



FIREHOUSE FRESH

HEALTHIER RECIPES DESIGNED
TO FUEL HUNGRY FIREFIGHTERS

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& UNIVERSITY OF MARYLAND DIETETIC INTERNS



HEALTHY (ISH) FOR THE WHOLE SHIFT

Cooking for a shift of 6-14 people is no easy task. Firehouse chefs must balance different food preferences and health goals, making it a challenge to find the perfect recipe that works for the whole shift. All factors considering, health may not be at the top of a chef's list for dinner.

The goal of this book is to meet firefighters in the middle – providing essential nutrients without sacrificing flavor. These recipes are designed with cost and time in mind, taking the work out of planning dinner.

From a health perspective, firefighters are at high risk for heart disease and cancer. Therefore, a firefighter diet should be nutrient dense, or high in nutrients relative to calorie content. Fiber is a key nutrient in preventing both heart disease and cancer. Vegetables provide fiber, vitamins, and minerals, which is why these recipes emphasize a minimum of ½ cup vegetables per serving.

If weight loss is your goal, you may need to reduce the portions. These portions are larger than a typical dietitian would recommend. This is to accommodate those who want to maintain or gain weight, active firefighters, and busy shifts with limited time to eat. Ideally, leftovers would be available for later in the evening or lunch the next day.

Feedback is strongly encouraged. Please email Megan Lautz with comments on portions, taste, cost etc. Personal recipe suggestions are welcomed for future editions.

Megan Lautz, MS, RD, TSAC-F

Megan is a Registered Dietitian and Personal Trainer employed by OMS/FROMS. If you are interested in a free personalized nutrition/fitness consult, please email Megan.Lautz@montgomerycountymd.gov.

Thank you, University of Maryland Dietetic Intern Classes of 2019 and 2020 for your recipe submissions, this book would not exist without you!

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ONE POT CAJUN CHICKEN PASTA

Recipe developed by Megan Lautz, MS, RDN

This pasta is a flavorful, quick recipe to satisfy almost every diet on your shift. Serve the protein and pasta separately to accommodate vegetarians or those following a low carb/keto diet. Swap out the whole wheat pasta for gluten-free pasta for those with a gluten intolerance.

Pasta has a bad reputation in the health industry, but can fit into a healthy diet in the appropriate portions. If its been a slow day, have a smaller portion than normal. If it's been a busy day, have another ½ to 1 cup serving. Enjoy at least 1-2 cups of salad or other vegetable with this dish.

GROCERY LIST

6 people	10 people	14 people
3 lb boneless, skinless chicken breast	5 lb boneless, skinless chicken breast	7 lb boneless, skinless chicken breast
1 yellow onion	2 yellow onion	3 yellow onion
2 bell peppers	4 bell peppers	6 bell peppers
2 bags salad mix	4 bags salad mix	6 bags salad mix
2, 14.5 oz cans fire roasted diced tomatoes	4, 14.5 oz cans fire roasted diced tomatoes	6, 14.5 oz cans fire roasted diced tomatoes
4oz Neufchatel cream cheese	8 oz Neufchatel cream cheese	12 oz Neufchatel cream cheese
1 lb (16oz) whole wheat penne pasta	2 lb (32oz) whole wheat penne pasta	3 lb (48oz) whole wheat penne pasta
1 box (32 oz), chicken broth	2 boxes (32 oz), chicken broth	3 boxes (32 oz), chicken broth
Cajun seasoning (see next page)	Cajun seasoning (see next page)	Cajun seasoning (see next page)
Optional: 1 link turkey kielbasa (+\$4 total)	Optional: 2 links turkey kielbasa (+\$8 total)	Optional: 4 links turkey kielbasa (+\$16 total)
\$32 total (\$5.30 per person)	\$53 total (\$5.30 per person)	\$75 total (\$5.30 per person)

Staple Items: Olive Oil



MINUTES



COST PER PERSON

INGREDIENTS LIST

6 people	10 people	14 people
2 tbsp olive oil	4 tbsp olive oil	6 tbsp olive oil
3 lb chicken breast, cubed	5 lb chicken breast, cubed	7 lb chicken breast, cubed
1 yellow onion diced	2 yellow onion diced	3 yellow onion diced
2 bell peppers sliced	3 bell peppers sliced	6 bell peppers sliced
1 box whole wheat/whole grain penne pasta	2 boxes whole wheat/whole grain penne pasta	3 boxes whole wheat/whole grain penne pasta
2 cans of 14.5 oz fire roasted diced tomatoes	4 cans of 14.5 oz fire roasted diced tomatoes	6 cans of 14.5 oz fire roasted diced tomatoes
1 box chicken broth	2 boxes chicken broth	3 boxes chicken broth
4 oz Neufchatel cream cheese	8 oz Neufchatel cream cheese	12 oz Neufchatel cream cheese
2 tbsp of Cajun seasoning	3 tbsp of Cajun seasoning	4 tbsp of Cajun seasoning

Nutrition: 1.5 cup (1/6th serving), 600 calories, 63g carbohydrates, 11g fat, 55g protein, 9g fiber

DIRECTIONS

- 1) Add oil to large deep skillet or stock pot. Once heated add cubed chicken to pan and add Cajun seasoning.
- 2) Cook until the chicken gets some color (does not need to be cooked through). Add diced onions and sliced peppers. Cook until softened.
- 3) Add pasta, fire roasted tomatoes (with juices), and chicken broth to pan. Stir until combined and top with a lid until broth comes to a boil. Next, turn heat to medium and allow to simmer for 10 minutes (with lid on), stirring every few minutes.
- 4) Cook until pasta is tender and broth thickens. Add cream cheese in small chunks and stir until melted into pasta.
- 5) Serve with prepared salad.

VEGETARIAN OPTION FOR PART OF THE SHIFT: to make this dish a vegetarian option, cook all chicken and turkey kielbasa in separate pans (or eliminate entirely). Serve the pasta and chicken/kielbasa separately.

NOTES

- It may be easier to bake or grill the chicken, then add at the end of cooking.
- Larger recipe yields require larger pans – a large stock pot will usually do the trick.
- Add turkey kielbasa for extra protein and smoky flavor (if budget allows).
- For extra spice top with hot sauce.

CAJUN SEASONING

This recipe tastes best with the Cajun seasoning recipe below – but if you have a premade mix that will work! Double the recipe for 10 people and triple for 14 people.

2 tbsp smoked paprika	2 tsp oregano
2 tsp thyme	2 tsp garlic powder
2 tsp onion powder	½ tsp cayenne pepper
1 tsp black pepper	½ tsp salt

WHY WHOLE WHEAT PASTA?

Whole-wheat pasta has more fiber than white pasta; this means it will keep you fuller longer than regular white pasta. Look for labels that specifically say “whole wheat” “whole grain.” Labels that simply say “wheat” may be a combination of flours. This is true for breads and other items as well. If you are unsure about making the switch, start with half wheat and half white pasta until the texture grows on you.

JERK CHICKEN STUFFED POBLANOS

Recipe developed by Dietetic Intern Amy Sun

Stuffed peppers are a versatile way to get a serving of vegetables alongside your protein. Some people think of stuffed peppers as loaded with high fat, high sodium ingredients like cheese and ground beef. When filled with lean protein and fresh ingredients, stuffed peppers are hearty yet heart healthy, low carb meal option. Best of all, stuffed peppers can be topped with anything you want, from a low-fat cheeses to a flavorful salsa.

With a Caribbean influenced jerk chicken and poblano peppers, this recipe adds a twist to the traditional stuffed bell peppers. Poblano peppers add a mild kick of spice. Picked onions and fruits add a burst of fresh flavor. These peppers are great served on their own, with rice and beans, or with a salad on the side.

GROCERY LIST

6 people	10 people	14 people
4 lb boneless, skinless chicken breast	7 lb boneless, skinless chicken breast	10 lb boneless, skinless chicken breast
1, 17 fl oz bottle jerk sauce	2, 17 fl oz bottle jerk sauce	2, 17 fl oz bottle jerk sauce
1, 20 oz can pineapple chunks	2, 20 oz can pineapple chunks	2, 20 oz can pineapple chunks
5 red onions	9 red onions	12 red onions
14 poblano peppers	24 poblano peppers	33 poblano peppers
3 limes	5 limes	7 limes
3 tomatoes	5 tomatoes	7 tomatoes
<i>Optional: mozzarella cheese, salsa</i>	<i>Optional: mozzarella cheese, salsa</i>	<i>Optional: mozzarella cheese, salsa</i>
\$33 total (\$5.52 per person)	\$65 total (\$6.49 per person)	\$78 total (\$5.51 per person)



PREP MINUTES



COST PER PERSON

INGREDIENTS LIST

6 people	10 people	14 people
Stuffed Pepper 1 tbsp olive oil 4 lb chicken breasts, diced 1, 17 fl oz bottle low-sodium jerk sauce 1, 20 oz can pineapple chunks, chopped 5 red onions (1/4 sliced – save rest) 14 poblano peppers 3 tomatoes	Stuffed Pepper 2 tbsp olive oil 7 lb chicken breasts, diced 2, 17 fl oz bottle low-sodium jerk sauce 2, 20 oz can pineapple chunks, chopped 9 red onions (1/4 sliced – save rest) 24 poblano peppers 5 tomatoes	Stuffed Pepper 3 tbsp olive oil 10 lb chicken breasts, diced 2, 17 fl oz bottle low-sodium jerk sauce 2, 20 oz can pineapple chunks, chopped 12 red onions(1/4 sliced – save rest) 33 poblano peppers 7 tomatoes
Pickled Onions 5 red onions (rest ¾: diced) 3 limes, juiced	Pickled Onions 9 red onions (rest ¾: diced) 5 limes, juiced	Pickled Onions 12 red onions (rest ¾: diced) 7 limes, juiced

Nutrition: 2 stuffed poblano halves (1/6th recipe) 570 calories, 52g carbohydrate, 11g fat , 62g protein, 10g fiber

DIRECTIONS

- 1) Preheat oven to 400 degrees.
- 2) Halve and peel onion. Thinly slice ¼ the onion. Cut remaining onion into ¼" dice. Halve and juice lime. Stem poblano peppers, halve lengthwise, seed, and remove ribs. Coarsely chop pineapple. Core tomato and cut into ¼" dice. Pat chicken breasts dry, dice and season all over with salt and pepper.
- 3) Combine sliced onion, lime juice, and a pinch of salt in a mixing bowl. Stir, then marinate at least 10 minutes. Stir every couple of minutes to marinate evenly. While onion pickles, roast poblanos.
- 4) Place poblanos on prepared baking sheet and toss with olive oil and a pinch of salt and pepper. Massage oil into poblanos, then place cut side down. Roast in hot oven until tender, but still a bit crisp, 10-12 minutes. Remove from oven. While poblanos roast, cook filling.
- 5) Place a medium pan over medium-high heat and add olive oil. Add chicken breasts to hot pan and stir occasionally until deep brown and chicken reaches a minimum internal temperature of 165 degrees, 3-4 minutes per side.
- 6) Transfer to a plate. Keep pan over medium-high heat. Add diced onion to hot pan and stir occasionally until tender, 3-5 minutes. Add chicken, pineapple, and jerk sauce and combine thoroughly. Remove from burner.
- 7) Flip poblanos to cut side up and distribute filling evenly. Roast in hot oven until poblanos are fully tender, 8-10 minutes. Top with diced tomato and pickled onion.

MEATLESS OPTION: consider brown rice and black beans as a vegan replacement for chicken. (For 6-person recipe) Use cook 2 cups of brown rice in 4 cups of boiling or broth. Soak 1 cup of black beans the night before. Then cook about 2-3" of water above the beans. Boil for 45 minutes.

NOTES

- Bell peppers can be a substitute for poblano peppers.

WHAT IS JERK SAUCE?

Jerk sauce is a versatile Jamaican spice blend commonly associated with grilled or barbecued meats. There are many variations of this blend which may include ginger, garlic, allspice, pepper, thyme, nutmeg, cinnamon, paprika, and cayenne. This blend of spices adds an spicy, sweet, tangy flavor to a dish. Spices are often a good substitute for salt. USDA MyPlate recommends using different spices and seasonings in the place of salt to season dishes. Some jerk sauces may be high in sodium. Consider purchasing a low-sodium version or making your own to this spice blend is a great alternative seasoning.

MEXICAN CHICKEN CASSAROLE

Recipe developed by Dietetic Intern Caty Saffarinia, MS

GROCERY LIST

6 people	10 people	14 people
1, (14.5 oz) fat-free, less-sodium chicken broth	3, (14.5 oz) fat-free, less-sodium chicken broth	4, (14.5 oz) fat-free, less-sodium chicken broth
4, 4.5 oz cans chopped green chilies	8, 4.5 oz cans chopped green chilies	10, 4.5 oz cans chopped green chilies
3 lb skinless, boneless chicken breast	5 lb skinless, boneless chicken breast	7 lb skinless, boneless chicken breast
2 yellow onions	4 yellow onions	6 yellow onions
1 bunch fresh cilantro	1 bunch fresh cilantro	1 bunch fresh cilantro
1 clove garlic	2 cloves garlic	3 cloves garlic
2, 12 oz evaporated skim milk	3, 12 oz evaporated skim milk	4, 12 oz evaporated skim milk
1, 8 oz package shredded Monterey Jack cheese	2, 8 oz package shredded Monterey Jack cheese	3, 8 oz package shredded Monterey Jack cheese
1 block light cream cheese	1 block light cream cheese	1 block light cream cheese
2, 10 oz cans enchilada sauce	4, 10 oz cans enchilada sauce	6, 10 oz cans enchilada sauce
24, 6-inch corn tortillas	48, 6-inch corn tortillas	60, 6-inch corn tortillas
1, 8 oz bag, shredded reduced-fat extra-sharp cheddar cheese	1, 8 oz bag shredded reduced-fat extra-sharp cheddar cheese	2, 8 oz bag shredded reduced-fat extra-sharp cheddar cheese
2 oz tortilla chips, crushed (about 12 chips)	4 oz tortilla chips, crushed (about 12 chips)	6 oz tortilla chips, crushed (about 12 chips)
Salt, pepper, cumin, chili powder, olive oil	Salt, pepper, cumin, chili powder, olive oil	Salt, pepper, cumin, chili powder, olive oil
\$30 total (\$5.02 per person)	\$46 total (\$4.58 per person)	\$63 total (\$4.50 per person)



PREP MINUTES



COST PER PERSON

INGREDIENTS LIST

6 people	10 people	14 people
2 cups chicken broth	4 cups chicken broth	6 cups chicken broth
4 (4.5-ounce cans) chopped green chilies, divided	8 (4.5-ounce cans) chopped green chilies, divided	10 (4.5-ounce cans) chopped green chilies, divided
3 pounds chicken breast	5 pounds chicken breast	7 pounds chicken breast
4 tsp olive oil	8 tsp olive oil	10 tsp olive oil
2 cups chopped onion	4 cups chopped onion	6 cups chopped onion
2 tbsp cilantro, chopped (optional)	4 tbsp cilantro, chopped (optional)	6 tbsp cilantro, chopped (optional)
1 clove garlic, chopped	2 cloves garlic, chopped	3 cloves garlic, chopped
2 cups evaporated skim milk	4 cups evaporated skim milk	6 cups evaporated skim milk
2 cups (8 ounces) shredded Monterey Jack cheese	4 cups (8 ounces) shredded Monterey Jack cheese	6 cups (8 ounces) shredded Monterey Jack cheese
½ cup (2 ounces) cream cheese	1 cup (4 ounces) cream cheese	1½ cup (6 ounces) cream cheese
2 (10-ounce) cans enchilada sauce	4 (10-ounce) cans enchilada sauce	6 (10-ounce) cans enchilada sauce
24 (6-inch) corn tortillas	48 (6-inch) corn tortillas	60 (6-inch) corn tortillas
1 cup (4 ounces) shredded reduced-fat extra-sharp cheddar cheese	2 cup (4 ounces) shredded reduced-fat extra-sharp cheddar cheese	4 cup (4 ounces) shredded reduced-fat extra-sharp cheddar cheese
2 ounces tortilla chips, crushed (about 12 chips)	4 ounces tortilla chips, crushed (about 12 chips)	6 ounces tortilla chips, crushed (about 12 chips)
2 tsp cumin	2 tsp cumin	2 tsp cumin
2 tsp chili powder	2 tsp chili powder	2 tsp chili powder

Nutrition: 1.5 cup, 554 calories, 47g carbohydrate, 17g fat (7g saturated fat), 54g protein, 5g fiber

DIRECTIONS

- 1) Combine broth and cans 2 cans of chilies in a large skillet; bring to a boil. Add chicken; reduce heat, and simmer 15 minutes or until chicken is done, turning chicken once. Remove chicken from cooking liquid, reserving cooking liquid; cool chicken. Shred meat with two forks and set aside.
- 2) Preheat oven to 350 degrees.
- 3) Heat oil in a large nonstick skillet over medium-high heat. Add 2 cans of chilies and onions; sauté 3 minutes or until soft. Add reserved cooking liquid, milk, Monterey Jack, cream cheese, enchilada sauce, salt, pepper, cumin, and chili powder; stir well. Stir in shredded chicken; cook 2 minutes. Remove from heat.
- 4) Place 8 tortillas in the bottom of a 2-quart casserole dish coated with cooking spray. Spoon 2 cups chicken mixture over tortillas. Repeat layers twice, ending with chicken mixture. Sprinkle with cheddar cheese and chips. Bake at 350 degrees for 30 minutes or until thoroughly heated. Let stand for 10 minutes before serving.

MEATLESS OPTION: To make this dish a vegetarian option, cook all chicken in separate pans (or eliminate entirely and replace with black beans for protein).

NOTES

- It may be easier to bake or grill the chicken, then add at the end of cooking.
- Add black beans for extra protein (if budget allows).

WHY CORN TORTILLAS?

