



One-Pot Meals Cookbook

Nutrition and Food Services Healthy Teaching Kitchen



U.S. Department
of Veterans Affairs

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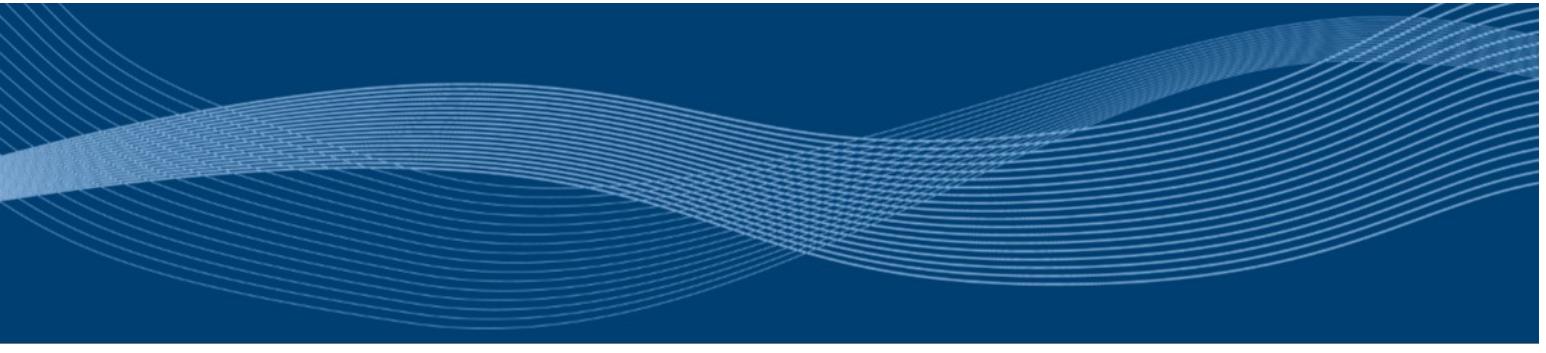


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Cooking References



Cooking Safely

Did you know that 1 in 6 Americans will get sick from food poisoning this year? Food poisoning not only sends 128,000 Americans to the hospital each year, it can also have long-term health effects.

The keys to basic food safety are cooking it to the right temperature and handling it properly. Follow these guidelines to keep you, your family, and your guests safe.

For more information on these and other food safety guidelines, please visit www.foodsafety.gov.

Practice Good Hygiene

Use hot water and regular soap to wash your hands. Scrub the backs of your hands, between your fingers, and under your nails for at least 20 seconds. Need a timer? Try humming the “Happy Birthday” song from beginning to end twice. Rinse hands, then dry with a clean towel.

Wash your hands often, especially during these key times when germs can spread:

- Before, during, and after preparing food
- Before serving food or eating
- After handling raw meat, poultry, seafood, eggs, or their juices
- After using the toilet, touching garbage, touching an animal or picking something up off the floor
- After changing a diaper or taking care of someone who is sick
- After blowing your nose, coughing, or sneezing

Safe Internal Food Temperatures	
Poultry	
Whole or Pieces	165°F
Ground	165°F
Beef, Pork, and Lamb	
Steaks/Roasts/Chops	145°F
Ground	160°F
Pre-Cooked Ham	140°F
Seafood	
Fish Fillet/Whole Fish	145°F
Shrimp/Lobster/Crab	Cook until flesh is pearly and opaque
Leftovers and Casseroles	
165°F	
Egg Dishes	
160°F	

Cook to Safe Temperatures

Cook all food to the minimum safe internal temperatures on the chart above. Use a food thermometer to be sure your food is safe. When you think your food is done, place the food thermometer in the thickest part of the food, making sure not to touch bone, fat, or gristle.

Separate Hazardous Foods

Use one cutting board for hazardous foods (e.g. raw meat, poultry, seafood, eggs) and another for non-hazardous foods (e.g. fresh produce, cooked foods, foods that won't be cooked).

Use separate plates and utensils for cooked and raw foods. Use hot, soapy water to wash all plates, utensils, and cutting boards that touched hazardous foods before using them again.

Refrigerate and Freeze Properly

Your refrigerator should be set to 40°F or below and your freezer to 0°F or below. Use a refrigerator and/or freezer thermometer to be sure. Place raw meat, poultry, and seafood on plates, in containers, or in sealed plastic bags. Freeze them if you're not planning to use them within a few days. Freezing does not kill harmful germs, but it does keep food safe until you can cook it.

Avoid the Danger Zone

Bacteria that cause food poisoning grow quickest between 40°F and 140°F, also known as the danger zone. Never leave perishable foods at room temperature for more than two hours. If the food is exposed to temperatures above 90°F, refrigerate it within one hour.

If you're not serving food right after cooking, keep it out of the temperature danger zone by using a heat source like a chafing dish, warming tray, or slow cooker. Cold foods can be kept on ice or in a cooler for longer serving times.

Never thaw or marinate foods at room temperature. The safest way to thaw or marinate is in the refrigerator. Leftovers should be placed in small shallow containers and refrigerated promptly to allow for quick cooling.

Wash Produce

Cut away any damaged or bruised areas on fruits and vegetables, then rinse under warm running water. Scrub firm produce like melons, potatoes, or cucumbers with a clean produce brush. Air dry or pat dry with a paper towel or clean cloth towel. Don't rinse raw meat, poultry, seafood, or shell eggs.

