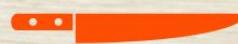




# DAILY DISH!



HEALTHY & DELICIOUS  
15-MINUTE MEALS



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### WELCOME TO DAILY DISH!

You've powered through the day like a superhero, with a winning routine, killing it at work, and taking care of loved ones. But then you arrive at the end of the day and hit a wall.

What's for dinner? You're too exhausted to cook anything complicated, and not inspired enough to come up with something aside from takeout or steamed chicken and a side salad.

### NOT ANYMORE!

With Grokker's Daily Dish, inspiration for a simple 15-minute meal that's both healthy and delicious is right at your fingertips.

Each of these 30 delicious recipes are straightforward and makes it easy to create a quick, home-cooked meal.

Get ready to make weeknight cooking less complicated yet just as delicious as your best weekend masterpiece, even after a long and busy day!



## SHOPPING LIST: WEEK 1

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• Smoked Salmon Sushi Bowl	18
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<u>Protein</u>	<u>Produce</u>	<u>Spices/Seasonings</u>	<u>Pantry</u>
<input type="checkbox"/> Smoked salmon	<input type="checkbox"/> Avocados	<input type="checkbox"/> Sesame seeds	<input type="checkbox"/> Rice vinegar
<input type="checkbox"/> Lean cuts of steak - sirloin, top round roast, bottom round roast, and top sirloin	<input type="checkbox"/> Cucumber	<input type="checkbox"/> Black pepper	<input type="checkbox"/> Honey
<input type="checkbox"/> White fish filets	<input type="checkbox"/> Red onion	<input type="checkbox"/> Salt	<input type="checkbox"/> Brown rice
<input type="checkbox"/> Ground turkey	<input type="checkbox"/> Lemons	<input type="checkbox"/> Fresh mint	<input type="checkbox"/> Soy sauce
<input type="checkbox"/> Chicken breasts	<input type="checkbox"/> Basil	<input type="checkbox"/> Fresh parsley	<input type="checkbox"/> Sesame oil
	<input type="checkbox"/> Parsley	<input type="checkbox"/> Garlic powder	<input type="checkbox"/> Sriracha
	<input type="checkbox"/> 5 cups veggies of choice - spinach, carrots, bell pepper	<input type="checkbox"/> Fresh cilantro	<input type="checkbox"/> Quinoa or bulgur wheat
		<input type="checkbox"/> Minced garlic or ginger powder	<input type="checkbox"/> Olive oil
<u>Dairy</u>	<input type="checkbox"/> Yellow onion	<input type="checkbox"/> Chili powder	<input type="checkbox"/> Flatbread
<input type="checkbox"/> Crumbled feta cheese	<input type="checkbox"/> Iceberg or romaine lettuce	<input type="checkbox"/> Cumin	<input type="checkbox"/> Jarred tomato sauce
<input type="checkbox"/> Fresh mozzarella	<input type="checkbox"/> Tomatoes, whole	<input type="checkbox"/> Paprika	<input type="checkbox"/> Dijon mustard
<input type="checkbox"/> Grated parmesan cheese	<input type="checkbox"/> Cherry tomatoes	<input type="checkbox"/> Oregano	<input type="checkbox"/> Oil spray - avocado or olive oil
<input type="checkbox"/> Shredded cheddar cheese	<input type="checkbox"/> Red onion		<input type="checkbox"/> Panko bread crumbs
	<input type="checkbox"/> Eggplant		<input type="checkbox"/> Whole wheat spaghetti or rice noodles
	<input type="checkbox"/> Bell pepper		<input type="checkbox"/> Creamy peanut butter
			<input type="checkbox"/> Maple syrup
			<input type="checkbox"/> Tomato sauce, canned
			<input type="checkbox"/> Pita bread

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<u>Protein</u>	<u>Produce</u>	<u>Spices/Seasonings</u>	<u>Pantry</u>
<input type="checkbox"/> Large shrimp, peeled and deveined	<input type="checkbox"/> Onion	<input type="checkbox"/> Garlic powder or whole garlic	<input type="checkbox"/> Pasta of choice
<input type="checkbox"/> Ground Italian sausage	<input type="checkbox"/> Lemons	<input type="checkbox"/> Salt	<input type="checkbox"/> Rigatoni
<input type="checkbox"/> Lean ground beef	<input type="checkbox"/> Parsley	<input type="checkbox"/> Pepper	<input type="checkbox"/> Gnocchi
	<input type="checkbox"/> Spinach	<input type="checkbox"/> Red pepper flakes	<input type="checkbox"/> 3 cans garbanzo beans (chickpeas)
	<input type="checkbox"/> 2 bunches Kale	<input type="checkbox"/> Garam masala	<input type="checkbox"/> 3 cans black beans
<u>Dairy</u>	<input type="checkbox"/> Red bell peppers	<input type="checkbox"/> Turmeric	<input type="checkbox"/> Canned coconut milk
<input type="checkbox"/> Butter	<input type="checkbox"/> Frozen corn	<input type="checkbox"/> Ginger powder	<input type="checkbox"/> Instant rice
<input type="checkbox"/> Shredded cheddar cheese	<input type="checkbox"/> Avocado	<input type="checkbox"/> Paprika	<input type="checkbox"/> Cilantro lime salad dressing
<input type="checkbox"/> Grated parmesan cheese	<input type="checkbox"/> Cilantro	<input type="checkbox"/> Chili powder	<input type="checkbox"/> Salsa
<input type="checkbox"/> Plain Greek yogurt	<input type="checkbox"/> Green onions	<input type="checkbox"/> Cumin	<input type="checkbox"/> Olive oil
<input type="checkbox"/> _____		<input type="checkbox"/> Garlic powder	<input type="checkbox"/> Canned tomatoes with green chiles
		<input type="checkbox"/> Onion powder	<input type="checkbox"/> Canned tomato sauce
		<input type="checkbox"/> Smoked paprika	<input type="checkbox"/> Vegetable broth
		<input type="checkbox"/> Sesame seeds	<input type="checkbox"/> Chicken broth
			<input type="checkbox"/> Brown sugar
			<input type="checkbox"/> Soy sauce
			<input type="checkbox"/> Sesame oil