Corn tortillas are a good source of dietary fiber. Fiber is crucial for digestive and heart health. Corn tortillas also contain magnesium, which is good for your brain, heart, and muscles. Corn tortillas are considered a whole grain, are lower in carbohydrates and have fewer calories relative to flour tortillas.

CHICKEN ENCHILADA CASSEROLE

Recipe developed by Dietetic Intern Hannah Lundeen

If you're looking for a healthy Mexican inspired classic, you have come to right place! Enjoy anytime of the year for a hearty and delicious meal. Veggie-packed and high in fiber, this dish is will leave the crew feeling full and satiated. Most importantly, it provides the energy necessary to get through long work shifts.

To make vegetarian, simply omit the chicken. Consider adding another can of black beans to keep the protein high.. Top with sour cream, cilantro, and extra salsa if desired.

GROCERY LIST

6 people	10 people	14 people
1.5 lb chicken breasts	3 lb chicken breasts	3.75 lb chicken breasts
1 zucchini	2 zucchinis	3 zucchinis
1 bell pepper	2 bell peppers	3 bell peppers
1 yellow onion	1 yellow onion	2 yellow onions
Garlic (1 bulb)	Garlic (1 bulb)	Garlic (1 bulb)
1, 15 oz can corn	2, 15 oz can corn	3, 15 oz can corn
1, 15 oz can black beans	2, 15 oz can black beans	3, 15 oz can black beans
1, 4 oz can diced green chilies	2, 4 oz can diced green chilies	3, 4 oz can diced green chilies
1, 10 ct packs whole wheat tortillas	2, 10 ct packs whole wheat tortillas	2, 10 ct packs whole wheat tortillas
1, 16 oz package Mex. blend cheese	1, 16 oz package Mex. blend cheese	1, 16 oz package Mex. blend cheese
1, 19 oz can enchilada sauce	2, 19 oz can enchilada sauce	3, 19 oz can enchilada sauce
1, 8 oz tub sour cream for topping	1, 8 oz tub sour cream for topping	1, 8 oz tub sour cream for topping
1 bunch of cilantro for topping	1 bunch of cilantro for topping	1 bunch of cilantro for topping
\$23.00 total (\$3.83 per person)	\$40.43 total (\$4.04 per person)	\$58.78 total (\$4.20 per person)

Staple Items: Chili Powder



PREP MINUTES



COST PER PERSON

INGREDIENTS LIST

6 people	10 people	14 people
1.5 lbs chicken breasts	3 lbs chicken breasts	3.75 chicken breasts
1 zucchini	2 zucchinis	2 ½ zucchinis
1 bell pepper	2 bell peppers	2.5 bell peppers
½ yellow onion	1 yellow onion	1 ½ yellow onion
½ tsp chili powder	1 tsp chili powder	1 ¼ tsp chilli powder
1 clove garlic	2 cloves garlic	2 cloves garlic
1, 15 oz can corn	2, 15 oz cans corn	2 ½, 15 oz cans corn
1, 15 oz can black beans	2, 15 oz can black beans	2 ½, 15 oz cans black beans
1, 4 oz can diced green chilies	2, 4 oz cans diced green chilies	2 ½, 4 oz cans diced green chillies
8 whole wheat tortillas	16 whole wheat tortillas	20 whole wheat tortillas
8 oz cheese	16 oz cheese	20 oz cheese
1, 19 oz can enchilada sauce	2, 19 oz cans enchilada sauce	2 ½, 19 oz cans enchilada sauce
Sour cream for topping	Sour cream for topping	Sour cream for topping
Cilantro for topping	Cilantro for topping	Cilantro for topping

Nutrition: 1.5 cup, 550 calories, 53 g carbohydrates, 23 g fat, 32 g protein, 11.5 g fiber

DIRECTIONS

Prepare the Chicken

- 1) Preheat oven to 400 degrees.
- 2) Lightly coat baking dish with nonstick spray. Lay chicken in an even layer on a baking dish.
- 3) Bake for 25-30 minutes. While chicken is baking, skip to step two to sauté vegetables.
- 4) Allow chicken to cool for 10 minutes and then shred with a hand mixer on high or by hand using 2 forks.

Prepare the Sauteed Vegetables

- 1) Dice zucchini into ½ inch cubes. Chop the bell pepper. Mince garlic and onion.
- 2) Lightly coat skillet with nonstick spray. Place heat on medium-high.
- 3) Add zucchini, bell pepper, garlic, yellow onion, and chili powder.
- 4) For 5-7 minutes, stir vegetables.
- 5) Place into a medium sized bowl and allow to cool for 5 minutes.

Prepare the Casserole

- 1) Rinse and drain the corn and black beans.
- 2) Combine the corn, black beans, and diced green chilies to the sauteed vegetables mixture into large mixing bowl.
- 3) Place one tortilla in baking dish. Spread ¾ cup of vegetable/bean mixture, ½ cup of shredded chicken, ¼ cup of cheese, and ¼ cup of enchilada sauce.
- 4) Repeat 2 more times per pan. Place tortilla on top of final layer and top with ¼ cup enchilada sauce and ¼ cup cheese.
- 5) Bake for 15 minutes on 400 or until cheese is golden brown.
- 6) Allow to cool for 10 minutes.
- 7) Cut each baking pan into thirds and serve. Garnish with sour cream and cilantro if desired.

VEGETARIAN OPTION FOR PART OF THE SHIFT: To make this dish vegetarian, simply omit the chicken.

NOTES

This recipe works best with 8-inch baking pans

- 6 people = 2 pans, 10 people = 4 pans, 14 people = 5 pans

WHY WHOLE WHEAT TORTILLAS?

Whole wheat tortillas are a versatile whole-grain option that are both hearty and tasty at the same time. Because they contain fiber, they help to keep us fuller for longer. Whole grain tortillas also contain iron, B vitamins, manganese, and potassium. Aim to make half of your grains whole for overall health and regular digestion!

CHICKEN CORDON BLEU BAKE

Recipe developed by Dietetic Intern Catie Lazorka

This recipe sounds fancy but is surprisingly easy to make. Chicken Cordon Bleu is a flavorful, quick recipe that is sure to satisfy a crowd. It is baked instead of fried to put a healthier twist on a childhood favorite. This meal has a perfect balance of protein, carbohydrates, healthy fats and vegetables which will ensure that you are satisfied, energized and nourished.

If broccoli is not on sale this week (more than \$1 per pound), consider swapping it out for a salad with Italian dressing, green beans, or whatever is on sale this week.

GROCERY LIST

6 people	10 people	14 people
2 lb boneless, skinless chicken breast	3 lb boneless, skinless chicken breast	4 lb boneless, skinless chicken breast
½ lb ham, sliced thin	0.75 lb ham, sliced thin	1 ½ lb ham, sliced thin
.75 lb swiss cheese	1 lb swiss cheese	1.75 lb swiss cheese
2 boxes Puff Pastry Sheets	3 boxes Puff Pastry Sheets	4 boxes Puff Pastry Sheets
1 carton eggs	1 carton eggs	1 carton eggs
4 crowns fresh broccoli	7 crowns fresh broccoli	10 crowns fresh broccoli
1 garlic bulb	1 garlic bulb	2 garlic bulbs
Garlic powder	Garlic powder	Garlic powder
Onion powder	Onion powder	Onion powder
Olive oil	Olive oil	Olive oil
\$25.52 total (\$4.51 per person)	\$39.08 total (\$4.14 per person)	\$57.93 total (\$4.39 per person)

Staple Items: Olive Oil, garlic powder, onion powder, salt & pepper



PREP MINUTES



COST PER PERSON

INGREDIENTS LIST

6 people	10 people	14 people
2 lb boneless, skinless chicken breast	3 lb boneless, skinless chicken breast	4 lb boneless, skinless chicken breast
½ lb ham, sliced thin	¾ lb ham, sliced thin	1 ½ lb ham, sliced thin
¾ lb swiss cheese	1 lb swiss cheese	1 ¾ lb swiss cheese
2 boxes Puff Pastry Sheets	3 boxes Puff Pastry Sheets	4 boxes Puff Pastry Sheets
1 egg	2 egg	3 eggs
4 crowns fresh broccoli	7 crowns fresh broccoli	10 crowns fresh broccoli
1 garlic bulb	1 garlic bulb	2 garlic bulbs
1.5 tbsp garlic powder	3 tbsp garlic powder	5 tbsp garlic powder
1.5 tbsp onion powder	3 tbsp onion powder	5 tbsp onion powder
2 tbsp olive oil	4 tbsp olive oil	6 tbsp olive oil

Nutrition: 1 cordon bleu + 1 cup broccoli: 550 calories, 52g carbohydrates, 20g fat, 29g protein, 3g fiber

DIRECTIONS

- 1) Preheat oven to 400 degrees and set out puff pastry to thaw.
- 2) Place chicken breasts on cutting board & pound with meat mallet or rolling pin until flat and tender.
- 3) Season chicken with salt, pepper, garlic powder & onion powder.
- 4) Place a layer of swiss cheese, then ham, then another layer of swiss cheese in the center of the chicken breast. Repeat with remaining chicken breasts, ham & cheese. Roll each chicken breast evenly and place in a piece of plastic wrap. Twist ends of wrap and store in fridge for 30 mins.
- 5) While chicken is storing in the fridge, wash & chop broccoli. Place into a bowl & season with salt, pepper, & fresh garlic. Add olive oil and mix.
- 6) Place chicken breasts onto ½ sheet puff pastry. Roll chicken breast in puff pastry and pinch ends together.
- 7) Place onto greased baking sheet and brush evenly with egg wash. Sprinkle with salt & put both broccoli & chicken into the preheated oven.
- 8) Cook for 30-40 minutes, flipping broccoli halfway through. Let cool for 5 minutes after baking. Enjoy!

MEATLESS OPTION: consider tofu and vegan deli slices as a vegetarian option. Cut tofu thin and use in place of chicken. Tofu may crumble when rolled but will still yield a delicious product.

NOTES

- If you prefer crunchier broccoli, bake for half the time.
- Larger recipe yields require larger pans – a large roasting pan will do the trick.
- Add Dijon mustard on the inside for a fun & tasty twist.
- This recipe is traditionally made with swiss cheese, but you can use any other cheese you prefer.
- Make sure chicken is pounded thin for best results.



WHY BROCCOLI?

Broccoli is a nutrition powerhouse. It contains a bunch of vitamins and minerals that boost our immune systems and keep us healthy & strong against illness and disease. Broccoli is a cruciferous vegetable, and cruciferous vegetables have been shown to help prevent DNA damage and the spread of cancer. When you pair broccoli with garlic, which also has immune-boosting effects, you have an awesome side dish that is excellent for your body.

TERYAKI CHICKEN & VEGGIE BAKE

Recipe developed by Dietetic Intern Claire Pomorski

This dish is an easy, flavorful crowd pleaser. It's loaded with nutrient dense foods like brown rice, mixed vegetables and chicken and can easily be spiced up by using Sriracha sauce or a dash of cayenne pepper. You can also add more protein to this dish by using quinoa in addition to the brown rice.

If brown rice is a no-go for your shift, white rice okay. You will lose a few grams of fiber. Consider adding an extra bag of stir fry vegetables to the mix to boost the fiber back up.

GROCERY LIST

6 people	10 people	14 people
3 lb boneless, skinless chicken breasts	5 lb boneless, skinless chicken breasts	7 lb boneless, skinless chicken breasts
1, 10 oz bottle reduced sodium soy sauce	3, 10 oz bottle reduced sodium soy sauce	4, 10 oz bottle reduced sodium soy sauce
1, 1 lb bag brown sugar	1, 1 lb bag brown sugar	1, 1 lb bag brown sugar
1 bulb garlic	1 bulb garlic	1 bulb garlic
4 tbsp cornstarch	½ cup cornstarch	¾ cup cornstarch
2, 12 oz bags frozen stir fry vegetables	4, 12 oz bags frozen stir fry vegetables	6, 12 oz bags frozen stir fry vegetables
1, 28 oz box minute brown rice	1, 28 oz box minute brown rice	2, 28 oz boxes minute brown rice
Ground ginger	Ground ginger	Ground ginger
<i>Optional: Sriracha</i>	<i>Optional: Sriracha</i>	<i>Optional: Sriracha</i>
\$23 total (\$3.89 per person)	\$36 total (\$3.62 per person)	\$49 total (\$3.50 per person)



PREP MINUTES



COST PER PERSON

INGREDIENTS LIST

6 people	10 people	14 people
3 lb chicken breasts	5 lb chicken breasts	7 lb chicken breasts
1 cup water	2 cups water	3 cups water
1 ½ cups reduced sodium soy sauce	3 cups reduced sodium soy sauce	4 ½ cups reduced sodium soy sauce
½ cup brown sugar	1 cup brown sugar	1½ cup brown sugar
1 tsp ground ginger	2 tsp ground ginger	3 tsp ground ginger
1 tsp minced garlic	2 tsp minced garlic	3 tsp minced garlic
4 tbsp cornstarch + 4 tbsp water	½ cup cornstarch + ½ cup water	¾ cup cornstarch + ½ cup water
2 bags frozen stir fry vegetables	4 bags frozen stir fry vegetables	6 bags frozen stir fry vegetables
4 cups cooked brown rice	8 cups cooked brown rice	12 cup cooked brown rice

Nutrition: 1/6th serving, 546 calories, 65g carbohydrate, 12g fat, 45g protein, 2g fiber

DIRECTIONS

- 1) Preheat oven to 350 and spray a nonstick 9x13" pan with cooking spray.
- 2) Combine the water, soy sauce, ginger, garlic, and brown sugar in a medium saucepan. Bring to a boil over medium heat and cook for an additional minute while boiling.
- 3) Combine cornstarch and water in a separate container to make a slurry, then add it to the boiling mixture and cook until it becomes thickened like a sauce and remove from heat.
- 4) Place chicken breasts in the pan and cover with about 1 cup of the prepared sauce. Bake for 35 minutes or until internal temperature is 165.
- 5) While chicken cooks, steam or boil the brown rice and make vegetables according to package directions.
- 6) Remove chicken from the oven, shred it using two forks and combine brown rice, vegetables, chicken and remaining sauce in the pan. Return it to the oven for 15 minutes and serve.

MEATLESS OPTION: To make this dish a vegetarian option, cook all chicken in separate pans. Or, purchase a pack of quick cooking quinoa to replace the rice



WHY REDUCED SODIUM SOY SAUCE?

As you may know, the sodium in salt plays a major role in high blood pressure, also known as hypertension. The recommendation for sodium in the diet for adults and children 14 years and older is 2,300mg each day. That's a mere 1 teaspoon of table salt! Even without adding salt at the table, sodium is hiding in foods we may not even be aware of because its an inexpensive way to add flavor to packaged and restaurant food.

This recipe calls for low-sodium or reduced sodium soy sauce which typically contains on average 37% less sodium than regular soy sauce. But, fear not, the taste is barely noticeable. Reduced sodium soy sauce is brewed the same as regular soy sauce and sodium is removed after the fermentation process leaving the great and familiar soy sauce taste.

ORANGE CHICKEN STIR FRY

Recipe developed by Dietetic Intern Frances Miller

Chinese take out is notoriously high in sodium and sugar. This orange chicken stir fry is an easy to prepare alternative to take out. This meal is balanced with vegetables and protein and the brown rice will help keep your energy high for a long shift. A dash of sriracha can be added to top for added flavor or spice.

Brown rice is recommended for this recipe; though you can mix up the grain option however you like. Consider quinoa or a wild rice blend. A whole grain option is preferred. If your shift won't go for anything other than white rice, double up the veggies to keep the fiber content high.

GROCERY LIST

6 people	10 people	14 people
3 lb boneless, skinless chicken breasts	5 lb boneless, skinless chicken breasts	3 lb boneless, skinless chicken breasts
4 cloves garlic, minced	7 cloves garlic, minced	4 cloves garlic, minced
3 oranges	5 oranges	7 oranges
1, 12 oz container honey	2, 12 oz container honey	2, 12 oz container honey
1, 16 oz bottle soy sauce	1, 16 oz bottle soy sauce	2, 16 oz bottle soy sauce
1, 12 oz bottle rice vinegar	1, 12 oz bottle rice vinegar	2, 12 oz bottles rice vinegar
1, 16 oz container cornstarch	1, 16 oz container cornstarch	1, 16 oz container cornstarch
1, 1 lb bag brown rice	2, 1 lb bag brown rice	3, 1 lb bag brown rice
1, 28 oz container sriracha	1, 28 oz container sriracha	1, 28 oz container sriracha
1, 1 oz container sesame seeds	2, 1 oz container sesame seeds	3, 1 oz container sesame seeds
3, 16 oz bags frozen veggies	5, 16 oz bags frozen veggies	6, 16 oz bags frozen veggies
\$24 total (\$5.35 per person)	\$48.28 total (\$6.42 per person)	\$72.42 total (\$6.87 per person)



PREP MINUTES



COST PER PERSON

INGREDIENTS LIST

6 people	10 people	14 people
3 lb boneless, skinless chicken breasts	5 lb boneless, skinless chicken breasts	7 lb boneless, skinless chicken breasts
4 cloves garlic, minced	7 cloves garlic, minced	10 cloves garlic, minced
3/4 cup orange juice	1 1/4 cup orange juice	1 3/4 cup orange juice
3/4 cup honey	1 1/4 cup honey	1 3/4 cup honey
1/2 cup low sodium soy sauce	3/4 cup low sodium soy sauce	1 1/8 cup low sodium soy sauce
1/3 cup rice wine vinegar	2/3 cup rice wine vinegar	1 cup rice wine vinegar
4 1/2 tbsp cornstarch	7 1/2 tbsp. cornstarch	10 1/2 tbsp. cornstarch
6 cups cooked brown rice	10 cups cooked brown rice	14 cups cooked brown rice
6 tbsp sriracha	10 tbsp sriracha	14 tbsp sriracha
3 tbsp sesame seeds	3 tbsp + 1 tsp sesame seeds	5 tbsp sesame seeds
6 cups frozen vegetables	10 cups frozen vegetables	14 cups frozen vegetables

Nutrition: 1/6th original recipe: 625 calories, 60g carbohydrates, 17g fat, 56g protein, 4g fiber

DIRECTIONS

- 1) In a bowl whisk together juice of orange, soy sauce, minced garlic, rice wine vinegar, and cornstarch. Whisk until fully combined.
- 2) Cut chicken into bite size pieces, and season with salt and pepper.
- 3) Heat oil in pan, add chicken to pan and cook until almost cooked through.
- 4) Add vegetables to the pan cook for an additional 4-7 minutes.
- 5) Turn to medium low heat. Add sauce to chicken cook until sauce has thickened enough to coat the back of a spoon.
- 6) Cook brown rice as directed on package.
- 7) Serve chicken and vegetables over brown rice, top with sesame seeds and sriracha as desired.