When In Doubt, Throw It Out

The germs that make you sick are not always the same ones that cause food to go bad. Don't use smell, taste, and appearance as your only guides. Use the storage times on the table above to guide you. If you're still not sure whether a food item is safe, it's better to be safe than sorry and throw it away.

Safe Food Storage Times (Refrigerated at 40°F or Below)

Raw Poultry

Whole, Pieces, or Ground	1-2 days
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Raw Beef, Pork, and Lamb

Steaks/Roasts/Chops	3-5 days
Pre-Cooked Ham	3-4 days
Ground	1-2 days
Stew Meat	1-2 days

Raw Seafood

Fish Fillet/Whole Fish	1-2 days
Shrimp/Lobster/Crab	1-2 days

Raw Eggs

In shell	3-5 weeks
Out of Shell	2-4 days

Cooked Leftovers

Beef, Pork, and Lamb	3-4 days
Poultry	3-4 days
Seafood	3-4 days
Egg Dishes	3-4 days
Hard-Cooked Eggs, In Shell	7 days
Vegetables and Fruit	5-7 days
Soups and Stews	3-4 days



Cooking Equipment

Having the right tools on hand can help make cooking as easy and efficient as possible. Use the list below to make sure you will have what you need to make a variety of recipes.

- Large frying pan, 10+ inches across
- Small frying pan, 6 inches across
- Large sauté pan, 10+ inches across
- Large saucepan with lid, 6+ quarts
- Small saucepan with a lid, about 2.5 quarts
- Stockpot with a lid
- Roasting pan
- At least 2 mixing bowls, one large and one small
- Microwave- and oven-safe casserole dish with a lid, 2-3 quarts
- Large cutting board
- 2-3 smaller cutting boards
- Turning spatula
- Scraper/rubber spatula
- Wooden spoons
- 2 metal baking sheets
- 2 wire cooling racks
- Dry ingredient measuring cups
- Liquid/wet ingredient measuring cups
- Measuring spoons
- Box grater
- Chef knife
- Bread (serrated) knife
- Paring knife
- Honing steel
- Spring-loaded tongs
- Wire whisk
- Can opener
- Colander
- Strainer
- Ladle
- Vegetable peeler
- Pot holders and/or oven mitts
- Instant-read digital thermometer
- Potato masher
- Collapsible vegetable steamer
- Slow cooker
- Dutch oven
- Parchment paper
- Aluminum foil
- Plastic wrap
- Food storage containers



Measurements and Abbreviations

Common Abbreviations

c — cup
 Tbsp — tablespoon
 tsp — teaspoon
 oz — ounce (usually weight, unless referring to a liquid)
 fl oz — fluid ounces
 lb — pound
 g — gram
 mg — milligram
 ~ — about/roughly

Volume Conversions

3 teaspoons = 1 tablespoon
 $\frac{1}{2}$ tablespoon = $1 \frac{1}{2}$ teaspoons
 2 tablespoons = 1 (fluid) ounce = $\frac{1}{8}$ cup
 4 tablespoons = 2 (fluid) ounces = $\frac{1}{4}$ cup
 5 tablespoons + 1 teaspoon = $\frac{1}{3}$ cup
 1 cup = 8 (fluid) ounces
 2 cups = 16 (fluid) ounces = 1 pint
 4 cups = 32 (fluid) ounces = 1 quart
 2 quarts = 64 (fluid) ounces = $\frac{1}{2}$ gallon
 16 cups = 128 (fluid) ounces = 1 gallon

Fresh to Dried Herbs Ratios

Dried leafy herbs (e.g. oregano, basil, tarragon)
1 tablespoon fresh = 1 teaspoon dried
Dried ground herbs and spices (e.g. ginger, garlic, ground thyme)
4 parts fresh = 1 part dried
Dried leafy herb to dried ground herb
1 teaspoon dried leaf = $\frac{1}{2}$ teaspoon ground herb

Reducing Recipes for Fewer Servings

When the Recipe Says...	To Make Half, Use...	To Make a Third, Use...
$\frac{1}{4}$ cup	2 tablespoons	1 tbsp + 1 tsp
$\frac{1}{3}$ cup	2 tbsp + 2 tsp	1 tbsp + $2\frac{1}{4}$ tsp
$\frac{1}{2}$ cup	$\frac{1}{4}$ cup	2 tbsp + 2 tsp
$\frac{2}{3}$ cup	$\frac{1}{3}$ cup	3 tbsp + $1\frac{1}{2}$ tsp
$\frac{3}{4}$ cup	$\frac{1}{4}$ cup + 2 tbsp	$\frac{1}{4}$ cup
1 cup	$\frac{1}{2}$ cup	$\frac{1}{3}$ cup
1 tablespoon	$1 \frac{1}{2}$ teaspoon	1 teaspoon
1 teaspoon	$\frac{1}{2}$ teaspoon	$\frac{1}{4}$ teaspoon
$\frac{1}{2}$ teaspoon	$\frac{1}{4}$ teaspoon	Scant $\frac{1}{4}$ tsp
$\frac{1}{4}$ teaspoon	$\frac{1}{8}$ teaspoon	Scant $\frac{1}{8}$ tsp
$\frac{1}{8}$ teaspoon	Dash	Pinch