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<u>Protein</u>	<u>Produce</u>	<u>Spices/Seasonings</u>	<u>Pantry</u>
<input type="checkbox"/> Chicken breasts	<input type="checkbox"/> Fresh ginger	<input type="checkbox"/> Salt	<input type="checkbox"/> Sesame oil
<input type="checkbox"/> Frozen dumplings (potstickers)	<input type="checkbox"/> Garlic	<input type="checkbox"/> Fajita seasoning	<input type="checkbox"/> Chicken or veggie stock
<input type="checkbox"/> Lean ground turkey	<input type="checkbox"/> Green onions	<input type="checkbox"/> Taco seasoning	<input type="checkbox"/> Soy sauce
<input type="checkbox"/> Rotisserie chicken	<input type="checkbox"/> Pre-cut carrots	<input type="checkbox"/> Garlic powder	<input type="checkbox"/> Olive oil
<input type="checkbox"/> Salmon fillets	<input type="checkbox"/> Fresh spinach	<input type="checkbox"/> Dried oregano	<input type="checkbox"/> Tortillas
<input type="checkbox"/> Cooked Italian sausage (or veggie sausage)	<input type="checkbox"/> Frozen spinach	<input type="checkbox"/> Pepper	<input type="checkbox"/> Salsa
<input type="checkbox"/> Ground pork	<input type="checkbox"/> Bell peppers	<input type="checkbox"/> Smoked paprika	<input type="checkbox"/> Small hamburger buns
	<input type="checkbox"/> Red onion	<input type="checkbox"/> Onion powder	<input type="checkbox"/> Canned fresh corn
	<input type="checkbox"/> Avocados	<input type="checkbox"/> Crushed red pepper	<input type="checkbox"/> Refried beans
	<input type="checkbox"/> Cucumber		<input type="checkbox"/> Brown sugar
<u>Dairy</u>	<input type="checkbox"/> Cherry tomatoes		<input type="checkbox"/> Stir fry sauce
<input type="checkbox"/> Sour cream	<input type="checkbox"/> Fresh thyme sprigs		
<input type="checkbox"/> Shredded cheddar cheese	<input type="checkbox"/> Broccolini or broccoli		
<input type="checkbox"/> Crumbled feta cheese	<input type="checkbox"/> Green beans		
<input type="checkbox"/> Tzatziki sauce	<input type="checkbox"/> Shallot		
<input type="checkbox"/> Unsalted butter			

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<u>Protein</u>	<u>Produce</u>	<u>Spices/Seasonings</u>	<u>Pantry</u>
<input type="checkbox"/> Rotisserie chicken	<input type="checkbox"/> Avocados	<input type="checkbox"/> Salt and pepper	<input type="checkbox"/> Sweet chili sauce
<input type="checkbox"/> Eggs	<input type="checkbox"/> Mango	<input type="checkbox"/> Red pepper flakes	<input type="checkbox"/> Olive oil
<input type="checkbox"/> Diced pancetta	<input type="checkbox"/> Fresh mint leaves	<input type="checkbox"/> Garlic powder	<input type="checkbox"/> Sesame oil
<input type="checkbox"/> Large shrimp, peeled and deveined	<input type="checkbox"/> Mixed greens	<input type="checkbox"/> Dried oregano	<input type="checkbox"/> Fish sauce
<input type="checkbox"/> Pork chops	<input type="checkbox"/> Limes and lemons	<input type="checkbox"/> Taco seasoning	<input type="checkbox"/> Pasta of choice
<input type="checkbox"/> Tuna pouches	<input type="checkbox"/> Cherry tomatoes	<input type="checkbox"/> Cayenne pepper	<input type="checkbox"/> Penne pasta
	<input type="checkbox"/> Garlic	<input type="checkbox"/> Sesame seeds	<input type="checkbox"/> Veggie or chicken broth
	<input type="checkbox"/> Fresh ginger		<input type="checkbox"/> Pesto
<u>Dairy</u>	<input type="checkbox"/> Red onion	<u>Pantry continued...</u>	<input type="checkbox"/> Sourdough bread
<input type="checkbox"/> Plain Greek yogurt	<input type="checkbox"/> Yellow onion	<input type="checkbox"/> Croutons	<input type="checkbox"/> Thai red curry paste
<input type="checkbox"/> 8 ounce feta cheese block	<input type="checkbox"/> Cilantro	<input type="checkbox"/> Dijon mustard	<input type="checkbox"/> Canned coconut milk
<input type="checkbox"/> Herbed goat cheese	<input type="checkbox"/> Frozen chopped spinach	<input type="checkbox"/> Sriracha or hot sauce	<input type="checkbox"/> Vermicelli noodles
<input type="checkbox"/> Heavy cream	<input type="checkbox"/> Parsley	<input type="checkbox"/> Bread crumbs	<input type="checkbox"/> Balsamic vinegar
<input type="checkbox"/> Grated parmesan cheese	<input type="checkbox"/> Shredded cabbage or coleslaw mix		<input type="checkbox"/> Jarred marinara sauce
<input type="checkbox"/> Mayonnaise	<input type="checkbox"/> Broccoli		<input type="checkbox"/> Corn tortillas
<input type="checkbox"/> Cheese tortellini	<input type="checkbox"/> Frozen peas and carrots		<input type="checkbox"/> Miso paste
			<input type="checkbox"/> Mirin or rice vinegar
			<input type="checkbox"/> Sugar