NOTES

- Brown rice can be swapped for out with quinoa, couscous, or white rice is brown rice doesn't suit your taste.
- Add sriracha once plated to fit individuals spice preference.
- Sauce can be prepped ahead of time and refrigerated for quicker prep.
- For quicker prep use microwavable rice packets & pre minced garlic.



WHY MAKE YOUR OWN SAUCE?

Making your own sauce allows you to control the amount of added sugar and sodium is in your sauce. It can also help save on cost and some ingredients you may already have on hand. For example, in this recipe an orange chicken sauce may be higher in sodium and use added sugar. By using a homemade sauce, you can lower the sodium with low sodium soy sauce. The fresh oranges also help lower the sugar. It can also help save on cost and some ingredients you may already have on hand. Health benefits to this are decreasing risk of certain health conditions such as hypertension or diabetes.

AFRICAN CHICKEN & CHICKPEA CURRY

Recipe developed by Dietetic Intern Madeleine Reinstein

Looking for a recipe to pull your shift out of the normal dinner routine? This curry is sure to wake up and fill up the crew. Don't leave out the chickpeas, they add extra protein and fiber to this dish.

GROCERY LIST

6 people	10 people	14 people
3 lb boneless, skinless chicken thighs	5 lb boneless, skinless chicken thighs	7 lb boneless, skinless chicken thighs
2 lbs tomatoes, ripe	4 lbs tomatoes, ripe	6 lbs tomatoes, ripe
1 red bell pepper	2 red bell peppers	3 red bell peppers
2 jalapeños, fresh	4 jalapeños, fresh	6 jalapeños, fresh
1 ginger root, 2" piece	1 ginger root, 4" piece	1 ginger root, 6" piece
2 yellow onions, medium	4 yellow onions, medium	6 yellow onions, medium
1 garlic bulb	1 garlic bulb	1 garlic bulb
1 container 0% fat Greek yogurt, 35.3 oz	1 container 0% fat Greek yogurt, 35.3 oz	1 container 0% fat Greek yogurt, 35.3 oz
1 can tomato paste, 6 oz	1 can tomato paste, 6 oz	1 can tomato paste, 6 oz
2 russet potatoes	4 russet potatoes	6 russet potatoes
2 large carrots, 7" - 8" long	4 large carrots, 7" - 8" long	6 large carrots, 7" - 8" long
1 can chickpeas, low-sodium, 16 oz	2 can chickpeas, low-sodium, 16 oz	3 can chickpeas, low-sodium, 16 oz
1 can unsweetened coconut milk, 14 oz	1 can unsweetened coconut milk, 14 oz	1 can unsweetened coconut milk, 14 oz
1 bunch parsley	2 bunches parsley	3 bunches parsley
2 bags baby spinach, 8oz	3 bags baby spinach, 8oz	4 bags baby spinach, 8oz
\$33 total (\$5.48 per person)	\$62 total (\$6.13 per person)	\$90 total (\$6.41 per person)

Staple Items: canola oil, curry, cumin, turmeric



MINUTES



COST PER PERSON

INGREDIENTS LIST

6 people	10 people	14 people
3 lb boneless, skinless chicken thighs, cut into 1" pieces	5 lb boneless, skinless chicken thighs, cut into 1" pieces	7 lb boneless, skinless chicken thighs, cut into 1" pieces
2 lbs tomatoes, vine ripe	4 lbs tomatoes, vine ripe	6 lbs tomatoes, vine ripe
1 red bell pepper, seeds removed	2 red bell pepper, seeds removed	3 red bell pepper, seeds removed
2 jalapeños, fresh	4 jalapeños, fresh	6 jalapeños, fresh
1 ginger root, 2" piece	1 ginger root, 4" piece	1 ginger root, 6" piece
¼ cup canola oil	½ cup canola oil	¾ cup canola oil
2 yellow onions, chopped	4 yellow onions, chopped	6 yellow onions, chopped
2 garlic cloves, diced	4 garlic cloves, diced	6 garlic cloves, diced
1 tbsp cumin	2 tbsp cumin	3 tbsp cumin
1 tbsp curry powder	2 tbsp curry powder	3 tbsp curry powder
1 tsp turmeric	2 tsp turmeric	3 tsp turmeric
1 cup 0% fat greek yogurt	2 cups 0% fat Greek yogurt	3 cups 0% fat greek yogurt
1 tbsp tomato paste	1 tbsp tomato paste	1 tbsp tomato paste
2 russet potatoes, peeled and chopped into ½" cubes	4 russet potatoes, peeled and chopped into ½" cubes	6 russet potatoes, peeled and chopped into ½" cubes
2 large carrots, peeled and sliced into ¼" half moons	4 large carrots, peeled and sliced into ¼" half moons	6 large carrots, peeled and sliced into ¼" half moons
1 can chickpeas, rinsed	2 can chickpeas, rinsed	3 can chickpeas, rinsed
1 can unsweetened coconut milk	1 can unsweetened coconut milk	1 can unsweetened coconut milk,
1 bunch parsley, chopped fine	2 bunches parsley, chopped fine	3 bunches parsley, chopped fine
1 ½ bags baby spinach, hand torn	2 ½ bags baby spinach, hand torn	3 ½ bags baby spinach, hand torn

Nutrition: 2 ½ cups curry & 1 cup rice (1/6th recipe) 916 calories, 79g carbohydrate, 34g fat , 63g protein, 13g fiber

DIRECTIONS

- 1) Prepare rice as instructed on package. While the rice is cooking, lightly chop tomatoes, bell pepper, jalapeños, and ginger. Add to a blender and blend until smooth.
- 2) Heat canola oil in a large stock pot over medium heat. Once oil is hot, add the garlic and onion and stir occasionally until softened, about 5 minutes. Add the curry powder, cumin, turmeric, and 1 tbsp of salt to the pot and stir to combine. Add the tomato mixture and tomato paste into the pot and stir to combine. While stirring, add the yogurt ¼ cup at a time to avoid curdling. Cover with lid and simmer 10 minutes.
- 3) Add the potatoes and carrots to the pot and cook, covered, for 15 minutes, stirring occasionally.
- 4) Add the coconut milk, chicken, and chickpeas to the pot and cook, covered, for 20 minutes, or until the chicken is done. Then add the spinach and parsley and stir until the spinach has wilted. Taste for seasoning and add salt as needed. Serve over brown rice and enjoy!

VEGETARIAN OPTION FOR PART OF THE SHIFT: to make this dish a vegetarian option, double the amount of chickpeas and replace the chicken with 5 blocks of extra-firm tofu to meet the same complete protein equivalent!

NOTES

- Remove the seeds from the jalapenos before adding them to the blender if you want a less spicy curry.
- For a more authentic dish, serve with baked plantains for a sweet and savory combination!

WHY SPINACH?

Spinach is an excellent source of several key vitamins and minerals. Just one serving of spinach, or 2 cups raw, provides 100% of your daily needs for Vitamin A. This nutrient is responsible for supporting a healthy immune function. Furthermore, eating spinach with a meal that contains 10 grams or more of healthy fats like canola oil helps the body to better absorb this fat-soluble vitamin from our food!

BBQ RANCH CHICKEN BOWL

Recipe developed by Dietetic Intern Jennifer Rivera

This dish is loaded with nutrients that will keep you energized throughout your shift. The grilled chicken and beans will provide adequate protein, while the brown rice serves as a great carb, finally topping it off with colorful veggies. Bowls like this one are an easy way to get a well-balanced meal in.

Whether you are vegetarian or love adding meat to your dishes, this delicious protein-packed bowl can accommodate a variety of diets. Be sure to plate the chicken separately from the other food items, allowing for the option to build a vegetarian bowl.

GROCERY LIST

6 people	10 people	14 people
3 lb boneless, skinless chicken breasts	5 lb boneless, skinless chicken breasts	3 lb boneless, skinless chicken breasts
1, 2 lb bag of rice	1, 2 lb bag of rice	1, 2 lb bag of rice
3 large tomatoes	5 large tomatoes	4 large tomatoes
2, 15.5 oz cans black beans	3, 15.5 oz cans black beans	2, 15.5 oz cans black beans
1 15.5 oz can yellow corn	2, 15.5 oz cans yellow corn	2, 15.5 oz cans yellow corn
3 whole avocados	5 whole avocados	7 whole avocados
1 red onion	1 red onion	2 red onions
1, 24 oz ranch container	1, 24 oz ranch container	1, 24 oz ranch container
1, 28 oz BBQ sauce container	1, 28 oz BBQ sauce container	1, 28 oz BBQ sauce container
6 lime	10 limes	10 limes
\$30 total (\$5.00 per person)	\$42 total (\$4.40 per person) <i>Staple Items: Olive Oil</i>	\$55 total (\$4.00 per person)



PREP MINUTES



COST PER PERSON

INGREDIENTS LIST

6 people	10 people	14 people
3 tbsp olive oil	3 tbsp olive oil	7 tbsp olive oil
3 lb chicken breast	5 lb chicken breast	7 lb chicken breast
1 red onion diced	1 red onion diced	2 red onions diced
3 whole tomatoes diced	5 whole tomatoes diced	7 whole tomatoes diced
2, 15.5 oz cans black beans	3, 15.5 oz cans black beans	4, 15.5 oz cans black beans
1, 15.5 oz can yellow corn	2, 15.5 oz can yellow corn	2, 15.5 oz can yellow corn
3 large whole avocados	5 large whole avocados	7 large whole avocados
1, 24 oz ranch container	1, 24 oz ranch container	1, 24 oz ranch container
1, 28 oz BBQ container	1, 28 oz BBQ container	1, 28 oz BBQ container
9 cups brown rice	15 cups brown rice	15 cups brown rice
6 fresh limes	10 fresh limes	10 fresh limes

Nutrition: 1/6th of recipe (8 oz chicken, ½ cup rice, 1 ½ C veggies) 723 calories, 56g carbohydrates, 20g fat, 80g protein, 23g fiber

DIRECTIONS

- 1) Cook the rice in a large pot. Once the rice is done, remove from heat, fluff with a fork, and set aside.
- 2) If desired, marinate the chicken in olive oil and seasonings. Add oil to a large skillet. Once heated, add chicken to the pan and season. When cooked fully, set aside in a separate dish.
- 3) Heat beans in a small pot.
- 4) In a bowl, plate the chicken on a bed of rice.
- 5) Top bowl with chopped onions, tomatoes, avocados, and corn from the can.
- 6) Combine ranch and BBQ sauce to taste.
- 7) Drizzle the BBQ ranch sauce on top and squeeze lime over the dish.
- 8) Garnish with fresh cilantro and tortilla strips if desired.

VEGETARIAN OPTION FOR PART OF THE SHIFT: To make this dish vegetarian, cook all of the grilled chicken in separate pans (or eliminate entirely). Plate the chicken separately from the rest of the ingredients.

NOTES

- To heighten the flavor of your dish, cook the rice in chicken broth instead of water.
- Season the chicken with paprika for a kick of smokey flavor.
- For extra protein mix cooked quinoa into cooked rice.

BBQ RANCH SAUCE

Store-bought sauces are convenient, but homemade sauces are tastier, cheaper, and easy to make! Double the recipe for 10 people and triple for 14 people.

⅓ cups mayo	¼ tsp garlic powder
¼ cups buttermilk	¼ tsp onion powder
¼ cups sour cream	Salt and pepper to taste
½ tsp dill	1 cup BBQ sauce
¼ tsp dried parsley	

WHY BROWN RICE?

Brown rice has more health benefits than white rice. It is higher in fiber, which will keep your digestive system in check and give you steady energy throughout your shift. It is also high in vitamins and minerals, making it a great swap for highly processed white rice.

FISH TACOS WITH BLACK BEAN SALSA

Recipe developed by Megan Lautz, MS, RDN

Fish tacos are the perfect summer dish. Tilapia cooks up in a few minutes and is a low-calorie source of protein. The Citrus Black Bean Salsa is a rich, creamy side that can also be used as a vegetarian alternative. Spoon the salsa into tortillas for a filling, plant-based dinner or as lunch leftovers.

GROCERY LIST

6 people	10 people	14 people
4 lb frozen tilapia filets	8 lb frozen tilapia filets	12 lb frozen tilapia filets
2 bunches fresh cilantro	4 bunches fresh cilantro	6 bunches fresh cilantro
1 orange	2 oranges	3 oranges
4 limes	8 limes	12 limes
1 medium red onion	2 medium red onions	3 medium red onions
2 bell peppers (red/orange)	4 bell peppers (red/orange)	6 bell peppers (red/orange)
1 avocado	2 avocados	3 avocados
1 bag coleslaw mix	2 bags coleslaw mix	3 bags coleslaw mix
3, 15 oz cans black beans	6, 15 oz cans black beans	9, 15 oz cans black beans
1, 24 oz jar salsa	2, 24 oz jar salsa	3, 24 oz jar salsa
1, 16 oz container light sour cream	2, 16 oz containers light sour cream	3, 16 oz containers light sour cream
Paprika, oregano, cumin, chili powder, cayenne pepper	Paprika, oregano, cumin, chili powder, cayenne pepper	Paprika, oregano, cumin, chili powder, cayenne pepper
<i>Optional: Fresh salsa (next page)</i>	<i>Optional: Fresh salsa (next page)</i>	<i>Optional: Fresh salsa (next page)</i>
\$26 total (\$4.40 per person)	\$53 total (\$5.30 per person)	\$79 total (\$5.70 per person)

Staple Items: Paprika, oregano, cumin, chili powder, cayenne pepper



MINUTES



COST PER PERSON

INGREDIENTS LIST

6 people	10 people	14 people
Citrus Black Bean Salsa 1 bunch cilantro 1 orange, juiced 1 lime, juiced 1/3 c light sour cream ½ tsp salt 1 medium onion, diced 2 bell peppers, diced 1 avocado, diced 3 cans black beans, rinsed	Citrus Black Bean Salsa 2 bunches cilantro 2 oranges, juiced 2 limes, juiced 2/3 c light sour cream 1 tsp salt 2 medium onions, diced 4 bell peppers, diced 2 avocados, diced 6 cans black beans, rinsed	Citrus Black Bean Salsa 3 bunches cilantro 3 oranges, juiced 3 limes, juiced 1 c light sour cream 1½ tsp salt 3 medium onions, diced 6 bell peppers, diced 3 avocados, diced 9 cans black beans, rinsed
Cilantro Lime Slaw 1 bunch cilantro ½ c sour cream 3 limes, juiced ¼ tsp cayenne powder ½ tsp salt 1 bag coleslaw mix	Cilantro Lime Slaw 2 bunches cilantro 1 c sour cream 6 limes, juiced ½ tsp cayenne powder 1 tsp salt 2 bag coleslaw mix	Cilantro Lime Slaw 3 bunches cilantro 1½ c sour cream 9 limes, juiced ¾ tsp cayenne powder 1½ tsp salt 3 bags coleslaw mix
Spice Rubbed Tilapia 4 lb tilapia filets 2 tbsp chili powder 1 tbsp cumin ½ tsp cayenne powder 1 tsp paprika 1 tsp oregano	Spice Rubbed Tilapia 8 lb tilapia filets 4 tbsp chili powder 2 tbsp cumin 1 tsp cayenne powder 2 tsp paprika 2 tsp oregano	Spice Rubbed Tilapia 12 lb tilapia filets 6 tbsp chili powder 3 tbsp cumin 1 ½ tsp cayenne powder 3 tsp paprika 3 tsp oregano

Nutrition: Tilapia, 10oz (1/6th serving), 250 calories, 0g carbohydrate, 6g fat, 50g protein, 0g fiber
Black Bean Salad, 1 cup, 280 calories, 46g carbohydrate, 5g fat, 15g protein, 14g fiber
Cilantro Lime Slaw, 0.25 cup, 55 calories, 9 carbohydrate, 2g fat, 2g protein, 2g fiber

DIRECTIONS

Citrus Black Bean Salsa

- 1) Blend cilantro, orange/lime juice, sour cream, and salt in a blender or food processor. Dice the onion, peppers and avocado. Combine diced veggies, blender mix, and beans in a bowl.

Cilantro Lime Slaw

- 1) Blend cilantro, sour cream, lime juice, cayenne, and salt. Pour over coleslaw mix and combine.

Spice Rubbed Tilapia

- 1) Combine spices in small bowl. Sprinkle over tilapia. Bake or pan sear until white all the way through or the fish flakes easily with a fork.

Bake (best for 10+): set oven to 425. Bake for 10-15 minutes.

Pan Sear: sear fish at medium high heat for 2-3 minutes on each side.

FRESH SALSA

Anticipate 30 minutes of additional chopping time, small to medium dice. Makes 6-8 cups.

15 roma tomatoes
1 mango
1 large red onion
1 bunch cilantro
½ -1 tsp salt
Juice of 1 lime

IS TILAPIA HEALTHY?

Tilapia is a staple of bodybuilders during contest preparation, but is often brought up in the news due to poor farming practices. Wild caught tilapia is preferred over farmed fish, but can be hard to find. Farmed tilapia from the USA, Canada, the Netherlands, Ecuador, or Peru is next best. Avoid tilapia from China, as farming practices are most concerning in this country.

Tilapia can be a great component of a healthy diet. Tilapia is inexpensive and a great source of protein, Vitamin B12, potassium, and selenium. If you are still concerned, consider mahi mahi, flounder, halibut, or cod as an alternative when making fish tacos.