Meatless Recipes



Chickpea Shakshuka

Prep: 10 minutes | Cook: 35 minutes | Total: 45 minutes

Yield: 2 servings | Serving Size: ½ of the recipe

Ingredients

- 1 tablespoon oil
- ½ cup diced onion
- 1 red bell pepper, chopped
- 1 clove garlic, minced (about ½ teaspoon)
- 1 (14.5-ounce) can no-salt-added diced tomatoes
- 1 teaspoon smoked or sweet paprika
- 1 teaspoon ground cumin
- 2 teaspoons chili powder
- ¼ teaspoon ground cinnamon
- 1 (15-ounce) can no-salt-added chickpeas (garbanzo beans), drained and rinsed

Directions

1. Heat a large skillet over medium heat.
2. Add the oil and heat until shimmering.
3. Add the onion, bell pepper, and garlic.
4. Sauté, stirring frequently, until the onion and peppers are soft, about 4-5 minutes.
5. Add the diced tomatoes and their liquid, paprika, cumin, chili powder, and cinnamon. Stir to combine.
6. Increase the heat to high and bring to a simmer, then reduce the heat back to medium.
7. Continue cooking for 2-3 minutes, stirring frequently.
8. Add the chickpeas and stir to combine.
9. Reduce heat to medium-low and simmer for 15-20 minutes to allow the flavors to blend.
10. Taste and adjust seasoning as needed.
11. Serve warm.

Nutrition Facts Per Serving: Calories: 330 | Total Fat: 4 g | Saturated Fat: 0.5 g
Sodium: 280 mg | Total Carbohydrate: 58 g | Dietary Fiber: 19.5 g | Protein: 18.5 g

Adapted from minimalistbaker.com | Submitted by Georgina Hignell RD, Northport VAMC

For more recipes, please visit www.nutrition.va.gov



Tomato, Spinach, and Cannellini Bean Pasta

Prep: 10 minutes | Cook: 25 minutes | Total: 35 minutes

Yield: 6 servings | Serving Size: 1½ cups

Ingredients

- 1 tablespoon oil
- 1 medium onion, sliced thin
- 4 cloves garlic, minced (about 2 teaspoons)
- 4 cups (32 ounces) no-salt-added or low-sodium vegetable or chicken broth
- 12 ounces whole-wheat strand pasta (e.g. linguine, spaghetti), uncooked
- 1 (14.5-ounce) can no-salt-added diced tomatoes
- 1 (10-ounce) package frozen chopped spinach
- 1 (15.5-ounce) can no-salt-added cannellini beans, drained and rinsed
- 2 teaspoons dried oregano
- 1 teaspoon ground black pepper

Directions

1. Heat a large saucepan (pot) over medium heat.
2. Add the oil and heat until shimmering.
3. Add the onion and garlic.
4. Sauté until the onion is soft, about 4-5 minutes.
5. Add the broth, pasta, diced tomatoes with their liquid, spinach, cannellini beans, oregano, and black pepper. Stir to combine.
6. Increase the heat to high and bring to a boil.
7. Reduce the heat to a low simmer and cover the pot with a lid.
8. Cook, stirring frequently, until almost all the liquid has been absorbed and the pasta is tender, about 10 minutes.
9. Taste and adjust seasoning as needed.
10. Serve warm.

Nutrition Facts Per Serving: Calories: 340 | Total Fat: 4.5 g | Saturated Fat: 0.5 g
Sodium: 75 mg | Total Carbohydrate: 61 g | Dietary Fiber: 11 g | Protein: 15 g

Inspired by a recipe submitted by Georgina Hignell RD, Northport VAMC

For more recipes, please visit www.nutrition.va.gov



Pasta Primavera

Prep: 15 minutes | Cook: 20 minutes | Total: 35 minutes

Yield: 5 servings | Serving Size: $\frac{1}{5}$ th of the recipe

Ingredients

2 tablespoons oil
4 cups (32 ounces) no-salt-added chicken broth
8 ounces whole-wheat linguine, uncooked
1 small onion, thinly sliced
1 pound fresh or frozen broccoli florets (about 6 cups)
1 pound fresh or frozen asparagus, ends snapped off and cut into 2-inch pieces
8 ounces white button mushrooms, sliced
4 cloves garlic, minced (about 2 teaspoons)
 $\frac{1}{4}$ teaspoon crushed red pepper flakes
 $\frac{1}{2}$ teaspoon ground black pepper
 $\frac{3}{4}$ cup frozen peas
 $\frac{1}{4}$ cup heavy whipping cream
2 tablespoons grated Parmesan cheese
2 teaspoons freshly grated lemon zest

Directions

1. Add the oil, broth, linguine, onion, broccoli, asparagus, mushrooms, garlic, red pepper flakes, and black pepper to a large pot.
2. Set the pot over high heat and bring to a boil.
3. As soon as the liquid comes to a boil, set a timer for 7 minutes.
4. Toss the ingredients in the pot constantly with long-handled tongs.
5. Once the 7 minutes is up, add the peas, heavy whipping cream, Parmesan cheese, and lemon zest.
6. Continue cooking, tossing frequently, until the pasta and veggies are tender.
7. Remove the pot from heat. Note that much of the liquid will have evaporated, but not all.
8. Let the pasta sit for a couple minutes to cool slightly. The sauce will continue to thicken during this time.
9. Serve warm.