### THE “JENNIFER” SALAD (6 SERVINGS)

#### Ingredients

- 3 cups quinoa or bulgur wheat, cooked (1 cup uncooked)
- 1 English cucumber, chopped
- 1/2 cup red onion, diced (~1 small onion)
- 1/2 cup fresh parsley
- 1/4 cup fresh mint
- 1 cup crumbled feta
- 1 x 15-ounce can garbanzo beans, rinsed and drained
- 1/2 cup pistachios, chopped
- 1/4 cup lemon juice
- 2 tbsp extra virgin olive oil
- 1 tsp salt and
- 1/2 tsp black pepper

#### Directions

1. In a saucepan, cook the quinoa according to the package directions. Once fully cooked, transfer to a bowl and let cool.
2. While the bulgur is cooking, get chopping! Chop, slice and dice the remaining ingredients and add to the quinoa (or bulgar).
3. In a small bowl, whisk together the lemon juice, olive oil, salt and pepper to make a dressing.
4. Drizzle over the salad and mix everything together. *This salad can be enjoyed at room temperature or keeps well in the fridge for lunch the next day!*





### 10-MINUTE FLATBREAD PIZZAS (4 SERVINGS)

#### Ingredients

- 4 flatbreads
- Jarred tomato sauce
- Sliced fresh mozzarella
- Fresh basil
- Olive oil

#### Directions

1. Turn your oven's broiler on high and move the rack to the top third of the oven.
2. Place flatbread on a large baking sheet and spread each one with a layer of tomato sauce.
3. Add a few slices of mozzarella to each pizza and fill in the gaps with fresh basil. You can add any other topping you like here. Turkey pepperoni, olives, veggies...go crazy!
4. Broil the pizza for 5 minutes, or until the cheese is bubbly and the edges are lightly browned.
5. Once out of the oven, add more fresh basil and a drizzle of olive oil to each pizza.
6. Slice and serve immediately. This pairs nicely with a side salad for a complete dinner.



### PARMESAN-CRUMBED FISH (2 SERVINGS)

#### Ingredients

##### Fish

- 2 firm and skinless white fish filets
- 2 tbsp dijon mustard
- Olive oil or avocado oil spray
- Salt and pepper to taste

##### Crumb topping

- 1/2 cup panko breadcrumbs
- 1 tbsp fresh parsley or 1 tsp dried
- 1/3 cup grated parmesan
- 1/4 tsp garlic powder
- Pinch of salt

#### Directions

1. Preheat your oven to 400F.
2. Combine the crumb ingredients in a bowl and mix well.
3. Sprinkle both sides of the fish with salt and pepper, then spread the mustard on the top of each filet.
4. Press the mustard side of the fish down firmly into the crumb mixture. Spray lightly with oil spray.
5. Bake in oven at 400F for 10-12 minutes. Crumb should be golden and fish should flake in the center once cooked.
6. Plate fish with a simple side salad of mixed greens dressed with fresh squeezed lemon juice, a drizzle of olive oil, and salt and pepper.



## QUICK BLACK BEAN CHILI (4-6 SERVINGS)

### Ingredients

- 2 x 15 oz cans black beans
- 1 tbsp olive oil
- 1 medium onion, chopped
- 1 bell pepper, chopped
- 10 oz can tomatoes with green chilies
- 8 ounces frozen corn or canned
- 8 ounce can tomato sauce
- 3/4 cup vegetable broth
- Spice mix: 1 tbsp cumin, 1 tbsp chili powder, 1/4 tsp garlic powder, 1/4 tsp onion powder, 1/2 tsp regular or smoked paprika, 1 tsp salt
- Optional toppings: greek yogurt, shredded cheddar cheese, diced red onions, cilantro, diced avocado

### Directions

1. Mix the spices in a small bowl and set aside.
2. Add oil to a large pot over medium heat. Add the onions and bell pepper, and cook for 3 to 4 minutes.
3. Add tomatoes, corn, beans, tomato sauce, vegetable broth and spices to the pot.
4. Bring to a boil, cover and simmer for about 15 minutes, stirring until thickened. Serve with your favorite chili toppings!