SHRIMP TACOS WITH BLACK BEAN CORN SALAD

Recipe developed by Megan Lautz, MS, RDN

This dish is a delicious, protein-packed recipe. There are multiple sources of protein including the shrimp in the tacos and the black beans in the salad. This hearty meal will provide you with the energy necessary to best perform during your shift. This meal could be made plant-based by skipping the shrimp and instead using more of the black bean and corn salad into the taco. It is currently dairy free and could be made gluten free by using gluten free taco shells.

This dish is perfect for all seasons. Serving sizes could be modified based on activity level for that day. For example, 2-3 tacos and ½ cup of the bean salad may be enough on a slow day. However, on a busier day where you are expending a lot of energy, 4 tacos and 1 cup of the bean salad could be eaten.

GROCERY LIST

6 people

1, 3 lb. bag of large, raw, frozen shrimp that are peeled and deveined
2 fresh zucchini (large)
1 fresh yellow squash (large)
2 bag of 3-count mixed bell peppers
3 cans (15 oz) corn
2 bags medium flour tortillas (12 count)
3 red onions
1 roma tomato
2 (15 oz) canned black beans
Optional: dried cilantro in salad

\$37.71 total (\$6.25 per person)

10 people

2, 3 lb. bag of large, raw, frozen shrimp that are peeled and deveined
4 fresh zucchini (large)
2 fresh yellow squash (large)
4 bag of 3-count mixed bell peppers
6 cans (15 oz) corn
4 bags medium flour tortillas (12 count)
6 red onions
2 roma tomatoes
4 (15 oz) canned black beans
Optional: dried cilantro in salad

\$70.30 total (\$7.03 per person)

14 people

3, 3 lb. bag of large, raw, frozen shrimp that are peeled and deveined
6 fresh zucchini (large)
3 fresh yellow squash (large)
6 bag of 3-count mixed bell peppers
10 cans (15 oz) corn
6 bags medium flour tortillas (12 count)
9 red onions
3 fresh roma tomatoes
6 (15 oz) canned black beans
Optional: dried cilantro in salad

\$100.85 total (\$7.17 per person)



MINUTES



COST PER PERSON

INGREDIENTS LIST

6 people	10 people	14 people
3 lbs. of large, raw shrimp	6 lbs. of large, raw shrimp	9 lbs. of large, raw shrimp
2 large zucchini washed and sliced thinly	4 large zucchini washed and sliced thinly	6 large zucchini washed and sliced thinly
1 large yellow squash wash and sliced thinly	2 large yellow squash wash and sliced thinly	3 large yellow squash wash and sliced thinly
2 cans black beans	4 cans black beans	6 cans black beans
3 cans corn	6 cans corn	10 cans corn
1 roma tomato	2 roma tomatoes	3 roma tomatoes
2 red onions	6 red onions	9 red onions
2 tsp each- chili powder, smoked paprika, garlic powder, cayenne	4 tsp each- chili powder, smoked paprika, garlic powder, cayenne	6 tsp each- chili powder, smoked paprika, garlic powder, cayenne
6 bell peppers	12 bell peppers	15 bell peppers
24 tortillas	40 tortillas	56 tortillas
¼ cup salsa verde	1/2 cup salsa verde	1 cup salsa verde
¼ cup olive oil	1/2 cup olive oil	1 cup olive oil
Salt and pepper to taste	Salt and pepper to taste	Salt and pepper to taste

Nutrition: 4 tacos + 1 cup bean salad , 872 calories, 110 g carbohydrates, 18 g fat, 70 g protein, 17 g fiber

DIRECTIONS

- 1) Place shrimp in colander and run under cold water to thaw (or follow thawing directions on back of bag).
- 2) Rinse all produce. Cut zucchini and squash into thin slices. Cut half of the onions and all of the bell peppers into slices as well. Preheat oven to 400 degrees.
- 3) Drain and rinse black beans and corn.
- 4) Line baking sheets with foil. Toss the squash, zucchini, bell peppers and sliced onions along 50% of the canned corn in half of the olive oil and spices. Place in oven to bake for 20 minutes.
- 5) Once these are in the oven, toss the shrimp in the remainder of the olive oil and spices. After 20 minutes, take the veggies out of the oven and stir. Add the shrimp to the baking sheet then place back in the oven for 15 more minutes or until shrimp are fully cooked and vegetables are soft.
- 6) While this is baking, begin to prepare the corn and bean salad. To begin, add the rest of the corn and all of the black beans into a bowl.
- 7) Add in salsa verde, salt & pepper to taste and dried cilantro if available. Stir until mixed together.
- 8) Once the baking sheet is out of the oven, assemble your tacos using the tortillas as the base and the veggies and shrimp as the main filling. Add any toppings you would like. Serve the salad up on the side. Enjoy!

VEGETARIAN OPTION FOR PART OF THE SHIFT: to make this dish a vegetarian option, do not include the shrimp and instead add more black beans to the taco as well to replace with a plant-based protein source. To decrease calorie content, have 2-3 tacos rather than 4.

NOTES

- Larger recipe yields require larger pans – will likely require 2-3 large backing sheets
- For quicker prep time, buy produce that is frozen or already cut up.
- Add more of the seasonings or try to add in a packet of taco seasoning if you want more spice.
- The salsa verde can be spicy- add a little bit at a time and taste in between.
- Purchasing pre-cooked frozen shrimp would also shorten cooking time.



Veggies prior to going into the oven.

TURKEY & BLACK BEAN TACOS

Recipe developed by Dietetic Intern Kira Bursaw

Many health-conscious individuals swap lean ground turkey for ground beef and tacos, but have you tried adding some beans into the mix? Adding black beans to your taco mix provides additional plant-based protein and an additional 3-5 grams of fiber per serving. Pinto beans are another good option to add to the mix. If your shift is new to adding beans to their tacos, start off with ½ can per pound of turkey. Work up to 1 can of beans per pound of turkey.

GROCERY LIST

6 people	10 people	14 people
3 lb ground turkey (<85% lean)	5 lb ground turkey (<85% lean)	7 lb ground turkey (<85% lean)
3, 15 oz cans black beans	5, 15 oz cans black beans	7, 15 oz cans black beans
1, 15 oz can tomato sauce	1, 15 oz can tomato sauce	2, 15 oz cans tomato sauce
1, 6 oz can tomato paste	1, 6 oz can tomato paste	2, 6 oz can tomato paste
2 packets low sodium taco seasoning	2 packets low sodium taco seasoning	3 packets low sodium taco seasoning
2, 10 count packages of whole wheat tortillas	2, 10 count packages of whole wheat tortillas	3, 10 count packages of whole wheat tortillas
1, 3-pack romaine hearts	1, 3-pack romaine hearts	1, 3-pack romaine hearts
2 large tomatoes	3 large tomatoes	7 large tomatoes
2 bags salad mix	4 bags salad mix	5 bags salad mix
<i>Optional: avocado, light sour cream, red onion, shredded cheese</i>	<i>Optional: avocado, light sour cream, red onion, shredded cheese</i>	<i>Optional: avocado, light sour cream, red onion, shredded cheese</i>
\$31 total (\$5.22 per person)	\$49 total (\$4.90 per person)	\$66 total (\$4.70 per person)



PREP MINUTES



COST PER PERSON

INGREDIENTS LIST

6 people	10 people	14 people
3 lb ground turkey	5 lb ground turkey	7 lb ground turkey
3 cans black beans	5 cans black beans	7 cans black beans
1 cup tomato sauce	2 cups tomato sauce	2.5 cups tomato sauce
3 tbsp tomato paste	5 tbsp tomato paste	7 tbsp tomato paste
3 tbsp taco seasoning	5 tbsp taco seasoning	7 tbsp taco seasoning
12 whole wheat tortillas	20 whole wheat tortillas	28 whole wheat tortillas
1 romaine heart, chopped	2 romaine hearts, chopped	2 romaine hearts, chopped
2 large tomatoes, diced	4 large tomatoes, diced	7 large tomatoes, diced

Nutrition: 2 tacos, 775 calories, 78g carbohydrate, 25g fat, 63g protein, 13g fiber

DIRECTIONS

- 1) Sauté the meat in a large skillet over medium high heat, breaking up the meat and stirring until no longer pink. Drain any excess liquid and return to the burner.
- 2) Add beans, tomato sauce, tomato paste and seasoning and continue to cook stirring regularly until the liquid has mostly evaporated and the meat is coated in the tomato and seasoning. Remove from heat.
- 3) Chop lettuce and dice tomatoes, placing in individual serving dishes.
- 4) Lay out any additional toppings and serve with a chipotle-based side salad or as a taco salad. Enjoy!

MEATLESS OPTION: consider Textured Vegetable Protein (TVP) as a vegan replacement for ground meat. Use 1/3 lb of TVP and 1 1/3 cups of boiling water or broth. Place dry TVP in a bowl and pour boiling water or broth over the granules. Stir and let sit for 5 to 10 minutes. Use as directed in the recipe.

NOTES

- Consider Fresh Express's Chipotle Cheddar chopped salad kit, which is a good Tex-Mex salad option



HOW DO BEANS LOWER CHOLESTEROL?

High cholesterol is a common concern for firefighters. A daily serving of beans can help! Just ¾ cup of beans per day can help lower LDL (“bad”) cholesterol by 5% in 6 weeks. Beans are high in soluble fiber. Soluble fiber can reduce the absorption of cholesterol into your bloodstream. Oatmeal, apples, pears, and Brussels sprouts are other good sources of soluble fiber. The fiber and protein in beans also helps keep you full, which is important after a busy day of running calls.

If gas or stomach discomfort occurs after eating beans, consider taking Beano before eating. Beano contains an enzyme that helps with the digestion of beans and must be taken before eating to work effectively.

GROUND TURKEY BREAKFAST BURRITO

Recipe developed by Dietetic Intern Hannah Etman

Who doesn't love breakfast?! This recipe takes everyone's favorite parts of the meal and wraps it up into one well-rounded, protein-packed dish. With simple ingredients and preparation, a burrito is the perfect choice for someone who's always on-the-go.

Because this dish includes multiple sources of protein, like eggs, turkey, and black beans, it can be made vegetarian by simply swapping out the turkey for extra beans. A side of roasted potatoes provides extra carbohydrates to fuel performance, and avocados are a healthy source of fat to keep you full for longer during shifts. The ingredients in this meal work together to power you through the day!

GROCERY LIST

6 people	10 people	14 people
1 (8-ct) bag flour tortillas	2 (8-ct bag) flour tortillas	2 (8-ct bag) flour tortillas
32 oz ground turkey (93% lean)	48 oz ground turkey (93% lean)	64 oz ground turkey (93% lean)
1, 8 oz bag shredded cheddar cheese	2, 8 oz bags shredded cheddar cheese	2, 8 oz bags shredded cheddar cheese
1 dozen large fresh eggs	1 dozen large fresh eggs	2 dozen large fresh eggs
1 can (15.5 oz) black beans	1 can (15.5 oz) black beans	1 can (15.5 oz) black beans
1, 8 oz bag fresh spinach	2, 8 oz bag fresh spinach	2, 8 oz bag fresh spinach
2 fresh avocados	4 fresh avocados	5 fresh avocados
1, 16 oz jar salsa	1, 16 oz jar salsa	1, 16 oz jar salsa
3 large russet potatoes	5 large russet potatoes	7 large russet potatoes
1, 8-ct bag flour tortillas	2, 8-ct bag flour tortillas	2, 8-ct bag flour tortillas
32 oz ground turkey (93% lean)	48 oz ground turkey (93% lean)	64 oz ground turkey (93% lean)
<i>Optional: coleslaw, avocado</i>	<i>Optional: coleslaw, avocado</i>	<i>Optional: coleslaw, avocado</i>
\$39 total (\$6.50 per person)	\$60 total (\$6.00 per person)	\$80 total (\$5.70 per person)



PREP MINUTES



COST PER PERSON

INGREDIENTS LIST

6 people	10 people	14 people
6 flour tortillas	10 flour tortillas	14 flour tortillas
24 oz ground turkey	40 oz ground turkey	56 oz ground turkey
6 oz shredded cheddar cheese	10 oz shredded cheddar cheese	14 oz shredded cheddar cheese
6 large fresh eggs	10 large fresh eggs	14 large fresh eggs
1.5 cup black beans	2.5 cup black beans	3.5 cup black beans
6 cups fresh spinach	10 cups fresh spinach	14 cups fresh spinach
2 fresh avocados	4 fresh avocados	5 fresh avocados
12 tbsp salsa	20 tbsp salsa	28 tbsp salsa
3 large russet potatoes	5 large russet potatoes	7 large russet potatoes

Nutrition: 1 burrito with sides - 778 calories, 65g carbohydrate, 35g fat, 44g protein, 10g fiber

DIRECTIONS

- 1) Add ground turkey to a non-stick pan with desired seasonings. Cook for 10-12 minutes over medium heat until browned or until it reaches an internal temperature of 165° F. Set aside when finished.
- 2) Crack eggs into a bowl and whisk, adding spinach. In another skillet, cook over low-medium heat until the egg is no longer runny.
- 3) Wash, peel, and chop the russet potatoes into large chunks. Coat a pan with oil and add potatoes to pan with desired seasonings, cooking until browned.
- 4) Microwave the tortilla for about 20 seconds. While waiting, drain the black beans in a strainer and slice the avocado into thirds.
- 5) When all ingredients are ready, place them on the open-face tortilla. Sprinkle the cheese on top of the ingredients. Roll the burrito by folding the sides in and rolling from the bottom, tightening the wrap as you go. Slice in half and serve with salsa and roasted potatoes on the side.

MEATLESS OPTION: This recipe can easily be made vegetarian by not adding ground turkey to your burrito. Instead, add twice the amount of beans that the recipe calls for.

NOTES

- If you're looking for a higher-fiber option, swap out the regular flour tortillas for whole wheat tortillas! Fiber keeps your digestive system moving and plays a part in fighting disease.

PORTION CONTROL

Since each individual burrito is constructed separately, it's important to know how much of each ingredient to use. Here's a guide to use based on the recipe:

1 flour tortilla	¼ cup black beans
4 oz ground turkey	1 cup spinach
1 oz cheddar cheese	⅓ avocado
1 egg	2 tbsp salsa
½ russet potato	

MAKE IT YOUR OWN

Because burritos are so versatile, the ingredients can be changed up to fit your individual nutritional needs. For increased carbohydrates, extra potatoes can be added on the side. To up your fat intake, add some more avocado slices. To add protein, crack another egg, include some more beans, or add another ounce of turkey. This breakfast burrito can accommodate many different dietary needs!

TILAPIA & BLACK BEAN ENCHILADAS

Recipe developed by Dietetic Intern Abby Stultz

Fish is a great low-calorie source of protein, meaning you can have a large serving guilt-free! The protein from the fish and the fiber from the beans will help keep you full during your shift. Fish is loaded with omega-3 fatty acids, which are crucial for heart and brain health.

If your shift is not open to fish, shredded chicken or ground turkey is a good lean alternative. For a vegetarian option, just ditch the animal protein. Black beans provide a great source of plant-based protein. Simply add an extra can or two of beans to your grocery list.

For a low carb alternative, switch to low carb tortillas or zucchini. Use a vegetable peeler to make thin, long ribbons of zucchini to use as the enchilada “tortillas.”

GROCERY LIST

6 people	10 people	14 people
2, 4 oz bag Tilapia filets	3, 4 oz bag Tilapia filets	4, 4 oz bag Tilapia filets
3 boxes Spanish rice	4 boxes Spanish rice	5 boxes Spanish rice
3, (15 oz)cans black beans	4, (15 oz) cans black beans	5, (15 oz) cans black beans
2, 8 oz bags shredded Monterey Jack cheese	4, 8 oz bags shredded Monterey Jack cheese	6, 8 oz bags shredded Monterey Jack cheese
3, 28 oz cans red enchilada sauce	4, 28 oz cans red enchilada sauce	6, 28 oz cans red enchilada sauce
1 bag 10inch tortillas	2 bags 10inch tortillas	4 bags 10inch tortillas
Salt, pepper, olive oil	Salt, pepper, olive oil	Salt, pepper, olive oil
\$39 total (\$6.50 per person)	\$61 total (\$6.10 per person)	\$66 total (\$4.70 per person)



PREP MINUTES



COST PER PERSON

INGREDIENTS LIST

6 people	10 people	14 people
2, (4 oz) bag Tilapia filets	3, (4 oz) bag Tilapia filets	4, (4 oz) bag Tilapia filets
5 Tbsp olive oil	7 tbsp olive oil	10 tbsp olive oil
7 ½ cups cooked Spanish rice	11 ¾ cups cooked Spanish rice	15 cups cooked Spanish rice
4 ½ cups black beans, drained and rinsed	6 ½ cups black beans, drained and rinsed	9 cups black beans, drained and rinsed
5 cups shredded Monterey Jack cheese	7 ½ cups shredded Monterey Jack cheese	10 ½ cups shredded Monterey Jack cheese
8 ¾ cups red enchilada sauce	13 cups red enchilada sauce	18 cups red enchilada sauce
10 flour tortillas	15 flour tortillas	21 flour tortillas

Nutrition: 1.5 Enchilada; 1,000 calories (750 cal for one), 96g carbohydrate, 47g fat, 67g protein. **to reduce calories, cut cheese in half**

DIRECTIONS

- 1) Preheat oven to 375 degrees.
- 2) Cook rice using instructions on packaging.
- 3) While rice is cooking, heat olive oil in a small pan, season tilapia filets with salt and pepper, fry in pan until completely cooked & remove from heat.
- 4) Use a fork and break tilapia into small, flakey pieces.
- 5) In the center of each tortilla, distribute fish, black beans, rice and a little bit of cheese.
- 6) Roll tortillas and place side by side in a baking pan or over-safe dish.
- 7) Pour enchilada sauce over top of tortillas and sprinkle remaining cheese on top.
- 8) Bake for 25 minutes and serve.
- 9) *Optional* Garnish with cilantro

VEGETARIAN OPTION FOR PART OF THE SHIFT: to make this dish a vegetarian option, replace chicken with black beans and pinto beans. Roll 1-2 enchiladas separately and mark tortilla.