Nutrition Facts Per Serving: Calories: 325 | Total Fat: 10 g | Saturated Fat: 2.5 g
Sodium: 100 mg | Total Carbohydrate: 49 g | Dietary Fiber: 7 g | Protein: 14.5 g

Inspired by a recipe submitted by Christina Corkern RD, LD/N, West Palm Beach VAMC

For more recipes, please visit www.nutrition.va.gov



Pasta with Chickpeas

Prep: 10 minutes | Cook: 35 minutes | Total: 45 minutes

Yield: 3 servings | Serving Size: ~1½ cups

Ingredients

- 2 tablespoons oil
- 3 cloves garlic, minced (about 1½ teaspoons)
- 3 tablespoons no-salt-added tomato paste
- 1 (15.5-ounce) can no-salt-added garbanzo beans, drained and rinsed
- 1 cup diced zucchini
- 1 cup whole-wheat short pasta (e.g. elbows, orzo, small shells, rotini), uncooked
- 1 (14.5-ounce) can diced tomatoes
- 2 cups water
- Crushed red pepper flakes, to taste, optional

Directions

1. Heat a large sauté pan or saucepan (pot) over medium heat.
2. Add the oil and heat until shimmering.
3. Add the garlic and cook, stirring frequently, until it becomes lightly browned, about 1-2 minutes.
4. Stir in the tomato paste, scraping up any browned bits on the bottom of the pan.
5. Add the chickpeas, zucchini, pasta, diced tomatoes with their juice, and water.
6. Increase the heat to high and bring to a boil.
7. Reduce the heat to a simmer.
8. Cook until the pasta is tender and much of the liquid has been absorbed, about 15-20 minutes.
9. Serve warm, adding the crushed red pepper flakes as desired for additional spice.

Recipe Notes

- Pairs well with a garnish of grated parmesan and/or fresh chopped basil on top.

Nutrition Facts Per Serving: Calories: 300 | Total Fat: 11.5 g | Saturated Fat: 1.5 g
Sodium: 200 mg | Total Carbohydrate: 43 g | Dietary Fiber: 9.5 g | Protein: 11 g

Adapted from dinnerwithjulie.com | Submitted by Brandi Kozlowski, DTR, San Francisco VAMC

For more recipes, please visit www.nutrition.va.gov



Bean and Barley Soup

Prep: 15 minutes | Cook: 40 minutes | Total: 55 minutes

Yield: 4 servings | Serving Size: 1¾ cups

Ingredients

1 teaspoon oil
½ cup diced carrots,
½ cup diced celery
1 cup diced onion
1 clove garlic, minced (½ teaspoon)
4 cups (32 ounces) no-salt-added chicken or vegetable broth
1 (15.5-ounce) can no-salt-added great northern beans, drained and rinsed
1 (14.5-ounce) can no-salt-added diced tomatoes
½ cup barley, uncooked
1 teaspoon dried oregano
1 teaspoon dried thyme
¼ teaspoon crushed red pepper flakes
1 (10-ounce) package frozen chopped spinach, thawed

Directions

1. Heat a large saucepan (pot) over medium heat.
2. Add the oil and heat until shimmering.
3. Add the onion, celery, carrots, and garlic.
4. Sauté until the vegetables are soft, about 4-5 minutes.
5. Stir in the broth, beans, diced tomatoes and their liquid, barley, oregano, thyme, and crushed red pepper flakes.
6. Bring to a simmer and cover, stirring occasionally. Allow barley to cook and flavors to blend for about 20 minutes.
7. Stir in the spinach.
8. Continue to simmer until fully cooked, about 5 minutes.
9. Serve warm.

Nutrition Facts Per Serving: Calories: 230 | Total Fat: 2.5 g | Saturated Fat: 0.5 g
Sodium: 220 mg | Total Carbohydrate: 42 g | Dietary Fiber: 12.5 g | Protein: 13 g

Inspired by a recipe submitted by Georgina Hignell RD, Northport VAMC

For more recipes, please visit www.nutrition.va.gov



White Bean, Kale, and Tomato Stew

Prep: 20 minutes | Cook: 40 minutes | Total: 60 minutes

Yield: 8 servings | Serving Size: ~2 cups

Ingredients

1 tablespoon oil
1 large onion, diced
2 large carrots, peeled and diced (about 1 cup)
12 cloves garlic, minced (about 2 tablespoons)
4 cups chopped kale
8 cups (64 ounces) low-sodium vegetable broth
2 (14.5-ounce) cans no-salt-added diced tomatoes
2 (15.5-ounce) cans no-added salt cannellini beans, with liquid
1 (8-ounce) package ready microwavable whole-grain rice (e.g. brown rice) or 2 cups cooked whole-grain rice
2 tablespoons Italian seasoning blend
 $\frac{1}{4}$ teaspoon ground black pepper

Directions

1. Heat a heavy stockpot over medium heat.
2. Add the oil and heat until shimmering.
3. Add the onion, carrots, and garlic.
4. Sauté until the onion and carrots are tender, stirring frequently, about 7-8 minutes.
5. Reduce the heat to low.
6. Add the chopped kale and broth.
7. Cover the pot with a lid.
8. Simmer for 10-15 minutes.
9. Add the diced tomatoes and their juice, cannellini beans, rice, Italian seasoning, and black pepper.
10. Cook until heated through.
11. Serve warm.