## ONE-POT SAUSAGE GNOCCHI (2-4 SERVINGS)

### Ingredients

- 1 tbsp olive oil
- 8 oz. ground Italian sausage
- 1 pound store-bought gnocchi
- 2 cups chicken stock
- 3 cups chopped kale
- 1/3 cup grated Parmesan cheese, plus more for serving
- 1 tbsp fresh lemon juice

### Directions

1. Add olive oil to a heavy-bottomed stock pot or Dutch oven over medium heat. Add the sausage and cook it, breaking it apart with a spoon, until fully cooked, about 5 minutes. Transfer cooked sausage to a bowl and set it aside.
2. Add the gnocchi to the pot and cook, stirring, for 1 minute. Add the chicken stock and bring the mixture to a boil; then reduce to a simmer and cook for about 2 minutes.
3. Stir in the kale and cook until tender, about 2 minutes.
4. Stir in the Parmesan cheese and then the cooked sausage.
5. Remove the pot from the heat, stir in the lemon juice and garnish with more Parmesan cheese for serving.





## AIR FRYER SALMON (4 SERVINGS)

### Ingredients

- 4 salmon filets salmon
- ~6 oz each
- 1 tbsp olive oil
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 tbsp brown sugar
- 1/2 tsp smoked paprika
- 1/2 tsp garlic powder
- 1/2 tsp onion powder

### Directions

1. Preheat the air fryer to 400°F.
2. Coat the salmon with oil on a plate, then sprinkle each filet with salt and pepper.
3. Mix the sugar and spices together in a small bowl and rub over the salmon.
4. Add the salmon skin side down to the air fryer basket and cook for about 6-10 minutes (depending on thickness), until flaky.
5. Remove from the air fryer basket and serve with your favorite sides.

*\*Alternate cooking method: Bake at 450°F for 12-15 minutes.*



## PESTO EGGS AND TOAST (1 SERVING)

### Ingredients

- 1 tbsp pesto
- 1 egg
- Pinch of salt
- Pinch of ground black pepper
- Pinch of red pepper flakes
- 1 piece sourdough bread
- 1 ounce herbed goat cheese

### Directions

1. Heat a frying pan over medium heat. Once hot, spread the pesto in a thin layer across the pan as you would cooking oil.
2. When the pesto is warm, crack the egg into the pan. Sprinkle with salt, pepper, and red pepper flakes. Cook the eggs for 4 to 5 minutes or until the whites are set and no longer translucent.
3. Meanwhile, toast the bread and spread the goat cheese on it.
4. Remove the egg from the pan and place it on the toast. Enjoy!



### 10-MINUTE SAUSAGE SKILLET (4 SERVINGS)

#### Ingredients

- 1 tbsp olive oil
- 4 links of cooked Italian sausage of choice (sub veggie), sliced into rounds
- 2 pints (32 oz) cherry tomatoes
- 2 garlic cloves, chopped
- 4 sprigs fresh thyme or 1.5 tsp dried
- 1 pound broccolini trimmed and halved lengthwise (sub broccoli)
- 1/2 teaspoon salt and fresh ground pepper to taste
- 3 tablespoons unsalted butter
- Optional: 1/4 cup broth or water (if pan/mixture is too dry or sticking to pan)

#### Directions

1. Heat oil in a large skillet over medium-high. Add sausage and cook, stirring occasionally, until lightly browned, about 2 minutes.
2. Add tomatoes, garlic, and thyme, stir to combine, and cook, pressing down on some of the tomatoes with the back of a spoon to encourage bursting, about 2 minutes.
3. Add broccolini; season with salt and pepper. Cook, covered, 4-5 minutes.
4. Remove from heat and stir in butter until melted. Serve with crusty bread or rice.





## CRISPY TUNA CAKES (4 PATTIES)

### Ingredients

- 12 oz canned tuna or tuna from pouches, drained
- 1 egg
- 1/4 cup onion, chopped
- 2 tbsp fresh parsley, chopped
- 1 tbsp mayonnaise or greek yogurt
- 1 tsp Sriracha or hot sauce
- Juice of 1/2 lemon
- 1/4 tsp salt
- 1/2 cup bread crumbs
- 1-2 tbsp avocado or olive oil

### Directions

1. Add tuna, onions, and fresh parsley to a large bowl.
2. Whisk in the egg, mayonnaise (or yogurt), Sriracha, and lemon juice.
3. Add the breadcrumbs, and use your hands to gently combine.
4. Divide the mixture into 4 equal portions, about 1/2 cup each. Shape into 4, 1 inch thick patties.
5. Heat the oil in a pan over medium heat.
6. Gently lay the tuna patties in the pan, and cook until browned, about 3-4 minutes on each side. Serve warm with your favorite sides.