WHY FISH INSTEAD OF CHICKEN?

Fish is a great substitute for fatty meats because it contains heart healthy unsaturated fats, like omega-3s. Other meat products like beef, pork, lamb, whole fat dairy are typically high in saturated fats, which is thought to raise cholesterol. The American Heart Association recommends eating 2 servings of fish per week to maintain healthy cholesterol levels and ultimately lower your risk for developing heart disease or stroke.



TURKEY VEGETABLE PASTA

Recipe developed by Dietetic Intern Linh Nguyen

This pasta is a one-skillet, quick recipe that is filling and nutritious. The flavors and textures of the protein, vegetables and carbohydrates accents one another to make this a satisfying meal. This recipe is simple to shop for, plan, and make. It is also a versatile dish, one in which you can substitute your favorite protein, pasta, and/or vegetables to adjust the recipe just the way you like it.

Some ideas for vegetable substitutions are yellow onions instead of red onions, brussels sprouts for broccoli, and acorn squash for butternut squash. The pasta can be switched out for wild rice or barley. You can add a kick to this dish by adding crushed red pepper flakes, any type of seasoning blend such as Caribbean spices, or keep it simple with salt and pepper.

GROCERY LIST

6 people	10 people	14 people
1 tbsp olive oil	2 tbsp olive oil	3 tbsp olive oil
3 lb. ground turkey	5 lb. ground turkey	7 lb. ground turkey
2, 16 oz bag frozen broccoli	4, 16 oz bag frozen broccoli	6, 16 oz bag frozen broccoli
2, 16 oz bag frozen butternut squash	4, 16 oz bag frozen broccoli	6, 16 oz bag frozen broccoli
2, 12 oz box Garden Rotini pasta	4, 12 oz box Garden Rotini pasta	6, 12 oz box Garden Rotini pasta
2 cans of 15.5 oz black beans	4 cans of 15.5 oz black beans	5 cans of 15.5 oz black beans
1 lb. fresh Roma tomatoes	2 lb. fresh Roma tomatoes	3 lb. fresh Roma tomatoes
1/2 lb. fresh red onions	1 lb. fresh red onions	1.5 lb. fresh red onions
1, 7 oz bag of shredded sharp cheddar cheese	2, 7 oz bag of shredded sharp cheddar cheese	3- 7 oz bag of shredded sharp cheddar cheese
\$27 total (\$4.49 per person)	\$51 total (\$5.10 per person)	\$75 total (\$5.31 per person)



MINUTES



COST PER PERSON

INGREDIENTS LIST

6 people	10 people	14 people
1 tbsp olive oil	2 tbsp olive oil	3 tbsp olive oil
3 lb.. ground turkey	5 lb. ground turkey	7 lb. ground turkey
2, 16 oz bag frozen broccoli	4, 16 oz bag frozen broccoli	6, 16 oz bag frozen broccoli
2, 16 oz bag frozen butternut squash	4, 16 oz bag frozen broccoli	6, 16 oz bag frozen broccoli
2, 12 oz box Garden Rotini pasta	4, 12 oz box Garden Rotini pasta	6, 12 oz box Garden Rotini pasta
2 cans of 15.5 oz black beans	4 cans of 15.5 oz black beans	5 cans of 15.5 oz black beans
1 lb. fresh Roma tomatoes	2 lb. fresh Roma tomatoes	3 lb. fresh Roma tomatoes
1/2 lb. fresh red onions	1 lb. fresh red onions	1.5 lb. fresh red onions
1, 7 oz bag of shredded sharp cheddar cheese	2, 7 oz bag of shredded sharp cheddar cheese	3, 7 oz bag of shredded sharp cheddar cheese
Salt, pepper, and/or crushed red pepper flakes to taste	Salt, pepper, and/or crushed red pepper flakes to taste	Salt, pepper, and/or crushed red pepper flakes to taste

Nutrition: 1/6th serving, 825 calories, 86 gm carbohydrates, 22 gm fat, 59 gm protein, 17 gm fiber

DIRECTIONS

- 1) Cook frozen broccoli and frozen butternut squash according to directions on the label.
- 2) Cook pasta according to directions on the label, using salted water.
- 3) Add oil to a large deep skillet and turn on medium-high heat. After heated, add diced red onions and sauté.
- 4) Add the diced red tomatoes to the pan and sauté for 1 – 2 minutes.
- 5) Add the red onions and tomatoes to the broccoli and butternut squash, set aside.
- 6) Add oil to the same skillet and keep heat on medium-high. Add raw ground turkey to the skillet.
- 7) Cook until the turkey turns brown.
- 8) Drain and rinse the black beans.
- 9) Combine the vegetables, pasta, and black beans into the skillet with the cooked turkey.
- 10) Season to taste with salt, pepper, and/or crushed red pepper.
- 11) Sprinkle the top of the dish with shredded cheddar cheese individually, or in the skillet to serve.

VEGETARIAN OPTION: to make this dish a vegetarian option, eliminate the ground turkey. The black beans are also a good source of protein. Feel free to include other plant sources of protein such as kidney beans or lentils.

NOTES

- It may be easier to use fresh broccoli or butternut squash, if budget allows.
- If your skillet is not large enough, use a Dutch oven instead.
- If an oven is available, try roasting the broccoli and butternut squash.
- The whole grain or carbohydrate part of the dish can be pasta, rice, or a grain. Try different variations to fit your liking for taste and texture.



WHY GARDEN ROTINI PASTA?

This wheat pasta is made with dried vegetables. It is another crafty way to eat more vegetables. The color of the pasta is natural and makes the dish look more appetizing. The garden rotini pasta incorporates dried carrots, dried tomato, and dried spinach into the ingredients. A large variety of pastas are on the market to try, such as quinoa, black bean, beet, spinach, and zucchini lentil. Be adventurous with your pasta recipes!

TACO TOFU & VEGETABLE LASAGNA

Recipe developed by Dietetic Intern Kerri Schumacher

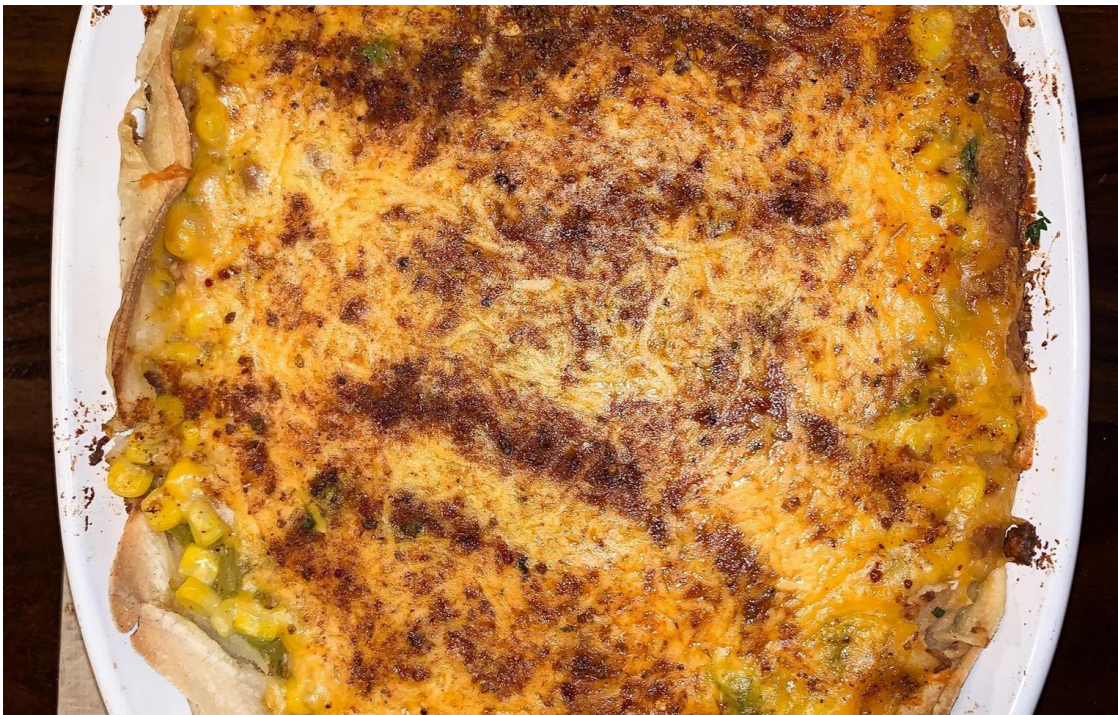
This lasagna dish brings authentic mexican style cooking right into the fire station. The kick of the green salsa and spice gives you that hot “ready to go” feeling so that you are satisfied and fully prepared for whatever the shift throws at you.

This dish is presented with tofu adding a unique option for vegetarians. It is also packed with lot of vegetables and fiber. Fiber is a great addition to your diet considering it helps lower cholesterol, normalize your digestive system, and aids in maintaining a balanced diet!

GROCERY LIST

6 people	10 people	14 people
1 lb tofu	2 lb tofu	3 lb tofu
1 medium yellow onion	2 medium yellow onion	3 medium yellow onion
1 medium green pepper	2 medium green pepper	3 medium green pepper
2 bunches cilantro	3 bunches cilantro	4 bunches cilantro
1, 16 oz can vegetable refried beans	2, 16 oz can vegetable refried beans	3, 16 oz can vegetable refried beans
1, 16 oz can pinto beans	2, 16 oz can pinto beans	3, 16 oz can pinto beans
1, 8 oz bag frozen corn	2, 8 oz bag frozen corn	3, 8 oz bag frozen corn
1, 8 oz container sour cream	2, 8 oz container sour cream	3, 8 oz container sour cream
1, 8 oz jar green salsa	2, 8 oz jar green salsa	3, 8 oz jar green salsa
1, lb bag cheddar cheese	1 ½ lb bag cheddar cheese	2 lb bag cheddar cheese
1, 12 count bag of 9-inch soft corn tortillas	2, 12 count bag of 9-inch soft corn tortillas	3, 12 count bag of 9-inch soft corn tortillas
2 packets Taco seasoning	4 packets Taco seasoning	6 packets Taco seasoning
\$22 total (\$3.84 per person)	\$40 total (\$4.18 per person)	\$58 total (\$4.33 per person)

Staple Items: Canola Oil



MINUTES



COST PER PERSON

INGREDIENTS LIST

6 people	10 people	14 people
1 lb organic tofu	2 lb organic tofu	3 lb organic tofu
1 medium yellow onion, sliced	2 medium yellow onion, sliced	3 medium yellow onion, sliced
1 medium green pepper sliced	2 medium green pepper, sliced	3 medium green pepper sliced
2 heads/bunches cilantro chopped	3 heads/bunches cilantro chopped	4 heads/bunches cilantro chopped
1, 16 oz can vegetable refried beans	2, 16 oz can vegetable refried beans	3, 16 oz can vegetable refried beans
1, 16 oz can pinto beans	2, 16 oz can pinto beans	3, 16 oz can pinto beans
1, 8 oz bag frozen corn	2, 8 oz bag frozen corn	3, 8 oz bag frozen corn
1, 8 oz container sour cream	2, 8 oz container sour cream	3, 8 oz sour cream
1, 8 oz jar green salsa	2, 8 oz jar green salsa	3, 8 oz green salsa
1 lb bag cheddar cheese	1 ½ lb bag cheddar cheese	2 lb bag cheddar cheese
1 12 count bag of 9 inch soft corn tortillas	2 12 count bag of 9 inch soft corn tortillas	3 12 count bag of 9 inch soft corn tortillas
2 packets Taco seasoning	4 packets Taco seasoning	6 packets Taco seasoning

Nutrition: 1 serving (1/6th recipe) 517 calories, 69g carbohydrate, 26g fat , 38g protein, 9g fiber

DIRECTIONS

1. One to two hours before, marinate tofu with one packet of taco seasoning over medium-high heat.
2. Preheat oven to 375 degrees.
3. Slice onions and peppers. In a sauté pan, add 1 tbsp canola oil, sliced onions, and peppers. Cook over medium heat until translucent. Once translucent, take the already marinated tofu, cook with the onions and peppers in a sauté pan. Chop up cilantro, store in a bowl. Take ⅓ of cilantro. Mix in with the mixture.
4. While everything is cooking, mix 1 can of the pinto beans and 1 can of vegetarian refried beans together into a large bowl. Into that same bowl, add in 8 oz of sour cream. Add in 8 oz frozen corn. Stir until thick and paste like. Add in 8 oz of cheddar cheese and mix well.
5. Remove the onions, peppers, tofu, and cilantro sauté pan from heat. Allow to cool. Once cooled, mix into the bowl of bean, sour cream and cheese mixture.
6. Place tortillas on a sheet pan, put into the oven in order to warm. Take out once they are pliable.
7. Spray the baking dish. Begin to layer 5 tortillas inside. Scoop combined mixture on top of tortillas until layer is covered. Lay 4 oz of green salsa on top of mixture. Take 5 more tortillas and repeat this process, pressing into the tofu mixture. Once finished, on the top layer, coat with the remaining 8 oz of cheddar cheese. Let bake in the oven for 40 minutes covered with tin foil or lid and serve.

MEAT OPTION: This dish is currently vegetarian, but you can add 1-3 lb. of ground chicken, ground turkey, or ground pork as a substitute.

NOTES

- It might be easier to marinate the Tofu the night before.
- Trader Joe's Hatch Valley green salsa is recommended.

WHY TOFU INSTEAD OF MEAT?

Tofu has been a staple for vegetarians especially in the Asian cuisine for centuries. One of the perks of using tofu is that it absorbs whatever flavor you cook it with. It takes on the same taste as the ingredients you are using, therefore is full of lots of variety while including in meals. Not only is tofu a great source of protein but it is loaded with calcium and vitamin E as well. Unlike meat, tofu has various other benefits such as lowering total cholesterol, triglycerides, and LDL cholesterol. The health advantage is lowering your risk of atherosclerosis, hypertension, and cardiovascular disease.

QUINOA & PINTO BEAN STUFFED PEPPERS

Recipe developed by Dietetic Intern Rachel Eldering

This is a simple and healthy meal that makes great leftovers. This recipe is full of vegetables and fiber. Fiber is important for cardiovascular health and cancer prevention. Most Americans get about half of the recommended amount of fiber each day (15g vs 38g per day).

Stuffed peppers is a versatile recipe. Consider switching up the grains, beans or veggies. This recipe can easily adjust to different ingredients or spices. Experiment with jerk seasoning or give these peppers an Asian flare.

GROCERY LIST

6 people	10 people	14 people
12 bell peppers	20 bell peppers	28 bell peppers
3 garlic cloves	6 garlic cloves	7 garlic cloves
1, 16 oz bag quinoa	2, 16 oz bags quinoa	2, 16 oz bags quinoa
1 diced onion	2 diced onions	3 diced onions
2, 14.5 oz cans, diced tomatoes	3, 14.5 oz cans, diced tomatoes	4, 14.5 oz cans, diced tomatoes
3, 15.5 oz cans pinto beans	5, 15.5 oz cans pinto beans	7, 15.5 oz cans pinto beans
3 limes	5 limes	7 limes
2, 8 oz bags spinach	4, 8 oz bags spinach	6, 8 oz bags spinach
1, 8 oz bag cheddar cheese	1, 8oz bag cheddar cheese	2, 8 oz bag cheddar cheese
\$32 total (\$5.35 per person)	\$57 total (\$6 per person)	\$88 total (\$6.30 per person)
	<i>Staple Items: Salt, Cumin</i>	



MINUTES



COST PER PERSON

INGREDIENTS LIST

6 people

12 bell peppers
3 garlic cloves, minced
2 cups dry quinoa
1 diced onion
2, 14.5 oz cans drained, diced tomatoes
3, 15.5 oz cans rinsed and drained pinto beans
1 tsp salt
2 tbsp cumin
Juice of 3 limes
6 cups spinach - chopped
1 cup cheddar cheese

10 people

20 bell peppers
5 garlic cloves, minced
3 cups dry quinoa
2 diced onions
3, 14.5 oz cans drained, diced tomatoes
5, 15.5 oz cans rinsed and drained pinto beans
2 tsp salt
3 tbsp, 1 tsp cumin
Juice of 5 limes
10 cups spinach – chopped
2 cups cheddar cheese

14 people

28 bell peppers
7 garlic cloves, minced
4 cups dry quinoa
3 diced onions
4, 14.5 oz cans drained, diced tomatoes
7, 15.5 oz cans rinsed and drained pinto beans
1 tbsp salt
4 tbsp 2 tsp cumin
Juice of 7 limes
14 cups spinach – chopped
3 cups cheddar cheese

Nutrition: 2 Peppers, 675 calories, 112g carbohydrates, 13g fat, 33g protein, 23g fiber

DIRECTIONS

1. Start by cooking the quinoa. Quinoa cooks with a 1:2 quinoa to water ratio. 2 cups of dry quinoa will need 4 cups of water. Rinse and drain quinoa. Combine quinoa and water in a saucepan, bring to a boil on medium-high heat. Once boiling decrease to a simmer. Cook until water is absorbed - about 10-20 minutes
2. Preheat oven to 400 degrees. Line baking pan with foil and spray with cooking spray. Cut the top off bell peppers and take out the core and seeds. Place peppers on baking pan and cook for 10 minutes.
3. Combine garlic, quinoa, onion, drained diced tomatoes, drained and rinsed pinto beans, salt, cumin, lime juice, and chopped spinach in a bowl. Stir until combined
4. Remove peppers from oven and fill each evenly with the mixture. Bake for 15 minutes. Remove from oven and top peppers with cheddar cheese. Bake 5 more minutes.

NOTES

- It is important to rinse quinoa before cooking because there is a natural coating on quinoa that can give it a bitter or soapy taste.
- Spinach can be fresh or frozen - frozen will likely be cheaper.
- For extra spice add cayenne pepper into filling.
- Cooking quinoa with chicken or vegetable broth can provide more flavor.