Nutrition Facts Per Serving: Calories: 230 | Total Fat: 2.5 g | Saturated Fat: 0.5 g
Sodium: 190 mg | Total Carbohydrate: 37.5 g | Dietary Fiber: 6.5 g | Protein: 10 g

Submitted by Ross M. Kennedy MPH, MSNW, RDN, Southeast Louisiana VAHCS

For more recipes, please visit www.nutrition.va.gov



Spinach and Red Pepper Frittata

Prep: 15 minutes | Cook: 45 minutes | Total: 60 minutes

Yield: 4 servings | Serving Size: $\frac{1}{4}$ th of the recipe

Ingredients

- 1 teaspoon oil
- $\frac{1}{2}$ red bell pepper, diced small
- $\frac{1}{2}$ small yellow onion, diced small
- 1 (10-ounce) package frozen chopped spinach, thawed
- 8 eggs
- $\frac{1}{4}$ cup nonfat (skim) milk
- $1\frac{1}{2}$ teaspoons Italian seasoning
- $\frac{1}{2}$ cup shredded sharp cheddar cheese

Directions

1. Preheat the oven to 375°F.
2. Heat a large, oven-safe frying pan (e.g. cast-iron) over medium heat.
3. Add the oil and heat until shimmering.
4. Add the bell pepper and onion. Sauté, stirring occasionally, until softened, about 4-5 minutes.
5. Stir in the spinach. Remove the pan from the heat.
6. In a large bowl, whisk together the eggs, skim milk, and Italian seasoning.
7. Add the egg mixture to the pan with the vegetables.
8. Bake in the oven until golden brown and fully cooked, about 20-25 minutes.
9. Sprinkle the cheese on top and let sit until melted.
10. Serve warm.

Recipe Notes

- If you don't have frozen spinach on hand, use 16 ounces fresh spinach, roughly chopped. Cook until wilted before removing the pan from the heat.

Nutrition Facts Per Serving: Calories: 225 | Total Fat: 15 g | Saturated Fat: 6 g
Sodium: 275 mg | Total Carbohydrate: 6 g | Dietary Fiber: 2 g | Protein: 17.5 g

Submitted by Katie Kirzoncic RD, LDN, Lebanon VAMC

For more recipes, please visit www.nutrition.va.gov

Three-Bean Chili

Prep: 10 minutes | Cook: 35 minutes | Total: 45 minutes

Yield: 6 servings | Serving Size: About 2 cups

Ingredients

1 tablespoon oil
1 medium onion, diced
2 medium bell peppers, diced
1 (15.5-ounce) can red kidney beans, drained and rinsed
1 (15-ounce) can black beans, drained and rinsed
1 (15.5-ounce) can pinto beans, drained and rinsed
1 (28-ounce) can no-salt-added crushed tomatoes
1 (14.5-ounce) can no-salt-added diced tomatoes
1 tablespoon chili powder
1 tablespoon ground cumin
1 teaspoon onion powder
1 teaspoon garlic powder
Drops of tabasco sauce, to taste, optional
Ground black pepper, to taste
Water, as needed to adjust consistency

Directions

1. Heat a large saucepan (pot) over medium heat.
2. Add the oil and heat until shimmering.
3. Add the onion and peppers.
4. Sauté until the onion and peppers soft, about 4-5 minutes.
5. Add the kidney beans, black beans, pinto beans, crushed tomatoes, and diced tomatoes with their liquid. Stir to combine.
6. Stir in the chili powder, cumin, onion powder, garlic powder, tabasco sauce (if desired), and black pepper.
7. Bring to a boil, then reduce heat to low.
8. Simmer for 20 minutes until flavors have blended.
9. If more liquid is needed add small amounts of water until it reaches the desired consistency.
10. Taste and adjust seasoning as needed.
11. Serve warm.

Nutrition Facts Per Serving: Calories: 330 | Total Fat: 4 g | Saturated Fat: 0.5 g
Sodium: 279 mg | Total Carbohydrate: 58 g | Dietary Fiber: 19.5 g | Protein: 18.5 g

Inspired by a recipe submitted by Georgina Hignell RD, Northport VAMC

For more recipes, please visit www.nutrition.va.gov



Chickpea Stir-Fry

Prep: 5 minutes | Cook: 15 minutes | Total: 20 minutes

Yield: 4 servings | Serving Size: ~1½ cups

Ingredients

- 1 tablespoon oil
- 1 tablespoon flour
- ¼ teaspoon garlic powder
- 2 tablespoons white vinegar or rice vinegar
- 2 tablespoons reduced-sodium (lite) soy sauce
- 1 (15.5-ounce) can chickpeas (garbanzo beans), drained and rinsed
- 1 (16-ounce) package frozen stir-fry vegetables
- 1 (8-ounce) can crushed pineapple
- 1 (8-ounce) can water chestnuts, drained

Directions

1. Heat a large skillet over medium heat.
2. Add the oil, garlic powder, vinegar, soy sauce, and flour. Whisk together to create a sauce.
3. Cook, while whisking, until the sauce thickens.
4. Add the chickpeas, stir-fry vegetables, pineapple, and water chestnuts.
5. Continue to cook until warmed through and the vegetables are tender.