### RAINBOW PEANUT NOODLES (4 SERVINGS)

#### Ingredients

- 12 oz whole rice noodles or wheat spaghetti noodles
- 5 cups of chopped veggies like spinach, carrots, bell pepper, edamame or cabbage. Anything you have on hand is great!
- ½ cup cilantro
- Sauce
- 1/2 cup creamy peanut butter
- 2 tsp sriracha
- 5 tbsp soy sauce
- 4 tbsp rice vinegar
- ¼-1/2 cup pasta water
- 1 tbsp maple syrup
- 2 tbsp sesame oil
- 1 tsp garlic, minced
- 1 tsp ginger or ginger powder

#### Directions

1. Cook noodles according to the package directions. Reserve ½ cup noodle/pasta water when draining to use in the sauce.
2. While the pasta cooks, chop your vegetables into bite-sized pieces. .
3. Make the sauce. Add all the sauce ingredients (except the noodle/pasta water) to a bowl and whisk well. Slowly drizzle the noodle water in until the sauce resembles a creamy salad dressing. Amount ranges from ¼ - ½ cup.
4. Once the noodles are done, add all the ingredients to a serving bowl, top with sauce and gently toss until coated.



### SMOKED SALMON SUSHI BOWL (1 SERVING)

#### Ingredients

- 1/2 tsp rice vinegar
- 1/2 tsp honey
- 1 cup cooked brown rice
- 3 ounces smoked salmon
- 1/2 avocado, diced
- 1/2 cup diced cucumber
- 1/2 tsp soy sauce
- 1 tsp toasted sesame oil
- Sriracha and sesame seeds for garnish

#### Directions

1. Combine rice vinegar and honey in a small bowl. Stir into rice and transfer to serving bowl.
2. Top each rice bowl with smoked salmon, and sliced avocado and cucumber. Combine soy sauce and sesame oil in a small bowl and drizzle over everything. Top with sesame seeds and sriracha, if desired.



### KOREAN BEEF RICE BOWLS (4 SERVINGS)

#### Ingredients

- Sauce: 1/4 cup brown sugar (or to taste), 1/4 cup reduced sodium soy sauce, 2 teaspoons sesame oil, 1/2 teaspoon crushed red-pepper flakes, 1/4 teaspoon ground ginger, 1 tsp garlic powder
- 1 pound lean ground beef
- 2 green onions, thinly sliced
- 4 servings of instant rice or leftover rice from meal prep
- Optional toppings: sliced green onion, sesame seeds and sriracha

#### Directions

1. In a small bowl, whisk together sauce ingredients.
2. Heat a little oil in a large skillet over medium high heat. Add ground beef and cook until browned, about 3-5 minutes, making sure to crumble the beef as it cooks; drain excess fat.
3. Stir in sauce mixture and green onions until well combined, allowing to simmer until heated through, about 2 minutes.
4. Serve immediately over quick rice garnished with more green onion and sesame seeds, if desired.





### EASY DUMPLING SOUP (2-4 SERVINGS)

#### Ingredients

- 1 tbsp sesame oil
- 2 tbsp fresh ginger, minced
- 4 garlic cloves, minced
- 6 cups chicken or veggie stock
- 3 tbsp soy sauce
- 1/2 bunch green onions, thinly sliced
- 1 cup pre-cut carrots
- 1/2 tsp salt
- 1.5 lb bag frozen dumplings (potstickers or mini potstickers)
- 2 cups fresh spinach, chopped

#### Directions

1. Heat sesame oil in a soup pot over medium heat. Add the garlic and ginger and sauté until fragrant, about 3 minutes.
2. Add stock, soy sauce, green onions, carrots and salt to the pot and bring to a boil. Add the dumplings (potstickers) to the pot and bring back up to a boil. Cook for 4 minutes.
3. Remove from heat and stir in spinach. Serve topped with sesame seeds.





## PORK GREEN BEAN STIR FRY (4 SERVINGS)

### Ingredients

- 1 pound green beans
- 1 tbsp avocado oil or olive oil
- 1 large shallot, chopped (sub onion)
- Salt, to taste
- 4 garlic cloves, minced
- 1 pound ground pork or your favorite ground protein
- 1/2 teaspoon crushed red pepper (optional)
- 1/4 cup stir fry sauce
- 2 green onions, thinly sliced

### Directions

1. Heat a large skillet over medium heat and coat the bottom with oil.
2. Add in the shallots and a sprinkle of salt. Cook, stirring, for a couple minutes or until the shallots are softened.
3. Toss in the minced garlic and cook until fragrant, about 30 seconds.
4. Add the ground pork and break it up with spatula. Sprinkle on some salt. Cook, stirring occasionally, for 3 to 5 minutes or until no longer pink.
5. Add in the green beans and crushed red pepper if using, cover and cook until the beans are tender-crisp, about 5 minutes.
6. Stir in the stir-fry sauce and turn off the heat. Taste and adjust the seasoning to your liking. Top with scallions and serve!



## AVOCADO MANGO CHICKEN SALAD (2 SERVINGS)

### Ingredients

- 1 cup cooked chicken, shredded
- 1 medium avocado, sliced
- 1 mango, peeled and sliced
- 1/4 cup fresh mint leaves
- 4 cups mixed greens of choice
- Dressing: 1/2 tbsp sweet chili sauce, 2 tsp avocado or olive oil, 1 tsp fish sauce, and lime juice OR your favorite asian dressing

### Directions

1. Slice avocado and mango; and chop mint leaves and chicken into bite-sized pieces.
2. Plate greens and top with chopped fruits and chicken.
3. Mix together salad dressing ingredients and drizzle on salad when ready to serve.