WHY QUINOA?

Quinoa is full of fiber, more than most grains. Quinoa has both soluble and insoluble fiber. Insoluble fiber promotes healthy digestion and bowel movements. Soluble fibers has been shown to lower cholesterol and increase the feeling of fullness after a meal. Additionally, quinoa is a complete protein. This means that it has all 9 essential amino acids. This is rare for non-meat protein sources!

ASIAN LETTUCE WRAPS WITH SESAME LIME SAUCE

Recipe developed by Dietetic Intern Anna Ziegler

This meal is savory, crispy and fresh! These simple wraps come together in less than 30 minutes and each handful is loaded with flavor.

This recipe is a great way to incorporate more vegetable protein in your diet. If you want a heartier meal, serve the tofu wraps with a side of brown rice or quinoa, with steamed vegetables. This will add extra carbohydrates to give you more energy. If tofu is a no-go for your shift you can simply swap out the tofu for ground turkey or ground chicken.

GROCERY LIST

6 people	10 people	14 people
2, 14 oz extra firm tofu	3, 14 oz extra firm tofu	4, 14 oz extra firm tofu
1, 5 oz sesame oil	1, 5 oz sesame oil	1, 5 oz sesame oil
1, 10 oz tamari sauce	1, 10 oz tamari sauce	1, 10 oz tamari sauce
1-inch piece, fresh ginger	2-inch piece, fresh ginger	3-inch piece, fresh ginger
1 cucumber	2 cucumbers	3 cucumbers
1 bunch green onions	2 bunches green onions	2 bunches green onions
1 bunch, fresh cilantro	1 bunch, fresh cilantro	1 bunch, fresh cilantro
1 bag of shredded carrots	2 bags of shredded carrots	2 bags of shredded carrots
1, 8 oz sliced baby Bella mushrooms	1, 8 oz sliced baby Bella mushrooms	2, 8 oz sliced baby Bella mushrooms
1 limes	2 limes	3 limes
2 Boston or bibb lettuce heads	3 Boston or bibb lettuce heads	5 Boston or bibb lettuce heads
1, 8.8 oz vermicelli rice noodles	1, 8.8 oz vermicelli rice noodles	2, 8.8 oz vermicelli rice noodles
\$29 total (\$4.88 per person)	\$40 total (\$3.98 per person)	\$62 total (\$4.26 per person)

Staple Items: Sugar, pepper



MINUTES



COST PER PERSON

INGREDIENTS LIST

6 people	10 people	14 people
<p>Wrap Filling</p> <p>2, 14 oz extra firm tofu 2 ½ cups baby bella mushrooms ½ cup plus 2 tbsp cilantro 6 thinly sliced green onions 1 cup shredded cucumber 1 cup shredded carrots 1 tbsp sesame oil 3 tbsp Tamari 1 tsp peeled and grated ginger 2 tsp sugar ⅛ tsp pepper 2 ½ oz vermicelli noodles 3-4 bibb or Boston lettuce leaves per person</p> <p>Sesame- Lime Dipping Sauce</p> <p>2 1/2 tbsp Tamari 2 tbsp sesame oil 2 tbsp fresh lime juice 2 tbsp water 2 tbsp sugar</p>	<p>Wrap Filling</p> <p>3, 14 oz extra firm tofu 3 ½ cups baby Bella mushrooms 1 cup plus 2 tbsp cilantro 10 thinly sliced green onions 2 cup shredded cucumber 2 cup shredded carrots 2 tbsp sesame oil ¼ cup Tamari 2 tsp peeled and grated ginger 1 tbsp sugar ¼ tsp pepper 4 ½ oz vermicelli noodles 3-4 bibb or Boston lettuce leaves per person</p> <p>Sesame- Lime Dipping Sauce</p> <p>¼ cup Tamari 3 tbsp sesame oil 3 tbsp fresh lime juice 3 tbsp water 3 tbsp sugar</p>	<p>Wrap Filling</p> <p>4, 14 oz extra firm tofu 4 ½ cups baby Bella mushrooms 1 ½ cup plus 2 tbsp cilantro 14 thinly sliced green onions 3 cups shredded cucumber 3 cups shredded carrots 3 tbsp sesame oil 1/3 cup Tamari 3 tsp peeled and grated ginger 1 ½ tbsp sugar ⅛ tsp pepper 6 ½ oz vermicelli noodles 3-4 bibb or Boston lettuce leaves per person</p> <p>Sesame- Lime Dipping Sauce</p> <p>1/3 cup Tamari ¼ cup sesame oil ¼ cup fresh lime juice ¼ cup water ¼ cup sugar</p>

Nutrition: 3 wraps (1/6th recipe) 332 calories, 48g carbohydrate, 5g fat, 16.1g protein, 4g fiber

DIRECTIONS

- 1) For the filling : cover rice vermicelli with boiling water. Let stand for 5 minutes or until softened. Drain, and rinse under cool water. Chop noodles.
- 2) Press tofu between paper towel to squeeze out as much liquid as possible. Refresh the paper towels and press again.
- 3) Heat a wok or large sauté pan over high heat. Add 1 tablespoon of sesame oil; swirl to coat.
- 4) Once the oil is hot, add ¼ cup green onions, sauté for 1 minute. Crumble in the tofu, breaking it into small pieces as it cooks. Continue cooking for 5 minutes, then add the diced mushrooms. Continue cooking until the tofu starts to turn golden. Add cilantro, tablespoons tamari, grated ginger and sugar, pepper ; sauté 1 minute
- 5) Spoon the tofu mixture into lettuce cups. Top with remaining green onions, carrots, cucumber and remaining cilantro if desired, roll into a wrap, and serve with sauce and ½ cup brown rice.
- 6) For the Sauce : Whisk together lime juice, water, sugar, 4 tablespoons tamari and 2 tsp sesame oil until sugar is dissolved



TAMARI vs. SOY SAUCE

They are both made from fermented soybeans, Japanese tamari is thicker, darker, and richer than its counterpart. It has a more complex, smooth flavor compared to the sometimes harsh, overwhelming bite of a salty soy sauce.

LENTIL SLOPPY JOES WITH SWEET POTATO FRIES

Recipe developed by Dietetic Intern Myranda Vig

This is a quick and a satisfying meat alternative recipe perfect for dinner time on your shift. Serve with sweet potato fries or a side salad. Choose a whole wheat bun for added fiber or swap out for a gluten-free bun for those with a gluten intolerance.

Lentils are often thought as bland, but this recipe proves that wrong. Packed full of protein, fiber and low in fat, lentils are a great meat substitute. Easily sneak more servings of vegetables into this meal by adding more bell pepper and lettuce. This recipe can be used as a protein source on top of salads as well.

GROCERY LIST

6 people	10 people	14 people
1, 16 oz bag dried lentils (brown or green)	2, 16 oz bag dried lentils (brown or green)	3, 16 oz bag dried lentils (brown or green)
1, 32 oz carton vegetable broth	2, 32 oz carton vegetable broth	3, 32 oz carton vegetable broth
1 white onion	2 white onion	3 white onion
1 bell pepper	2 bell pepper	3 bell pepper
1 jalapeno	2 jalapeno	3 jalapeno
1 garlic bulb	1 garlic bulb	1 garlic bulb
2, 15 oz can tomato sauce	3, 15 oz can tomato sauce	4, 15 oz can tomato sauce
1, 6 oz can tomato paste	1, 6 oz can tomato paste	2, 6 oz can tomato paste
1, 10 oz bottle Worcestershire sauce	1, 10 oz bottle worcestershire sauce	1, 10 oz bottle Worcestershire sauce
1, 8 oz bottle yellow mustard	1, 8 oz bottle yellow mustard	1, 8 oz bottle yellow mustard
1, 18 oz bottle BBQ sauce	1, 18 oz bottle BBQ sauce	1, 18 oz bottle BBQ sauce
2, 8 pack hamburger buns	3, 8 pack hamburger buns	4, 8 pack hamburger buns
1, 8 oz bag of shredded lettuce for topping	2, 8 oz bag of shredded lettuce for topping	3, 8 oz bag of shredded lettuce for topping
1, 32 oz jar of pickles for topping	1, 32 oz jar of pickles for topping	1, 32 oz jar of pickles for topping
\$24 total (\$4.01 per person)	\$36 total (\$3.62 per person)	\$49 total (\$3.50 per person)

Staple Items: Olive Oil, Sugar, Spices



PREP MINUTES



COST PER PERSON

INGREDIENTS LIST

6 people	10 people	14 people
2 Cups lentils	3.5 Cups lentils	5 Cups lentils
4 Cups vegetable broth	7 Cups vegetable broth	10 Cups vegetable broth
2 tbsp oil	3 tbsp oil	3 tbsp oil
1 white onion, diced (save some for toppings if like)	1.5 white onion, diced (save some for toppings if like)	2 white onion, diced (save some for toppings if like)
1 bell pepper	1.5 bell pepper	2 bell pepper
1 jalapeno	1.5 jalapeno	2 jalapeno
4 garlic cloves	6 garlic cloves	8 garlic cloves
2, 15 oz can tomato sauce	3, 15 oz can tomato sauce	4, 15 oz can tomato sauce
3 tbsp tomato paste	4 tbsp tomato paste	6 tbsp tomato paste
2 tbsp sugar	3 tbsp sugar	4 tbsp sugar
2 tbsp Worcestershire sauce	3 tbsp Worcestershire sauce	4 tbsp Worcestershire sauce
1 tbsp chili powder	1.5 tbsp chili powder	2 tbsp chili powder
2 tsp cumin	1 tsp cumin	1.5 tbsp cumin
2 tsp garlic powder	1 tsp garlic powder	1.5 tbsp garlic powder
2 tsp onion powder	1 tsp onion powder	1.5 tbsp onion powder
salt/pepper to taste	salt/pepper to taste	salt/pepper to taste
1 tsp paprika (optional)	1.5 tsp paprika (optional)	2 tsp paprika (optional)
2 tbsp yellow mustard (optional)	3 tbsp yellow mustard (optional)	4 tbsp yellow mustard (optional)
3 tbsp BBQ sauce (optional)	¼ Cup BBQ sauce (optional)	¼ Cup+1 tbsp BBQ sauce(optional)
12 hamburger buns	20 hamburger buns	28 hamburger buns

Nutrition: 2 sandwiches (½ - ¾ cup per bun), 640 calories, 119g carbohydrates, 6g fat, 32g protein, 19g fiber

DIRECTIONS

- 1) Preheat oven to 375 degrees. Chop sweet potatoes into fry shape ¼” wide
- 2) Line baking sheet with foil. Put fries into a bowl and drizzle with 2 tbsp olive oil, salt and pepper. Place fries onto baking sheet in a single layer.
- 3) Once oven is preheated place fries in and cook for 30 - 40 minutes. Flipping half-way through.
- 4) While fries are baking rinse the lentils in water and discard any bad ones. Add 2 cup lentils to 4 cups broth or 2 cup broth and 2 cup water. Bring to a boil and let simmer for 20 minutes.
- 5) While lentils are cooking, heat up oil in a pan and add the onion, garlic, bell pepper, and jalapeno. Let that cook for about 3 - 4 minutes.
- 6) Add two cans of tomato sauce, tomato paste, Worcestershire sauce, chili powder, cumin, paprika, onion powder, garlic powder, salt, pepper, mustard, BBQ sauce, and sugar.
- 7) Let this mixture simmer until the lentil are done.
- 8) Drain the lentils after 20 minutes or so, you want them at a good crunch. Add lentils to the sauce mixture and combine. Continue to simmer the mixture and lentils for 5 - 7 more minutes.
- 9) Scoop 1/2 - 3/4 cup or so onto each bun and enjoy with ½ cup of sweet potato fries.

NOTES

- Toast the buns, top with raw onion, pickles and lettuce.
- To save time chopping sweet potatoes, buy frozen sweet potato fries.
- Larger recipe yields require larger pans – will likely require 2-3 large backing sheets

WHY LENTILS?

Lentils are a great meat alternative due to being high in protein, fiber and low in fat. Lentils are full of B vitamins, zinc, magnesium, iron and potassium. Lentils can be found near the beans in your local grocery store. If you are unsure about lentils you can try this recipe with half the lentils and half ground meat.

TURKEY & VEGETABLE BOLOGNESE

Recipe developed by Dietetic Intern Michelle Guarnieri

This is a great recipe for hiding vegetables in the sauce. Carrots are a naturally sweeter vegetable that can help cut the acidity in a tomato-based sauce. Use a food processor or box grater to shred into small, inconspicuous pieces.

It can be easy to over do pasta-based dinners. If you are trying to lose weight, the primary concern is overdoing the calories and not the carbohydrates alone. Use a measuring cup to prevent overserving. The more active you are, the more carbohydrates you can get away with. A dinner sized serving of pasta can be between ½ to 2 cups pasta. Consider eating the salad first to help fill you up (ideally 1-2 cups salad).

GROCERY LIST

6 people	10 people	14 people
1 lb bag carrots	1 lb bag carrots	1 lb bag carrots
1 medium onion	2 medium onions	3 medium onions
1 garlic bulb	1 garlic bulb	1 garlic bulb
2 bags frozen bell peppers	3 bags frozen bell peppers	4 bags frozen bell peppers
3 lb ground turkey (<85% lean)	5 lb ground turkey (<85% lean)	7 lb ground turkey (<85% lean)
2 jars spaghetti sauce	3 jars spaghetti sauce	4 jars spaghetti sauce
1, (16 oz) box whole grain spaghetti	2, (16 oz) boxes whole grain spaghetti	3, (16 oz) box whole grain spaghetti
2 bags salad mix	4 bags salad mix	5 bags salad mix
<i>Optional: parmesan cheese</i>	<i>Optional: parmesan cheese</i>	<i>Optional: parmesan cheese</i>
\$31 total (\$5.12 per person)	\$48 total (\$4.82 per person)	\$66 total (\$4.70 per person)
	<i>Staple Items: Olive oil, oregano</i>	



MINUTES



COST PER PERSON

INGREDIENTS LIST

6 people	10 people	14 people
3 tbsp olive oil	5 tbsp olive oil	7 tbsp olive oil
1 cup carrots, shredded	1.5 cup carrots, shredded	2 cup carrots, shredded
0.5 cup onions, finely diced	1 cup onions, finely diced	1.5 cup onions, finely diced
2 cups frozen peppers	3 cups frozen peppers	5 cups frozen peppers
1 tbsp minced garlic	2 tbsp minced garlic	3 tbsp minced garlic
3 lb ground turkey	5 lb ground turkey	7 lb ground turkey
2 tbsp oregano	3 tbsp oregano	5 tbsp oregano
2 jars spaghetti sauce	3 jars spaghetti sauce	4 jars spaghetti sauce
1 boxes whole grain spaghetti	2 boxes whole grain spaghetti	3 boxes whole grain spaghetti

Nutrition: 1/6th recipe, 800 calories, 108g carbohydrate, 22g fat, 60g protein, 14g fiber

DIRECTIONS

- 1) Heat the oil in a large skillet or stock pot over medium-high heat. Once oil is simmering, add in the carrots, onion, celery and bell pepper. Cook until the vegetables soften and then add in half of the garlic and let cook for 30 seconds or until fragrant.
- 2) Transfer cooked veggies to a bowl and then add the ground turkey to the heated skillet (you may need to add a bit more oil or cooking spray), crumbling with a wooden spoon.
- 3) Season the meat with oregano, salt, pepper, and the rest of the garlic. Cook the meat until browned and then combine the veggies with the meat.
- 4) Pour the sauce over the meat and veggie mixture and stir until combined. Let cook for 5-7 minutes to let veggies and meat soak up the sauce and the flavors to develop. Reduce heat to low, cover, and keep hot while you continue with the recipe.
- 5) While meat and veggies are cooking, cook pasta according to package instructions. Divide the pasta onto plates, top with the turkey Bolognese and garnish with parmesan cheese and parsley, if using.

MEATLESS OPTION: consider Textured Vegetable Protein (TVP) as a vegan replacement for ground meat. Use 1/3 lb of TVP and 1 1/3 cups of boiling water or broth. Place dry TVP in a bowl and pour boiling water or broth over the granules. Stir and let sit for 5 to 10 minutes. Use as directed in the recipe.

NOTES

- If most of the shift is low carb, consider spaghetti squash or Banza chickpea pasta (lower carb, high protein pasta).

DIY SPAGHETTI SAUCE

Have time to make a homemade sauce? Choose no salt added products. Sautee onions and garlic, then add remaining ingredients. Simmer on low 30 min.

1/4 c chopped onions	3 tbsp diced garlic
8 tbsp tomato paste	15 oz tomato sauce
1 1/2 tsp sugar	1 1/2 tsp oregano
2 tbsp dried basil	1/8 tsp red pepper flakes
1 1/2 c water	

WHAT IS TEXTURED VEGETABLE PROTEIN (TVP)?

TVP is a soybean based protein that is low in fat and high in protein. Many people automatically associate soy with tofu, and tofu with a slimy, inconsistent texture. TVP resembles ground beef in texture and absorbs seasonings well. TVP does well in chili, tacos, and tomato sauces. Those who still choose to eat meat can incorporate TVP into their diet on “Meatless Mondays” or religious holidays like Lent.

CROCKPOT CHICKEN CACCIATORE

Recipe developed by Dietetic Intern Leslie MacManus

A slow cooker is great for busy people. It allows for one-step preparation to an entire balanced meal. The gist behind a slow cooker is that you place all the meal's ingredients in the slow cooker and turn the dial to whichever cooking style you prefer (low or high). You can then go about your day and come home hours later to a fully cooked meal ready to eat! Give a slow cooker a try with this chicken cacciatore recipe.