Nutrition Facts Per Serving: Calories: 300 | Total Fat: 5 g | Saturated Fat: 0.5 g
Sodium: 585 mg | Total Carbohydrate: 57 g | Dietary Fiber: 8 g | Protein: 8 g

Inspired by a recipe submitted by Diane M. Longerbone MA, RD, CD, Richard L. Roudebush VAMC

For more recipes, please visit www.nutrition.va.gov

Chicken Recipes

Southwest Chicken Soup

Prep: 20 minutes | Cook: 30 minutes | Total: 50 minutes

Yield: 8 servings | Serving Size: ~1½ cups

Ingredients

2 teaspoons oil
1 pound boneless, skinless chicken breast, cubed
¾ cup diced onion
1 medium bell pepper, diced
1 (12-ounce) bag frozen green beans, thawed
12 cloves garlic, minced (about 2 tablespoons)
4 cups (32 ounces) reduced-sodium chicken broth
1 (15.5-ounce) can kidney beans, drained and rinsed
1 (12-ounce) bag frozen corn, thawed
1 (14.5-ounce) can no-salt-added diced tomatoes
1 tablespoon chili powder
2 teaspoons ground cumin
1 teaspoon ground black pepper
1 teaspoon cayenne pepper
½ teaspoon dried oregano
½ teaspoon dried basil
1 (10-ounce) package frozen chopped spinach

Directions

1. Heat a large stockpot over medium heat.
2. Add the oil and heat until shimmering.
3. Add the chicken. Cook, turning occasionally, until lightly browned and about halfway cooked.
4. Once the chicken is about halfway cooked, add the onion, bell pepper, green beans, and garlic.
5. Cook until the chicken is fully cooked and the vegetables begin to soften.
6. Stir in the broth, beans, corn, diced tomatoes and their juice, chili powder, cumin, black pepper, cayenne pepper, oregano, and basil.
7. Increase the heat to high and bring to a boil.
8. Reduce the heat to a simmer and add the spinach.
9. Stir in the spinach.
10. Continue to cook until the spinach has thawed and the flavors have blended.
11. Taste and adjust seasonings as needed.
12. Serve warm.

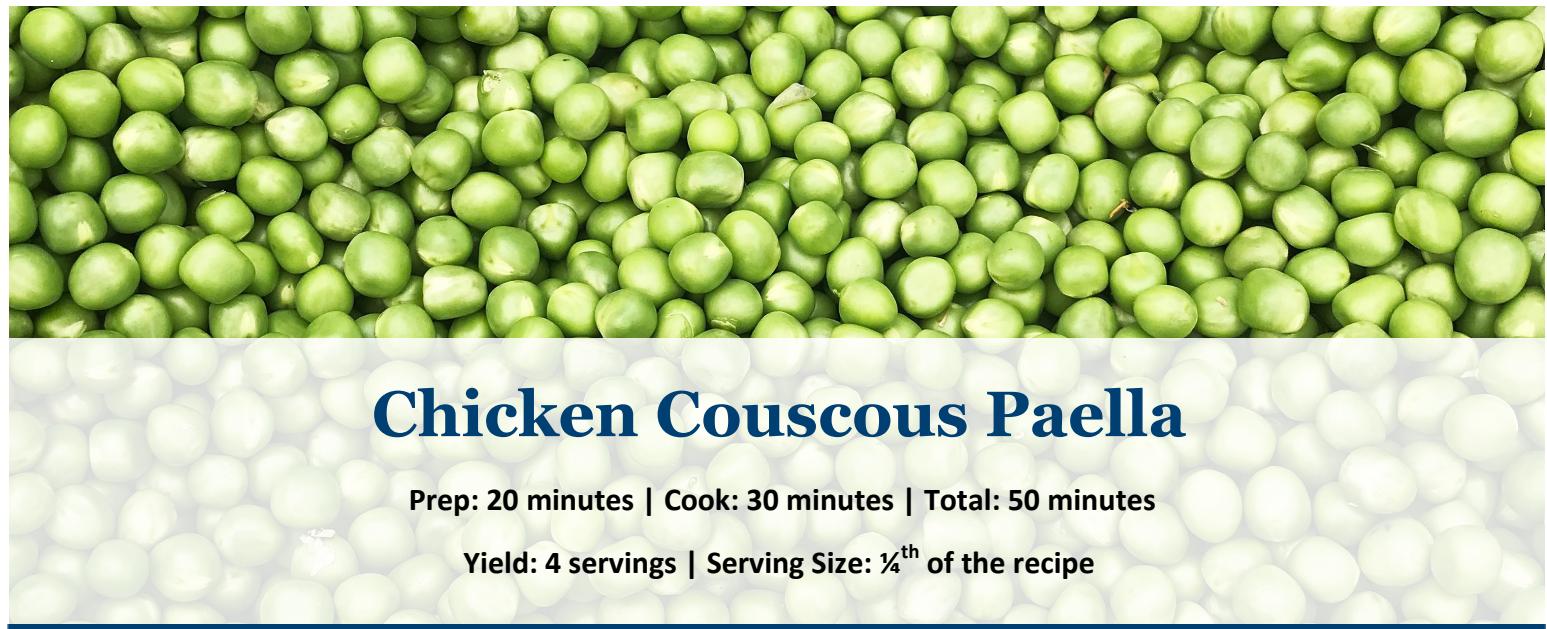
Recipe Notes

- Garnish with cheese, avocado, and plain Greek yogurt or light sour cream as desired.
- To adjust the spiciness, use more or less of the cayenne pepper as desired.