### QUICK COCONUT CURRY SOUP (4 SERVINGS)

#### Ingredients

- 2 tbsp oil
- 3 garlic cloves, chopped
- 1 tablespoon fresh ginger, grated
- 3 tbsp Thai red curry paste
- 8 oz. boneless chicken breast or thighs, sliced
- 4 cups chicken broth
- 1 cup water
- 2 tbsp fish sauce
- 2/3 cup coconut milk
- 6 oz. dried rice vermicelli noodles
- Optional garnishes: lime wedges, sliced red onion, red chilis, cilantro, green onions

#### Directions

1. In a large pot over medium heat, add the oil, garlic, ginger, and Thai red curry paste. Cook for a few minutes until fragrant. Add the chicken and cook for a couple minutes, just until the chicken turns opaque.
2. Add the chicken broth, water, fish sauce, and coconut milk. Bring to a boil. At this point, taste the broth for salt and adjust as needed.
3. Pour the boiling soup over the dried vermicelli noodles in your serving bowls, add a squeeze of lime juice and your garnishes, and serve. The noodles will be ready to eat in a couple minutes.

*\*Alternatively, you can add the noodles to the boiling broth to cook them, and then divide among serving bowls.*



### MISO PORK CHOPS WITH BROCCOLI (2 SERVINGS)

#### Ingredients

- 2 pork chops (about 5oz each)
- 2 tsp sesame oil
- 1 cup broccoli, chopped
- 2 tsp sesame seeds, plus extra to serve
- Miso sauce: 2 tbsp miso paste, 1 tbsp mirin (or rice vinegar), 2 tbsp lime juice, 1 tbsp sugar, 1 tsp dijon mustard

#### Directions

1. Mix the miso sauce ingredients together in a small bowl. Rub a spoonful of the sauce over each pork chop. Reserve the rest to serve with.
2. Heat a non-stick or cast iron pan until hot and bring a pot of water to boil.
3. Drizzle a little oil in the hot pan and cook pork for about 5 mins each side, or until cooked through.
4. Meanwhile, cook the broccoli in the boiling water for 2 mins, then drain. Heat the remaining oil in the same pan, add the broccoli and sesame seeds, and cook for 2 mins. Serve the chops with the broccoli, the remaining miso sauce and an extra sprinkle of sesame seeds.





### GREEK TURKEY BURGERS (4 BURGERS)

#### Ingredients

- 1 cup frozen chopped spinach, thawed
- 1 pound lean ground turkey
- ½ cup crumbled feta cheese
- Spices: ½ tsp garlic powder, ½ teaspoon dried oregano, ¼ teaspoon salt, ¼ teaspoon ground pepper
- 4 small hamburger buns
- 4 tbsp tzatziki
- Sliced cucumber and red onion rings (optional)

#### Directions

1. Preheat a griddle or non-stick pan to medium-high heat.
2. Squeeze excess moisture from spinach and combine the spinach with the ground turkey, feta, and spices in a medium bowl; mix well. Form into four 4-inch patties.
3. Oil the pan and grill the patties until cooked through and no longer pink in the center, 4 to 6 minutes per side (165 degrees F).
4. Assemble the burgers on the buns, topping each with 1 tablespoon tzatziki, 3 cucumber slices and 2 onion rings.



### INSTANT POT FETA PASTA (4 SERVINGS)

#### Ingredients

- 1 lb your favorite pasta (rotini for us)
- 4 cups veggie broth, chicken broth, or water
- 1 pint cherry tomatoes
- 1 tsp garlic powder
- ½ tsp dried oregano
- 8 ounce feta block
- Optional add-ins: olives, other veggies, cooked protein of choice

#### Directions

1. Add the pasta, chicken broth, spices and tomatoes to the Instant Pot, and stir to combine.
2. Top with the block of feta cheese. Do not stir.
3. Close the Instant Pot and set pressure to High for 5 minutes.
4. Manually release the pressure about 10 minutes after cooking time has ended.
5. Open the Instant Pot and stir all the ingredients together. It will thicken as you stir.

*\*Alternate cooking method: Bake in an oven-safe dish for 40 mins at 400°F.*



### CHICKEN AND VEGGIE SKEWERS (2 SERVINGS)

#### Ingredients

- 1 eggplant
- 1 1/2 yellow bell pepper
- Cherry tomatoes
- 1/2 red onion
- 1 chicken breasts
- 4 tbsp olive oil
- Juice of 1 lemon
- 1/2 tsp dried oregano
- Salt to taste
- Pita bread for serving
- 4 metal or wooden skewers

#### Directions

1. Preheat an air fryer to 390°F. If using wooden skewers, soak them in water while prepping chicken and veggies (to prevent splintering).
2. Prepare the chicken and vegetables by cutting into about 1 inch chunks. Place everything into a large bowl.
3. Drizzle chicken and veggies with the olive oil, lemon juice, and a sprinkle with dried oregano. Add a little salt to taste.
4. Mix everything well and get ready to assemble.
5. Thread evenly on the skewers.
6. Cook the skewers for about 10 minutes until chicken is cooked and veggies are softened, flipping halfway.
7. Serve skewers with warm pita bread and Greek yogurt for dipping.