GROCERY LIST

6 people	10 people	14 people
3 lb boneless, skinless chicken thighs	5 lb boneless, skinless chicken thighs	7 lb boneless, skinless chicken thighs
2 bell peppers	4 bell peppers	5 bell peppers
1, 8 oz container baby Bella mushrooms	2, 8 oz container baby Bella mushrooms	3, 8 oz container baby Bella mushrooms
2 garlic cloves	3 garlic cloves	5 garlic cloves
1, 28 oz can crushed tomatoes	2, 28 oz can crushed tomatoes	3, 28 oz can crushed tomatoes
1 can chicken broth	2 cans chicken broth	2 cans chicken broth
2, 3.55 oz container capers	3, 3.55 oz container capers	5, 3.55 oz container capers
1, 16 oz pack Linguine	1, 16 oz pack Linguine	2, 16 oz pack Linguine
Salt, pepper, oregano, red pepper flakes	Salt, pepper, oregano, red pepper flakes	Salt, pepper, oregano, red pepper flakes
\$34.40 total (\$5.73 per person)	\$53.18 total (\$5.32 per person)	\$73.24 total (\$5.23 per person)



PREP MINUTES



COST PER PERSON

INGREDIENTS LIST

6 people	10 people	14 people
3 lb boneless, skinless chicken thighs	5 lb boneless, skinless chicken thighs	7 lb boneless, skinless chicken thighs
2 bell peppers, chopped	4 bell peppers, chopped	5 bell peppers, chopped
8 oz (1 cup) baby Bella mushrooms, sliced	16 oz (2 cups) baby Bella mushrooms, sliced	24 oz (3.5 cups) baby Bella mushrooms, sliced
2 garlic cloves, minced	3 garlic cloves, minced	5 garlic cloves, minced
1, (28 oz) can crushed tomatoes	2, (28 oz) can crushed tomatoes	3, (28 oz) can crushed tomatoes
½ cup chicken broth	1 cup chicken broth	1 cup chicken broth
1 tsp dried oregano	1 ¾ tsp dried oregano	2 tsp dried oregano
¼ tsp red pepper flakes	½ tsp red pepper flakes	¾ tsp red pepper flakes
1/3 cup capers	½ cup capers	¾ cup capers
8 oz Linguine, cooked	13 oz Linguine, cooked	18 oz Linguine, cooked
Kosher salt	Kosher salt	Kosher salt
Freshly ground black pepper	Freshly ground black pepper	Freshly ground black pepper

Nutrition: 1/6th of recipe, 517 calories, 44g carbohydrate, 17g fat, 49g protein, 7g fiber

DIRECTIONS

- 1) Season chicken on both sides with salt and pepper and place in a slow cooker.
- 2) Add peppers, mushrooms, garlic, tomatoes, and broth, then season with oregano, red pepper flakes, salt and pepper.
- 3) Cover and cook on low for 6 to 8 hours or on high for 3 to 4 hours, until chicken is cooked through.
- 4) Remove chicken from slow cooker and stir capers into sauce.
- 5) Serve chicken over cooked pasta with sauce.



BENEFITS OF CHICKEN

Chicken and other poultry have been popular substitutes for red meat due to the lower saturated fat content. When it comes to poultry, some people prefer the dark meat in chicken thighs over white meat in chicken breast, as it can be more flavorful and tender. Cooking the chicken thighs with the skin on will help to keep the chicken moist, while removing it before eating will reduce the total calories and fat content.

KEEP IT SAFE

As with any type of poultry, food safety is still important! Be sure to wash your hands with soap and water before and after handling the raw chicken. If you bought frozen chicken for your dish, thaw it in the refrigerator on the bottom shelf. Ensure the chicken is cooked to an internal temperature of 165 degrees Fahrenheit – even in a slow cooker. Lastly, proper storage of leftovers is part of food safety. Leftovers should be refrigerated within two hours of being cooked and reheated to 165 degrees Fahrenheit. It is recommended to eat leftovers within three to four days.

CROCKPOT SALSA VERDE CHICKEN

Recipe developed by Dietetic Intern Moira Cain

This delicious chicken dish only has eight ingredients in it and prep takes five minutes. Dump all the ingredients into a crock pot and let it go for four to five hours. Once the hours have passed, you'll have delicious shredded and saucy chicken to eat!

The fajita veggies suggested here are a dupe for the veggies at Chipotle. Plus, they are a great way to get micronutrients into your diet! They can be made in fifteen minutes in a skillet.

Brown rice is a great addition, as it has more fiber than white rice does. Brown rice still has the bran on the outside, which adds more micronutrients including magnesium and selenium. The fiber lowers the glycemic index of the food, meaning that it is less likely to cause a drop in blood sugar later in the day.

GROCERY LIST

6 people	10 people	14 people
3 lb boneless, skinless chicken thighs	5 lb boneless, skinless chicken thighs	7 lb boneless, skinless chicken thighs
1, 6 count chicken bouillon cubes	1, 6 count chicken bouillon cubes	2, 6 count chicken bouillon cubes
2 limes	3 limes	4 limes
1 head garlic	2 heads garlic	2 heads garlic
1 bunch cilantro	1 bunch cilantro	1 bunch cilantro
2, 16 oz jar tomatillo salsa	2, 16 oz jar tomatillo salsa	3, 16 oz jar tomatillo salsa
1, 2 lb bag brown rice	1, 2 lb bag brown rice	2, 2 lb bag brown rice
2 green bell peppers	5 green bell peppers	7 green bell peppers
1 large red onion	3 large red onion	4 large red onion
Oregano, cumin	Oregano, cumin	Oregano, cumin
\$39 total (\$7.03 per person)	\$54 total (\$5.68 per person)	\$74 total (\$5.58 per person)



PREP MINUTES



COST PER PERSON

INGREDIENTS LIST

6 people	10 people	14 people
Verde Chicken 3 lb chicken thighs 3 chicken bouillon cubes ¾ tsp ground cumin Juice from 2 limes 5 cloves garlic, minced or pressed 1/3 cup fresh cilantro (measured prior to chopping), chopped finely 18 oz tomatillo salsa 1 ½ cups brown rice	Verde Chicken 5 lb chicken thighs 5 chicken bouillon cubes 1 ¼ tsp ground cumin Juice from 3 limes 8 cloves garlic, minced or pressed 2/3 cup fresh cilantro (measured prior to chopping), chopped finely 30 oz tomatillo salsa 2 ½ cups brown rice	Verde Chicken 7 lb chicken thighs 7 chicken bouillon cubes 1 ¾ tsp ground cumin Juice from 4 limes 11 cloves garlic, minced or pressed ¾ cup fresh cilantro (measured prior to chopping), chopped finely 42 oz tomatillo salsa 3 ½ cups brown rice
Fajita Veggies ¼ cup olive oil 2 large green peppers, sliced 1 large red onion, thinly sliced ½ tsp dried oregano ½ tsp salt	Fajita Veggies ½ cup olive oil 5 large green peppers, sliced 2 ½ large red onion, thinly sliced 1 ¼ tsp dried oregano 1 ¼ tsp salt	Fajita Veggies ¾ cup olive oil 7 large green peppers, sliced 3 ½ large red onion, thinly sliced 1 ¾ tsp dried oregano 1 ¾ tsp salt

Nutrition: 1/6th of recipe (8 oz chicken, ½ cup rice, ½ cup veggies), 460 calories, 22g carbohydrate, 22g fat, 41g protein, 3g fiber

DIRECTIONS

Verde Chicken:

1. Place chicken thighs in the bottom of the slow cooker.
2. Add all other ingredients on top.
3. Cook on high for 4 hours (or medium for 6, low for 8)
4. 30 minutes prior to serving, start cooking brown rice.
5. Break apart chicken and serve with rice.

Fajita Veggies:

1. In a large skillet, heat the oil over medium-high heat until shimmering. Add the peppers, onions, oregano, and salt.
2. Heat until slightly softened but still tender-crisp, about 7 minutes. Remove from heat and serve.

MEATLESS OPTION: If there are members of the shift who do not eat meat, try using tofu instead of chicken. Black or Pinto beans would be a good replacement as well.

NOTES

- May require 2 slow cookers for larger shifts.
- This chicken could also be served on whole grain tortillas, or cauliflower rice for added vegetables



WHY IS CHICKEN BETTER FOR YOU?

Chicken is a great option for those who want to eat meat. It is high in protein, which helps maintain muscle mass. It is also low in LDL cholesterol, which is the “bad” kind of cholesterol. Eating leaner meats, like chicken, will lower your LDL cholesterol levels and reduce risk of heart disease. Chicken is a great source of Selenium, which is a mineral that has been shown to fight cancer. Selenium also has a positive effect on the incidence of inflammatory diseases, cardiovascular diseases and neurological diseases.

CROCKPOT THAI PEANUT CHICKEN

Recipe developed by Dietetic Intern Alexis Mateer

This is a no-fuss, easy Thai dish delivering subtle, sweet peanut flavor. The crockpot will do all the cooking for you—that's what makes this recipe so simple. Serve chicken over brown rice, noodles, or in large lettuce leaves for a lettuce wrap version of the recipe. To make vegetarian, try substituting textured vegetable protein (TVP) for the chicken. Larger shifts may require two or more crockpots to fit everything.

GROCERY LIST

6 people	10 people	14 people
3 lb boneless, skinless chicken breast	5 lb boneless, skinless chicken breast	7 lb boneless, skinless chicken breast
2 red bell peppers	3 red bell peppers	4 red bell peppers
1 yellow bell pepper	2 yellow bell peppers	3 yellow bell peppers
2 white onion	3 white onion	4 white onion
1, 16 oz jar chunky peanut butter	1, 16 oz jar chunky peanut butter	1, 16 oz jar chunky peanut butter
1, 4.5 oz container lime juice	1, 4.5 oz container lime juice	1, 4.5 oz container lime juice
1, 32 oz container chicken broth	1, 32 oz container chicken broth	1, 32 oz container chicken broth
1, 10 fl.oz bottle all-purpose soy sauce	1, 10 fl.oz bottle all-purpose soy sauce	1, 10 fl.oz bottle all-purpose soy sauce
1, 12 oz container honey	1, 12 oz container honey	1, 12 oz container honey
1 lb bag diced/chopped peanuts	1 lb bag diced/chopped peanuts	1 lb bag diced/chopped peanuts
Pick one: 1lb bag brown rice, 1 head of lettuce, 2 14oz box rice noodles	Pick one: 1lb bag brown rice, 1 head of lettuce, 3 14oz box rice noodles	Pick one: 2 1lb bag brown rice, 1 head of lettuce, 4 14oz box rice noodles
<i>Optional: 1 bunch fresh cilantro</i>	<i>Optional: 1 bunch fresh cilantro</i>	<i>Optional: 1 bunch fresh cilantro</i>
\$30 total (\$4.91 per person)	\$38 total (\$3.77 per person)	\$45 total (\$3.20 per person)



PREP MINUTES



COST PER PERSON

INGREDIENTS LIST

6 people	10 people	14 people
2 red bell peppers, sliced	3 red bell peppers, sliced	4 red bell peppers
1 yellow bell pepper, sliced	2 yellow bell peppers, sliced	3 yellow bell peppers
2 white onions, chopped	3 white onion, chopped	4 white onions. chopped
3 lb chicken breast	5 lb chicken breast	7 lb chicken breasts
¾ cup chunky peanut butter	1 ¼ cup chunky peanut butter	1 ¾ cup peanut butter
1 ½ tbsp. lime juice	2 ½ tbsp. lime juice	3 ½ tbsp. lime juice
¾ cup chicken broth	1 ¼ cup chicken broth	1 ¾ cup chicken broth
1/3 cup soy sauce	2/3 cup soy sauce	¾ cup & 2 tbsp. soy sauce
3 tbsp. honey	1/3 cup honey	½ cup honey
Choose one: 2 ½ cup uncooked rice, 24oz uncooked rice noodles, 6 large lettuce leaves	Choose one: 4 ½ cup uncooked rice, 36oz uncooked rice noodles, 10 large lettuce leaves	Choose one: 6 ½ cup uncooked rice, 56oz uncooked rice noodles, 14 large lettuce leaves
1/3 cup crushed/chopped peanuts	2/3 cup crushed/chopped peanuts	¾ cup crushed/chopped peanuts
1/3 cup cilantro, chopped (optional)	2/3 cup cilantro, chopped (optional)	¾ cup cilantro, chopped (optional)

Nutrition: 1 serving (½ pound of the Thai peanut chicken) contains 569 calories, 23g carbohydrates, 27g fat, 61g protein, 4g fiber. If paired with rice or noodles, nutrient amounts will increase.

DIRECTIONS

- 1) Place peppers and onion at bottom of crock pot. This will act as a “stand” for the chicken, so it doesn’t dry out.
- 2) Place the chicken on top.
- 3) In a bowl, mix peanut butter, lime juice, chicken broth, soy sauce, and honey. Pour sauce over chicken.
- 4) Cook on high for 3-4 hours or for 6 hours on low. When 15 minutes of cooking time remain, shred chicken with two forks. Cover and continue cooking for remainder of time. If choosing rice or noodles as serving option, cook the rice or noodles on stove top in water. If using lettuce leaves, wash under cold water.
- 5) Remove chicken from crock pot and serve over brown rice, noodles, or in large lettuce leaves for lettuce wraps.
- 6) Top with peanuts and, if desired, cilantro.

VEGETARIAN OPTION FOR PART OF THE SHIFT: to make this dish a vegetarian option, replace chicken with TVP and chicken broth with vegetable broth. Add dry TVP straight to crock pot, stir into sauce to completely wet.

NOTES

- Serving options include large lettuce leaves, brown rice, or noodles
- Lettuce leaves could be romaine, iceberg, green leaf, or butter and are a great low carb option.
- If noodles are chosen as the serving option, in the store look for uncooked rice noodles. You may find them in packages labeled “Stir-Fry Rice Noodles”.
- To cut sodium in this recipe, use low-sodium soy sauce
- Larger recipe yields require larger crock pots, or use of multiple crock pots
- To make the peanut sauce spicy try adding some red pepper flakes, sriracha, or diced jalapenos.

WHY BROWN RICE?

Brown rice has more fiber than white pasta; this means it will keep you fuller longer than regular white rice. If you are unsure about making the switch from white to brown rice, try starting with half brown and half white rice until the texture/flavor grows on you.

TURKEY & BEAN CHILI

Recipe developed by Captain Larry Murray (21B)

Chili is a great way to cut back on animal protein and load up on plant-based protein. Beans are high in fiber and can help reduce cholesterol. No time? Toss all ingredients into a slow cooker and simmer for 1-3 hours (after cooking turkey on the stove top). For larger stations, this may require two large slow cookers. Otherwise, this recipe comes together quickly on the stovetop in 30 minutes or less.

GROCERY LIST

6 people	10 people	14 people
2, (15.5 oz) cans black beans	5, (15.5 oz) cans black beans	7, (15.5 oz) cans black beans
2, (15.5 oz) cans red beans	5, (15.5 oz) cans red beans	7, (15.5 oz) cans red beans
2, (15.5 oz) cans kidney beans	5, (15.5 oz) cans kidney beans	7, (15.5 oz) cans kidney beans
2, (10 oz) cans diced tomatoes with green chiles	5, (10 oz) cans diced tomatoes with green chiles	7, (10 oz) cans diced tomatoes with green chiles
2, 14.5 oz cans diced tomatoes	5, 14.5 oz cans diced tomatoes	7, 14.5 oz cans diced tomatoes
2, 6 oz cans tomato paste	4, 6 oz cans tomato paste	7, 6 oz cans tomato paste
1, 25 oz can tomato sauce	2, 25 oz can tomato sauce	3, 25 oz can tomato sauce
3 lb ground turkey (85% lean)	5 lb ground turkey (85% lean)	7 lb ground turkey (85% lean)
1, 8 oz bag shredded cheese	1, 8 oz bag shredded cheese	2, 8 oz bag shredded cheese
2 boxes cornbread mix	4 boxes cornbread mix	4 boxes cornbread mix
1, 15 oz can sweet creamed corn	2, 15 oz can sweet creamed corn	2, 15 oz can sweet creamed corn
1 half gallon skim milk	1 half gallon skim milk	1 half gallon skim milk
1 dozen eggs	1 dozen eggs	1 dozen eggs
2 bags salad mix	4 bags salad mix	5 bags salad mix
<i>Optional: avocado, light sour cream</i>	<i>Optional: avocado, light sour cream</i>	<i>Optional: avocado, light sour cream</i>
\$37 total (\$6.22 per person)	\$66 total (\$6.66 per person)	\$59 total (\$6.70 per person)

Staple Items: Chili powder, cumin, garlic powder



PREP MINUTES



COST PER PERSON

INGREDIENTS LIST

6 people	10 people	14 people
2 cans black beans	5 cans black beans	7 cans black beans
2 cans red beans	5 cans red beans	7 cans red beans
2 cans kidney beans	5 cans kidney beans	7 cans kidney beans
2 cans diced tomatoes with green chiles	5 cans diced tomatoes with green chiles	7 cans diced tomatoes with green chiles
2 cans diced tomatoes	5 cans diced tomatoes	7 cans diced tomatoes
2 cans tomato paste	5 cans tomato paste	7 cans tomato paste
1 can tomato sauce	2 cans tomato sauce	3 cans tomato sauce
3 lb lean ground turkey	5 lb lean ground turkey	7 lb lean ground turkey
1 tbsp Chili powder	1.5 tbsp Chili powder	2 tbsp Chili powder
1 tbsp Cumin	1.5 tbsp Cumin	2 tbsp Cumin
1 tbsp Garlic Powder	1.5 tbsp Garlic Powder	2 tbsp Garlic Powder

Nutrition: Chili 2 cups (1/6th serving), 675 cal, 142g carbohydrate, 17g fat, 96g protein, 9g fiber

DIRECTIONS

- 1) First brown the ground turkey in a pan until fully cooked. If time allows all chili ingredients can be added to slow cooker and cooked at least 1 hour or more.
- 2) Otherwise, add all chili ingredients, including the browned turkey, and seasonings to a pot and bring to a simmer. Add water if soupier texture is desired.
- 3) Let simmer on low for at least 30 minutes (the longer it simmers the better the flavor).
- 4) Serve with prepared salad and corn bread mix and top with toppings of choice.