Nutrition Facts Per Serving: Calories: 345 | Total Fat: 6 g | Saturated Fat: 1 g
Sodium: 595 mg | Total Carbohydrate: 41.5 g | Dietary Fiber: 17 g | Protein: 37 g

Adapted from eatingwell.com | Submitted by Neal Kurmas MS, RD, LD, CDE, Cleveland VAMC

For more recipes, please visit www.nutrition.va.gov



Chicken Couscous Paella

Prep: 20 minutes | Cook: 30 minutes | Total: 50 minutes

Yield: 4 servings | Serving Size: $\frac{1}{4}$ th of the recipe

Ingredients

- 1 small onion, diced
- 3 cloves garlic, minced (about 1½ teaspoons)
- ½ cup peas, frozen
- ½ cup diced celery
- ½ cup diced bell pepper
- ½ teaspoon dried thyme
- ½ teaspoon fennel seed or dill
- ½ teaspoon ground black pepper
- ¼ teaspoon turmeric
- ½ teaspoon paprika
- 2 large tomatoes, diced
- ¾ cup (6 ounces) chicken broth
- ½ cups whole-wheat couscous
- ½ pound cooked chicken breast, cubed

Directions

1. Heat a skillet or sauté pan over medium-low heat.
2. Coat the pan with cooking spray.
3. Add the onion and cook until soft, about 4-5 minutes.
4. Add the garlic, peas, celery, bell pepper, thyme, fennel seed, black pepper, turmeric, and paprika.
5. Cook, stirring frequently, until fragrant.
6. Stir in the tomatoes and broth.
7. Bring to a simmer over medium heat.
8. Add the couscous.
9. Cover the pan with a lid and remove from heat. Let stand for about 5 minutes.
10. Stir in the chicken and cook until heated through.
11. Fluff with a fork, then serve warm.

Recipe Notes

- For seafood paella, substitute 4 ounces shrimp and 4 ounces scallops for the chicken breast.

Nutrition Facts Per Serving: Calories: 205 | Total Fat: 2 g | Saturated Fat: 0 g
Sodium: 185 mg | Total Carbohydrate: 27.5 g | Dietary Fiber: 4.5 g | Protein: 18 g

Submitted by Sean Walsh RD, CSC, Ioannis A. Lougaris VAMC

For more recipes, please visit www.nutrition.va.gov



Slow Cooker Chicken Fajitas

Prep: 10 minutes | Cook: 4-6 hours | Total: 4-6 hours and 10 minutes

Yield: 12 servings | Serving Size: $\frac{1}{2}$ cup of the chicken mixture and 1 tortilla

Ingredients

1 (16-ounce) can low-sodium diced tomatoes with green chili peppers

2 pounds boneless, skinless chicken breasts

1 packet low-sodium or no-salt-added taco seasoning

1 (16-ounce) can black beans, low sodium, drained and rinsed

1 (14– to 16-ounce) bag frozen bell peppers and onion mix

12 (10-inch) whole-wheat soft tortillas

Optional toppings: Shredded cheese, plain Greek yogurt or light sour cream, guacamole

Directions

1. Add the diced tomato and green chili peppers to a slow cooker.
2. Place the chicken breasts on top of the vegetable mixture.
3. Sprinkle everything in the slow cooker with the taco seasoning.
4. Cover the slow cooker with a lid.
5. Cook on low for 4-6 hours or until chicken breasts are fully cooked, adding the beans and frozen vegetables during the last 60 minutes of the total cooking time.
6. Shred the chicken using two forks.
7. Stir the shredded chicken back into the slow cooker.
8. Spoon about $\frac{1}{2}$ cup of the shredded chicken mixture onto each tortilla.
9. Serve, garnished with toppings as desired.

Recipe Notes

- Try this on top of a salad or on top of rice for a more complete meal.
- Instead of using frozen vegetables, try using fresh shredded cabbage to make cabbage chicken tacos.

Nutrition Facts Per Serving: Calories: 310 | Total Fat: 8 g | Saturated Fat: 1 g
Sodium: 470 mg | Total Carbohydrate: 36 g | Dietary Fiber: 7 g | Protein: 25 g

Submitted by Jessica Kovarik MS, RD, CSSD, Roseburg VAHCS

For more recipes, please visit www.nutrition.va.gov



Mediterranean Chicken and Bulgur Skillet

Prep: 15 minutes | Cook: 45 minutes | Total: 60 minutes

Yield: 4 servings | Serving Size: $\frac{3}{4}$ cup of the bulgur mixture and $\frac{1}{4}$ th of the chicken

Ingredients

- 1 tablespoon oil
- 1 pound skinless, boneless chicken breasts
- 1 cup red onion, thinly sliced
- 3 cloves garlic, thinly sliced
- $\frac{1}{2}$ cup bulgur, uncooked
- $\frac{1}{2}$ teaspoon ground black pepper
- $\frac{1}{2}$ teaspoon dried oregano
- 4 cups chopped kale
- $\frac{1}{2}$ medium bell pepper, diced
- 1 cup (8 ounces) low-sodium chicken broth
- $\frac{1}{2}$ cups feta cheese, crumbled
- 1 teaspoon dried dill (or 1 tablespoon fresh)

Directions

1. Preheat the oven to 400°F.
2. Heat a large oven-safe skillet over medium-high heat.
3. Add the oil and heat until shimmering.
4. Add the chicken and cook until browned on both sides, about 3 minutes per side. Transfer the chicken to a plate.
5. Add the onion and garlic to the now-empty pan. Cook, stirring occasionally, until lightly browned, about 5 minutes.
6. Add the bulgur, black pepper, and oregano. Cook, stirring often, until fragrant and toasted, about 2 minutes.
7. Add the kale and bell pepper. Cook, stirring constantly, until kale begins to wilt, about 2 minutes.
8. Add the broth and bring to a boil. Remove the pan from the heat and place the chicken into the bulgur mixture.
9. Cover the pan with a lid and place in the oven. Bake until the chicken is fully cooked, about 12-15 minutes.
10. Serve, sprinkled with the feta and dill.