*\*Alternate cooking method: Cook on a griddle pan on a high heat for 12 minutes, rotating as needed.*





### 10-MINUTE CURRY (4 SERVINGS)

#### Ingredients

- 2 x 15 ounce cans of chickpeas OR 1.5 cups cooked rotisserie chicken
- 1 can coconut milk
- 2 tsp garam masala
- 2 tsp turmeric
- 1 tsp ginger powder
- 1/4 tsp chili flakes
- 1 onion, chopped
- 2 cloves of garlic, chopped
- 1 tbsp olive oil
- 6-8 oz baby spinach or kale, uncooked and chopped. Frozen works well too!
- Salt to taste

#### Directions

1. Heat oil in a large pan on medium-high. When the oil starts smoking, lower the heat to medium-low and add the spices.
2. After a few seconds of stirring the spices, add the chopped onions and the minced garlic and cook for about 1 minute.
3. Add the chickpeas (or chicken) and the coconut milk. Add salt to taste.
4. Simmer for 5 minutes, then add the chopped spinach, stir well and cover.
5. Let the spinach wilt for a couple of minutes, and remove from the heat, Serve over rice or with naan bread.



### GARLIC SHRIMP PASTA (4 SERVINGS)

#### Ingredients

- 8 ounces pasta of choice
- 4 tbsp butter
- 1 tsp garlic powder or 4 cloves of minced garlic
- 1 pound large shrimp, peeled and deveined
- 1/4 tsp salt
- A pinch of red pepper flakes
- 2 tbsp fresh lemon juice
- 1/3 cup grated parmesan cheese
- Parsley to garnish, optional

#### Directions

1. In a large pot of boiling salted water, cook pasta according to package instructions; drain well and reserve 1 cup of pasta water.
2. While the pasta cooks, heat a large skillet over medium-high heat. Melt two tablespoons of butter and add the shrimp, salt and crushed red pepper; cook, stirring occasionally, until shrimp is opaque pink, about 2-3 minutes. Remove from heat and set aside.
3. In the same skillet, add the remaining butter and garlic and cook until fragrant, about one minute. Add the lemon juice, pasta water and parmesan cheese and stir to combine.
4. Transfer the spaghetti to the skillet and toss with the sauce. Add the shrimp on top, garnish with parsley, and serve!





### LEMONY KALE PASTA (4 SERVINGS)

#### Ingredients

- 1 package of pasta of choice. We're using Rigatoni
- 1 tbsp Olive oil
- 1 can of chickpeas or 1.5 cups of cooked chicken
- ½ bunch of kale (about 3 packed cups), stems removed and torn into bite size pieces
- ½ cup pasta water, reserved
- Salt and pepper
- 1 lemon for juice and zest

#### Directions

1. Cook pasta in salted water according to box directions.
2. Heat a large pan on medium and add a drizzle of olive oil. Add your can of chickpeas (or cooked chicken) and kale. Sprinkle with salt and cook until peas are golden and kale is wilted; about 7-10 mins. Remove from heat.
3. When pasta is al dente, reserve about 1/2 cup of pasta water, and drain the rest. Add the drained pasta to the chickpea mixture and add the pasta water, juice of 1 lemon and lemon zest.
4. Plate and finish with a drizzle of olive oil and ground black pepper.





### PENNE WITH PANCETTA (4 SERVINGS)

#### Ingredients

- 8 ounces penne pasta
- 2 ounces pancetta, diced (1/4 cup)
- 2 tbsp balsamic vinegar
- 2 cups frozen chopped spinach
- 1 1/2 cups jarred marinara sauce
- 1 tbsp chopped parsley
- 2 tbsp heavy cream
- 1/4 cup grated Parmesan, for serving

#### Directions

1. Cook penne according to package directions.
2. While pasta cooks, place the diced pancetta in a large pan turned to medium heat. Cook for a few minutes until fat is released.
3. Add the balsamic vinegar and scrape up any browned bits off the bottom of the pan.
4. Add the chopped spinach and tomato sauce to the pan. Bring to a simmer and stir to combine.
5. Add the chopped parsley and heavy cream. Simmer on low until the pasta is ready.
6. Add the cooked pasta to the pan and stir to coat it in the sauce. Serve with grated Parmesan on top.



### CREAMY TORTELLINI SOUP (4 SERVINGS)

#### Ingredients

- 8 cups low-sodium vegetable or chicken broth
- 1 x 1-pound bag frozen peas and carrots (or your favorite frozen veggies)
- 10 oz. cheese tortellini
- 1/2 c. heavy cream
- Salt and black pepper, to taste
- Parmesan cheese and croutons, for topping
- Olive oil, for drizzling

#### Directions

1. Bring the broth to a gentle boil in a medium pot over medium-high heat.
2. Add the frozen vegetables to the pot and return to a gentle boil.
3. Add the tortellini and cook until almost tender, 3 to 5 minutes.
4. Add the heavy cream and simmer for another 2 minutes. Taste and adjust the seasoning with salt and pepper.
5. Ladle into bowls and top with parmesan and croutons. Drizzle with olive oil.