CORNBREAD: follow box instructions and add sweet creamed corn to batter if desired

MEATLESS OPTION: consider Textured Vegetable Protein (TVP) as a vegan replacement for ground meat. Use 1/3 lb of TVP and 1 1/3 cups of boiling water or broth. Place dry TVP in a bowl and pour boiling water or broth over the granules. Stir and let sit for 5 to 10 minutes. Use as directed in the recipe.

NOTES

- It is not necessary to buy reduced sodium beans. Rinsing and draining the beans (time permitting) using a strainer reduces up to 2/3 of the sodium
- Prices shown are based on Safeway with use of a shopper's card for discounts
- Eggs and milk may not be necessary to purchase as these are staple items and may already be in fridge reducing total cost
- Spices not included in grocery list
- Sweetened cream corn is to add to corn bread and may be removed



HOW DO BEANS LOWER CHOLESTEROL?

High cholesterol is a common concern for firefighters. A daily serving of beans can help! Just ¾ cup of beans per day can help lower LDL (“bad”) cholesterol by 5% in 6 weeks. Beans are high in soluble fiber. Soluble fiber can reduce the absorption of cholesterol into your bloodstream. Oatmeal, apples, pears, and Brussels sprouts are other good sources of soluble fiber. The fiber and protein in beans also helps keep you full, which is important after a busy day of running calls.

If gas or stomach discomfort occurs after eating beans, consider taking Beano before eating. Beano contains an enzyme that helps with the digestion of beans and must be taken before eating to work effectively.

CROCKPOT SLOPPY JOES

Recipe developed by Dietetic Intern Jacqueline Choffo

Have a few people on your shift that avoid vegetables like the plague? These sloppy joes hide at least 1/3 cup vegetables per serving. A bagged salad mix is usually the easiest side option but consider fresh corn on the cobb or green beans in the summer months.

This recipe can be cooked stovetop or in a slow cooker. Larger shifts may require two slow cookers to fit everything. If you have time, try the homemade sloppy joe sauce. If not, the store-bought version is fine. Note that both the store bought, and the homemade version of the sauce can be high in sugar. The goal of this recipe is to make the classic sloppy joe a bit lower in fat and sneak some extra veggies (fiber) in.

GROCERY LIST

6 people	10 people	14 people
3 lbs of lean ground turkey (at least 90/10)	5 lbs of lean ground turkey (at least 90/10)	7 lbs of lean ground turkey (at least 90/10)
1 medium onion	2 medium onions	3 medium onions
1 lb bag carrots	1 lb bag carrots	1 lb bag carrots
2 small zucchinis	3 small zucchinis	4 small zucchinis
2 small yellow squashes	3 small yellow squashes	4 small yellow squashes
2, (15 oz) cans sloppy joe sauce	3, (15 oz) cans sloppy joe sauce	5, (15 oz) cans sloppy joe sauce
1 container of chili powder	1 container of chili powder	1 container of chili powder
1 package of whole wheat Kaiser buns	2 package of whole wheat Kaiser buns	2 package of whole wheat Kaiser buns
1 package of cheddar cheese slices	1 package of cheddar cheese slices	2 package of cheddar cheese slices
1 container of bread and butter pickles	1 container of bread and butter pickles	1 container of bread and butter pickles
2 bags salad mix	4 bags salad mix	5 bags salad mix
<i>Optional: coleslaw, avocado</i>	<i>Optional: coleslaw, avocado</i>	<i>Optional: coleslaw, avocado</i>
\$39 total (\$6.50 per person)	\$60 total (\$6.00 per person)	\$80 total (\$5.70 per person)



PREP MINUTES



COST PER PERSON

INGREDIENTS LIST

6 people	10 people	14 people
3 lbs lean ground turkey	5 lbs lean ground turkey	7 lbs lean ground turkey
1 medium onion, grated	2 medium onions, grated	3 medium onions, grated
¾ cup carrot, grated	1 ¼ cup carrot, grated	2 cups carrot, grated
2 small zucchinis, grated	3 small zucchinis, grated	4 small zucchinis, grated
2 small yellow squash, grated	3 small yellow squash, grated	4 small yellow squash, grated
2 cans sloppy joe sauce	3 cans sloppy joe sauce	4 cans sloppy joe sauce
1 tbsp chili powder	2 tbsp chili powder	3 tbsp chili powder
6 -12 whole grain buns	10-16 whole grain buns	14-20 whole grain buns
6 slices cheddar cheese	10 slices cheddar cheese	14 slices cheddar cheese

Nutrition: 1 sandwich (1/6th serving), 575 cal, 52 carbohydrate, 29g fat, 57g protein, 5g fiber

DIRECTIONS

- 1) Turn crockpot to high and set aside
- 2) In a large, non-stick skillet, brown ground turkey over medium-high heat. While turkey is browning, grate onion, carrot, zucchini and yellow squash using a food processor, or by hand with a large box grater.
- 3) Once turkey is browned, drain fat and liquid well. Place into crockpot and sprinkle with chili powder.
- 4) Replace non-stick skillet to heat. Place grated vegetables into hot pan and sprinkle with pepper. Sautee until the water from the vegetables has evaporated and vegetables are tender (about 7 minutes).
- 5) Pour cooked vegetables over meat in the crockpot.
- 6) Pour sloppy joe sauce over vegetables and turkey in the crockpot. Stir to coat everything evenly.
- 7) Cover and cook 3-4 hours, stirring occasionally. Serve over slightly toasted buns or lettuce wraps.

LOW CARB OPTION: spoon slightly cooled sloppy joe onto a butter lettuce leaf or romaine lettuce heart.

MEATLESS OPTION: consider Textured Vegetable Protein (TVP) as a vegan replacement for ground meat. Use 1/3 lb of TVP and 1 1/3 cups of boiling water or broth. Place dry TVP in a bowl and pour boiling water or broth over the granules. Stir and let sit for 5 to 10 minutes. Use as directed in the recipe.

NOTES

- May require 2 slow cookers for larger shifts.
- If salad and sandwich do not seem like enough, consider the following as sides:
 - Corn on the cobb
 - Sautéed green beans
 - Fresh fruit: watermelon, fresh peaches, strawberries, blueberries

DIY SLOPPY JOE SAUCE

Have time to make a homemade sauce? Combine the following and allow to simmer 5 minutes before adding to the crockpot.

¾ c ketchup	1 tbsp Worcestershire sauce
1 tbsp brown sugar	½ tsp garlic powder
½ tsp onion powder	½ tsp garlic salt
1 tsp Dijon mustard	

CAN I SUBSTITUTE LEAN GROUND BEEF?

Absolutely, in moderation! Keep in mind the **American Heart Association recommends no more than 18 oz red meat per week, or roughly 2.5 oz per day.** If you and most of your shift are already limiting red meat, go ahead and opt for a lean red meat every other shift. Choose at least 95% lean ground beef. The primary concern with red meat is the saturated fat content, which may raise LDL or “bad” cholesterol. Another concern is the rest of the diet and exercise routine. Diet high in red meat are associate with higher sugar intakes, lower fiber intakes, and less exercise. You may have a little more wiggle room if you focus on fruits and vegetables, limit added sugar, and exercise regularly.

CROCKPOT CHICKEN QUINOA SOUP

Recipe developed by Dietetic Intern David Cover

This is a recipe that packs a huge nutritional punch. This soup is high in lean protein while providing an abundance of the healthy carbohydrates needed to fuel your workouts.

This is an easy dinner to make when you have both time and budget constraints. Chop up the vegetables and toss all the ingredients into a slow cooker for 4-5 hours and that's it! With less than \$5 per person and 10 minutes of prep you can enjoy this delicious meal! When preparing this recipe for a shift of 10 or more, two large slow cookers may be required.

GROCERY LIST

6 people	10 people	14 people
5 lb chicken breast package	5 lb chicken breast package	2, 5 lb chicken breast packages
1, (16 oz) quinoa package	1, (16 oz) quinoa package	1, (16 oz) quinoa package
3 lb bag of sweet potatoes	2, 3 lb bag of sweet potatoes	2, 3 lb bag of sweet potatoes
2, (15.25 oz) can of black beans	3, (15.25 oz) can of black beans	5, (15.25 oz) can of black beans
2, (14.5 oz) can of diced tomatoes	3, (14.5 oz) can of diced tomatoes	5, (14.5 oz) can of diced tomatoes
0.5 medium yellow onion	1 medium yellow onion	1.5 medium yellow onions
1 garlic bulb	1 garlic bulb	1 garlic bulb
2 packets chili seasoning mix	3 packets chili seasoning mix	4 packets chili seasoning mix
2, (32 oz) container of chicken broth	3, (32 oz) container of chicken broth	4, (32 oz) container of chicken broth
<i>Optional: tortilla strips</i>	<i>Optional: tortilla strips</i>	<i>Optional: tortilla strips</i>
\$25 total (\$4.10 per person)	~ \$31 total (\$3.06 per person)	~ \$45 total (\$3.19 per person)



PREP MINUTES



COST PER PERSON

INGREDIENTS LIST

6 people	10 people	14 people
3 lbs chicken breast	5 lbs chicken breast	7 lbs chicken breast
1 cup quinoa	1.5 cup quinoa	2.5 cups quinoa
2 lbs sweet potato	3.5 lbs sweet potato	4.5 lbs sweet potato
2 cans black beans	3 cans black beans	5 cans black beans
2 cans diced tomatoes	3 cans diced tomatoes	5 cans diced tomatoes
1 diced medium yellow onion	1.5 diced medium yellow onion	2.5 diced medium yellow onion
2 tsp minced garlic	4 tsp minced garlic	5 tsp minced garlic
2 packets chili seasoning mix	3 packets chili seasoning mix	4 packets chili seasoning mix
7 cups chicken broth	10 cups chicken broth	13 cups chicken broth

Nutrition: 2 cups (1/6th serving), 540 cal, 44g carbohydrate, 5g fat, 69g protein, 10 g fiber

DIRECTIONS

- 1) Add chicken breast to the slow cooker.
- 2) Add rinsed quinoa to the slow cooker.
- 3) Chop the sweet potatoes in to cubes and add to the slow cooker.
- 4) Drain and rinse black beans and add to the slow cooker.
- 5) Add drained diced tomatoes to the slow cooker.
- 6) Add minced garlic, diced yellow onion, and chili seasoning mix to the slow cooker.
- 7) Add chicken broth to the slow cooker.
- 8) Cook on high for 4-6 hours until chicken is cooked.
- 9) Once chicken is finished cooking, remove from slow cooker, shred the chicken, and add back into the slow cooker to mix.
- 10) Add tortilla strips as desired for a crunchy topping.

MEATLESS OPTION: Consider the use of Tofu or Textured Vegetable Protein (TVP) as a vegan replacement for meat. Add tofu or TVP into the slow cooker for the last 30 minutes of cooking.

TVP Preparation: Use 1/3 lb of TVP and 1 1/3 cups of boiling water or broth. Place dry TVP in a bowl and pour boiling water or broth over the granules. Stir and let sit for 5 to 10 minutes.

NOTES

- Never consume poultry that is raw or undercooked. Always ensure the internal temperature of the cooked chicken is 165F using a cooking thermometer.
- Since this recipe is so quick and easy to prepare, it can be prepared early in the day and placed into the slow cooker when appropriate.
- Larger recipes may require the use of two large slow cookers.
- If you like a little extra spice, top the soup with red pepper flakes or hot sauce after it is cooked.

ARE MEATLESS OPTIONS AS GOOD AS CHICKEN?

Both tofu and TVP are soy-based proteins that are low in saturated fat and high in protein, while providing substantially less calories per serving compared to traditional meat options. In addition to this, many of these meat alternatives are nutrient dense. They are a great source of calcium, iron, phosphorus, and manganese. Both tofu and TVP can be prepared to resemble common meat products, and both readily absorb the seasonings and sauces they are cooked in. Consider the addition of meatless alternatives in future cooking, they are an easy and nutritious add on to cooking that does not significantly alter the texture of meals.

CROCKPOT BUTTERNUT SQUASH SOUP

Recipe developed by Dietetic Intern Rachell Burgos

This dish is a delicious, easy to make recipe. This hearty meal will provide you with the energy necessary to best perform during your shift while also experiencing a variety of flavors and textures. For those who desire a vegetarian option, skip the chicken and eat the soup as is. This pasta is also safe for those with dairy intolerances.

This fall and winter must-have recipe can fit into your healthy diet in the appropriate portions. During slower days, enjoy it in a smaller portion than normal. During busier day, have another ½ to 1 cup serving. Enjoy at least 1-2 cups of salad or other vegetable with this dish.

GROCERY LIST

6 people	10 people	14 people
1.5 lbs boneless skinless chicken breasts	2.5 lbs boneless skinless chicken breasts	3 lbs boneless skinless chicken breasts
1, 16 oz bag quinoa	1, 16 oz bag quinoa	1, 16 oz bag quinoa
1 small butternut squash	1.5 small butternut squash	2 small butternut squash
1, (15.25 oz) can kidney beans	1.5, (15.25 oz) can kidney beans	2, (15.25) oz can kidney beans
1, (15 oz) can corn	1.5, (15 oz) can corn	2, (15 oz) can corn
1, (14.5 oz) can petite diced tomatoes	1.5, (14.5 oz) can petite diced tomatoes	2, (14.5 oz) can petite diced tomatoes
1, 9 oz container minced garlic	1, 9 oz container minced garlic	1, 9 oz container minced garlic
1 packet fajita seasoning	2 packets fajita seasoning	2 packets fajita seasoning
1, 32 oz container chicken broth	1, 32 oz container chicken broth	2, 32 oz container chicken broth
Salt and pepper to taste	Salt and pepper to taste	Salt and pepper to taste
<i>Optional: fresh parsley</i>	<i>Optional: fresh parsley</i>	<i>Optional: fresh parsley</i>
\$16.43 total (\$2.74 per person)	\$25.46 total (\$2.55 per person)	\$32.87 total (\$2.35 per person)



HOURS



COST PER PERSON

INGREDIENTS LIST

6 people	10 people	14 people
1.5 lbs chicken breasts	2.5 lbs chicken breasts	3.5 lbs chicken breasts
0.5 cup quinoa	0.75 cup quinoa	2 cups quinoa
1 small butternut squash	1.5 small butternut squash	2 small butternut squash
1 can kidney beans	1.5 cans kidney beans	2 cans kidney beans
1 can corn	1.5 cans corn	2 cans corn
1 can petite diced tomatoes	1.5 cans petite diced tomatoes	2 cans petite diced tomatoes
2 tsp minced garlic	3 tsp minced garlic	4 tsp minced garlic
1 packet fajita seasoning mix	1.5 packet fajita seasoning mix	2 packet fajita seasoning mix
4 cups chicken broth	6 cups chicken broth	8 cups chicken broth
Salt and pepper to taste	Salt and pepper to taste	Salt and pepper to taste

Nutrition: 1.5 cup, 385 calories, 51g carbohydrates, 5.8g fat, 32g protein, 8.6g fiber

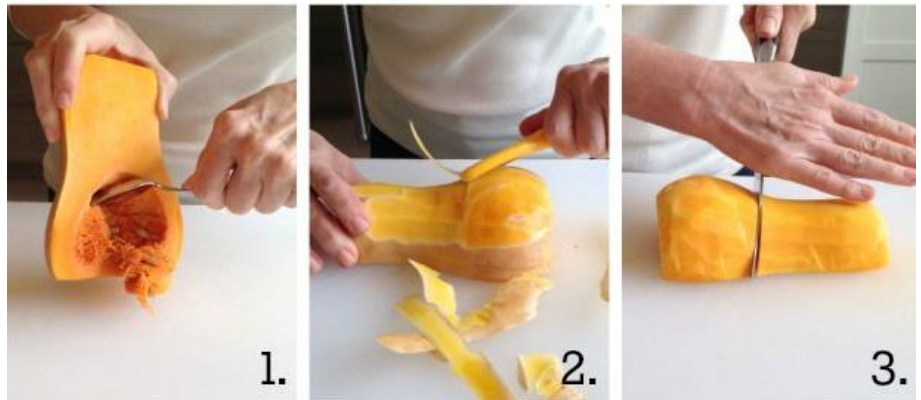
DIRECTIONS

- 1) Remove fat from chicken. Rinse the quinoa to remove the bitter saponin coating.
- 2) Peel, seed, and chop the butternut squash into small bite-sized pieces.
- 3) Rinse and drain the kidney beans and corn.
- 4) Lightly grease your slow cooker with nonstick spray. Add in the chicken, quinoa, chopped squash, kidney beans, corn, undrained tomatoes, garlic, and fajita seasoning packet.
- 5) Pour in the chicken broth and give everything a good stir.
- 6) Cover and cook on high for 3-4 hours or until the quinoa is cooked through and the squash is very tender.
- 7) Remove some of the squash and mash it with a potato masher and then put it back in the soup. This makes it a bit heartier.
- 8) Add some salt and pepper to taste and any other seasonings desired. Garnish with fresh parsley if desired.

VEGETARIAN OPTION FOR PART OF THE SHIFT: to make this dish a vegetarian option, cook the chicken and in separate pans (or eliminate entirely). Serve the soup and chicken separately.

NOTES

- Larger recipe yields require larger pans – a large stock pot will usually do the trick.
- For quicker prep time, buy pre-cubed butternut squash (if budget allows).
- Add fire roasted petite diced tomatoes for a kick (if budget allows).
- For extra spice top with hot sauce.
- Feel free to use chicken bouillon cubes dissolved in boiling water instead of chicken broth if already on hand.



WHY BUTTERNUT SQUASH?

Butternut squash is an orange winter squash with the great ability to be added into both sweet and savory dishes. Other than its' amazing flavor, butternut squash is packed with fiber, antioxidants, vitamins and minerals. Incorporating it can be easy! Roast it and add eggs for a filling breakfast, shave it thinly and add it to your favorite salads, or mash it, add salt, milk and cinnamon as a side dish.