chili powder. Stir to combine well.
2. Bring to a simmer to heat through. Taste and add salt, as desired. Garnish with cilantro, if desired.

Nutrition facts per serving (yields 8 servings):						
<b>Calories:</b> 174	<b>Fat:</b> 2g	<b>Carb.:</b> 21 g	<b>Protein:</b> 18 g	<b>Fiber:</b> 6 g	<b>Sugar:</b> 3 g	<b>Sodium:</b> 584mg

Recipe and photo adapted from <https://www.onelovelylife.com/salsa-verde-chicken-chili/#tasty-recipes-23192-jump-target>



### Easy Pesto Pasta Bowls with Crispy Tofu and Veggies

Tofu is a healthy protein alternative to meat because it is considered a 'complete protein'. This means, similar to animal products, it contains all of the essential amino acids to build and repair muscle tissue.

#### Ingredients:

##### Crispy Tofu

- 1 (14-16 ounce) package super firm high-protein tofu
- ⅓ cup pesto
- 1 tablespoon avocado or olive oil
- ¼ teaspoon sea salt
- ¼ teaspoon garlic powder

##### Pasta

- 4 cups cherry tomatoes, whole
- 1 ½ cups shallot or red onion, sliced (about 4 medium shallots)
- 2 tablespoon avocado or olive oil
- ½ teaspoon sea salt
- 12 ounces dry pasta (whole wheat or chickpea pasta contains more fiber or protein, respectively)
- 3 tablespoons pesto
- 1 tablespoon parmesan cheese



#### Instructions:

1. Preheat oven to 425° F. Line a baking sheet with parchment paper.
2. Drain the tofu, then crumble it into pieces less than ½ inch in size and place them on the parchment-lined baking sheet. Add half of the pesto, along with the oil, salt, and garlic powder. Toss to coat.
3. Add whole cherry tomatoes and sliced shallots to the baking sheet, then add the oil and salt and toss to evenly coat. Keep the veggies separate from the tofu on the sheet pan.
4. Bake veggies and tofu for 35 minutes, tossing the tofu at the 20-minute mark. The shallots should be softened and some of the tomatoes beginning to split.
5. While the veggies and tofu are in the oven, bring a large pot of water to a boil and cook your pasta of choice according to package directions. Drain cooked pasta and return to the pot with heat off. Add pesto and vegan parmesan (optional) and stir to combine.
6. When the veggies and tofu have finished cooking, add the tomatoes and shallots directly to the pot of pasta. Mix well to break down some of the tomatoes and coat the pasta in their juices.
7. Top the pasta with the crispy pesto tofu and add more parmesan (optional).
8. Leftovers keep in the refrigerator for 2-3 days. (Recipe does not freeze well.)

Nutrition facts per serving (yields 6 servings):						
<b>Calories:</b> 471	<b>Fat:</b> 20g	<b>Carb.:</b> 57 g	<b>Protein:</b> 19g	<b>Fiber:</b> 6.2 g	<b>Sugar:</b> 5.8 g	<b>Sodium:</b> 406 mg

Recipe and photo adapted from <https://minimalistbaker.com/easy-pesto-pasta-bowls-with-crispy-tofu-veggies/#wprm-recipe-container-104488>



**Air-Fryer Chicken Nuggets**

*These will be a hit for the whole family! To make a balanced meal, include air-fried (from frozen) sweet potato fries and a side of fruit or vegetable. Double the recipe and take some to top your lunch salads!*

**Ingredients:**

- 2 boneless skinless chicken breasts
- 2 tablespoons unsalted butter, melted
- ¾ cup panko bread crumbs
- 2 tablespoons all-purpose flour
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon garlic powder
- Olive oil spray
- Optional: Pinch of cayenne pepper
- Optional: Barbeque sauce and honey mustard for serving



**Instructions:**

1. Preheat air fryer to 400°F.
2. Using a sharp knife cut the chicken breasts into about 20 nuggets.
3. In a medium bowl, combine the chicken pieces and melted butter. Mix to evenly coat and then season with salt and pepper to taste.
4. In a second bowl, mix the panko, flour, salt, pepper, garlic powder, and cayenne pepper (if using).
5. Add 3 to 4 nuggets to the bowl with the panko mixture. Press the nuggets into the coating on all sides until they are evenly covered. Transfer nuggets to a large plate or baking sheet and continue until all of the nuggets are covered.
6. Spray the nuggets on both sides with olive oil spray.
7. Spray the air fryer basket with olive oil spray.
8. Place the nuggets in the air fryer basket in a single layer. Cook in batches if necessary.
9. Cook for 8 minutes, flipping the nuggets halfway through.
10. Serve immediately with barbeque sauce and honey mustard for dipping.