## TACO LETTUCE WRAPS (4 SERVINGS)

### Ingredients

- 1 tbsp olive oil
- 1/2 cup chopped yellow onion
- 1 lb ground turkey
- Salt and black pepper
- Spices: 1/2 tsp garlic powder, 1 tbsp chili powder, 1 tsp ground cumin, 1/2 tsp paprika OR packaged taco seasoning
- 1/2 cup tomato sauce
- 1/2 cup chicken broth or water
- Iceberg or romaine lettuce leaves
- Optional toppings: shredded cheese, tomatoes, red onion, avocado, cilantro

### Directions

1. Heat olive oil in a skillet over medium-high heat.
2. Add onion and saute for 2 minutes. Add turkey, season with salt and pepper, and cook until cooked through, about 5 minutes.
3. Add spices, tomato sauce and chicken broth. Reduce to a simmer and cook for about 5 minutes until the sauce has reduced.
4. Serve over lettuce leaves with desired toppings.





### HEALTHY VEGGIE BURRITO BOWLS (2-4 SERVINGS)

#### Ingredients

- 1 can of black beans or pinto beans
- 2 red bell peppers, diced
- 1 tbsp olive oil
- 1 cup frozen or canned corn
- 2 cups cooked instant rice
- ¼ tsp Salt
- Seasoning: 1/2 tsp each of paprika, chili powder, cumin, garlic powder; pinch of black pepper
- 1 avocado
- Cilantro lime dressing or salsa

#### Directions

1. Add ¼ tsp salt to black beans and heat by microwaving or simmering on the stove for 4-5 minutes, stirring often.
2. In a large pan heat oil on medium-low heat. Add diced peppers with a pinch of salt. Saute for 5 minutes until soft.
3. Add corn to the pan, stir and cook for another 2 minutes until corn is heated. Then add seasonings to the peppers and corn.
4. Serve black beans, and corn & peppers over cooked rice with sliced avocado and a drizzle of cilantro-lime dressing or salsa.



### AIR FRYER CHICKEN FAJITAS (4 SERVINGS)

#### Ingredients

- 1 pound chicken breasts (about 2 medium)
- 2 bell peppers of choice
- 1 red onion
- 2 tbsp olive oil
- 2½-3 tbsp fajita seasoning
- Your favorite tortillas
- Optional toppings: sour cream, cheese, salsa, avocado

#### Directions

1. Preheat your air fryer at 390F for 5 minutes while you prep the chicken and vegetables.
2. Pat the chicken breast dry and slice. Slice the bell peppers and onions thinly.
3. Mix the chicken with oil in a large bowl. Add the fajita seasoning and mix to coat. Add the veggies to the bowl, and a pinch of salt and pepper, and mix.
4. Place the mixture in the air fryer in a single layer. Air fry for 10 to 12 minutes, mixing halfway through.
5. Remove from the Air fryer and serve with tortillas and toppings of choice.

*\*No air fryer? Spread mixture on a foil-lined baking sheet and bake at 425 degrees for 25 minutes.*



## ROTISSERIE CHICKEN BURRITOS (4 SERVINGS)

### Ingredients

- 4 x 10-inch flour tortillas
- 2 cups cooked shredded chicken
- ½ cup frozen or canned corn
- ½ cup chunky salsa
- 1 tbsp taco seasoning
- 1 cup refried beans
- 1 cup shredded cheese
- Optional sides: salsa, sour cream and guacamole as sides

### Directions

1. In a medium bowl, stir together the chicken corn, salsa, and taco seasoning. Cook in the microwave or stove top until heated through.
2. Spread ¼ cup of beans down the center of each tortilla, then top with chicken mixture and cheese.
3. Roll the burritos up and heat a large skillet on medium heat.
4. Brush or spray bottom and top of each burrito with a little oil, then place seam side down on the skillet. Heat about one minute, then turn and heat the other side. Serve with sides of choice.





### 15-MINUTE SHRIMP TACOS (2-4 SERVINGS)

#### Ingredients

- 1 lb raw shrimp, peeled & deveined
- 1 tbsp taco seasoning
- 1 tsp garlic powder
- 14 oz bag slaw or 3 cups shredded cabbage
- 1/2 small bunch cilantro finely chopped
- Avocado or olive oil
- Corn tortillas
- Sauce: 1/2 cup plain 2% yogurt, 1/4 cup mayo, 1 juiced lime, 1/2 tsp taco seasoning, 1/4 tsp salt, pinch of cayenne pepper, ground pepper to taste

#### Directions

1. In a small bowl, combine sauce ingredients and set aside.
2. In a large bowl, add slaw, chopped cilantro, salt and almost all of the sauce, reserving some for drizzling on tacos. Stir gently.
3. Preheat a large non-stick skillet on high heat and add shrimp, 1 tbsp taco seasoning, and garlic powder. Cook until pink on the bottom, flip and cook until no longer gray; about 2-3 minutes on each side.
4. To assemble tacos, fill two warm tortillas with 3-4 shrimps, some slaw and a drizzle of sauce.