Nutrition facts per serving (yields 4 servings):						
<b>Calories:</b> 175	<b>Fat:</b> 8 g	<b>Carb.:</b> 11 g	<b>Protein:</b> 14 g	<b>Fiber:</b> 1 g	<b>Sugar:</b> 1 g	<b>Sodium:</b> 440 mg

Recipe and photo adapted from <https://www.healthy-delicious.com/air-fryer-chicken-nuggets/>



### Sheet-Pan Chicken Fajitas

*If you are looking for a tasty and low-maintenance weeknight meal, this one is for you! You can substitute the sour cream for plain, nonfat Greek yogurt for more protein and less fat.*

#### Ingredients:

- 1 pound boneless, skinless chicken breasts
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 teaspoon garlic powder
- ¾ teaspoon salt
- 1 large red bell pepper, sliced
- 1 large yellow bell pepper, sliced
- 2 cups red or yellow onion (about 1 large onion), sliced
- 1 tablespoon lime juice
- 8 corn tortillas, warmed
- Lime wedges, cilantro, sour cream, avocado, and/or pico de gallo for serving



#### Instructions:

1. Preheat oven to 400°F. Coat a large rimmed baking sheet with cooking spray.
2. Cut chicken breasts in half horizontally, then slice crosswise into strips.
3. Combine oil, chili powder, cumin, garlic powder and salt in a large bowl.
4. Add the chicken and stir to coat with the spice mixture. Add bell peppers and onion and stir to combine.
5. Transfer the chicken and vegetables to the prepared baking sheet and spread in an even layer.
6. Roast on the middle rack for 15 minutes. Leave the pan there and turn the broiler to high. Broil until the chicken is cooked through and the vegetables are browning in spots, about 5 minutes more.
7. Remove from oven. Stir in lime juice.
8. Serve the chicken and vegetables in warmed tortillas accompanied by lime wedges and topped with cilantro, sour cream, avocado and pico de gallo, if desired.

Nutrition facts per serving (2 fajitas per serving):

<b>Calories:</b> 357	<b>Fat:</b> 12 g	<b>Carb.:</b> 33 g	<b>Protein:</b> 30g	<b>Fiber:</b> 6 g	<b>Sugar:</b> 5 g	<b>Sodium:</b> 573 mg
----------------------	------------------	--------------------	---------------------	-------------------	-------------------	-----------------------

Recipe and photo adapted from: <https://www.eatingwell.com/recipe/257878/sheet-pan-chicken-fajitas/>



### Sweet Potato Turkey Meatloaf

A participant favorite! We love this recipe for its simplicity and versatility. This recipe freezes well, so it can be the go-to when you are in a pinch for a nutritious meal. You can add bread crumbs or oats if the recipe feels too wet for your preference. For a boost of fiber, try adding 1 cup of cooked brown lentils to the mix.

#### Ingredients:

- 1 pound ground turkey, 93% lean
- 1 large egg
- 1 medium sweet potato (about 7 ounces)
- 6 tablespoons of ketchup\*, divided
- 1 ½ teaspoons Worcestershire Sauce
- 2 tablespoons dried onion flakes
- 1 teaspoon marjoram or oregano
- 1 teaspoon salt
- Optional: chopped parsley for serving



#### Instructions:

1. Preheat oven to 350°F.
2. Pierce the sweet potato several times with a fork, and wrap in a paper towel. Microwave for 4-6 minutes, or until the potato is soft to the touch, adding more time as needed.
3. Remove flesh from sweet potato and discard skin. Mash the sweet potato in a large bowl.
4. Add ground turkey, egg, dried onion, ¼ cup ketchup, marjoram, and salt. Mix to combine.
5. In a small bowl, combine 2 tablespoons of the ketchup with the Worcestershire Sauce.
6. Place on baking sheet and shape into a loaf. Spoon the ketchup and Worcestershire sauce mixture on top of the loaf.
7. Bake uncovered for 55 minutes, remove from the oven, and let it sit for 5 minutes before slicing.
8. Optional: Sprinkle chopped parsley on top of loaf.

\*Tip: look for a lower sugar ketchup such as Primal Kitchen brand

Nutrition facts per serving (1/4 <sup>th</sup> of loaf):						
<b>Calories:</b> 264	<b>Fat:</b> 12 g	<b>Carb.:</b> 19 g	<b>Protein:</b> 24g	<b>Fiber:</b> 2 g	<b>Sugar:</b> 8 g	<b>Sodium:</b> 635 mg

Recipe and photo adapted from: <https://www.skinnytaste.com/sweet-potato-turkey-meatloaf/#recipe>