Recipe Notes

- For a bolder flavor, try using $\frac{1}{2}$ cups sliced roasted red bell peppers in place of bell pepper.

Nutrition Facts Per Serving: Calories: 340 | Total Fat: 12 g | Saturated Fat: 5 g
Sodium: 300 mg | Total Carbohydrate: 26.5 g | Dietary Fiber: 5.5 g | Protein: 33.5 g

Adapted from Cooking Light | Submitted by Janelle Kramer MS, RD, LDN, Durham VAHCS

For more recipes, please visit www.nutrition.va.gov

Lemon Chicken Stir-Fry

Prep: 20 minutes | Cook: 30 minutes | Total: 50 minutes

Yield: 4 servings | Serving Size: ~1½ cups

Ingredients

- 1 lemon
- 4 ounces (½ cup) reduced-sodium chicken broth
- 3 tablespoons reduced-sodium (lite) soy sauce
- ¼ teaspoon ground ginger
- 2 teaspoons cornstarch
- 1 tablespoon oil
- 1 pound boneless, skinless chicken breasts, cut into 1-inch pieces
- 8 ounces mushrooms, halved or quartered
- 2 medium carrots, peeled and cut on the bias (diagonally-sliced)
- 2 cups snow peas, stems and strings removed
- 1 bunch scallions (green onions), cut into 1-inch pieces, white and green parts separated
- 3 cloves garlic, minced (about 1½ teaspoons)

Directions

1. Grate 1 teaspoon lemon zest from the peel of the lemon and set aside.
2. Juice the entire lemon. Whisk the juice with the broth, soy sauce, ginger, and cornstarch in a small bowl. Set aside.
3. Heat a large nonstick skillet or wok over medium-high heat.
4. Add the oil and heat until shimmering.
5. Add the chicken and cook, stirring occasionally, until partially cooked, about 1-2 minutes. Transfer the chicken to a plate.
6. Add the mushrooms and carrots to the now-empty pan and cook until the carrots are just tender, about 2-3 minutes.
7. Add the snow peas, white portion of the scallions, garlic, lemon zest, and the broth mixture. Stir to combine.
8. Bring to a rapid simmer and cook, stirring often, until the sauce is thickened, about 2 to 3 minutes.
9. Add the partially cooked chicken back to the pan, along with the green portion of the scallions.
10. Cook, stirring constantly, until the chicken is fully cooked.

Recipe Notes

- For a more potent flavor, try using 1 tablespoon minced fresh ginger root instead of dried.
- If you are out of lemons, substitute 3 tablespoons lemon juice for the lemon (zest and juice).

Nutrition Facts Per Serving: Calories: 255 | Total Fat: 7 g | Saturated Fat: 0.5 g
Sodium: 530 mg | Total Carbohydrate: 16 g | Dietary Fiber: 5 g | Protein: 30 g

Adapted from www.eatingwell.com | Submitted by Jessica Long MS, RDN, CD, Clement J. Zablocki VAMC

For more recipes, please visit www.nutrition.va.gov



Chicken Tortellini Soup

Prep: 10 minutes | Cook: 40 minutes | Total: 50 minutes

Yield: 8 servings | Serving Size: 2 cups

Ingredients

1 pound boneless, skinless chicken breasts, cut into 1-inch cubes
8 cups (64 ounces) no-salt-added chicken broth
1 (14.5-ounce) can diced tomatoes
1 (10-ounce) package frozen chopped spinach
 $\frac{1}{4}$ cup grated Parmesan cheese
2 cups any variety frozen vegetables
2 teaspoons dried basil
1 teaspoon dried oregano
1 teaspoon onion powder
 $\frac{1}{2}$ teaspoon garlic powder
 $\frac{1}{2}$ teaspoon ground black pepper
2 teaspoons lemon juice
1 (15-ounce) package frozen cheese tortellini

Directions

1. Heat a large Dutch oven or pot over medium heat.
2. Add the chicken, broth, diced tomatoes and their juice, spinach, Parmesan cheese, frozen vegetables, basil, oregano, onion powder, garlic powder, black pepper, and lemon juice.
3. Increase the heat to high and bring to a boil, then reduce the heat to a simmer.
4. Cook, uncovered, for 10 minutes
5. Add the frozen cheese tortellini.
6. Increase the heat to high and bring back up to a boil, then reduce the heat to a simmer.
7. Cover the pot with a lid.
8. Cook until the tortellini is tender and the chicken is fully cooked, about 10-15 minutes.
9. Serve warm.

Recipe Notes

- Frozen broccoli works great in this recipe.
- To use leftover cooked chicken, add it to the recipe when adding the tortellini.

Nutrition Facts Per Serving: Calories: 305 | Total Fat: 8.5 g | Saturated Fat: 3.5 g
Sodium: 400 mg | Total Carbohydrate: 27.5 g | Dietary Fiber: 4 g | Protein: 29 g

Adapted from tasteofhome.com | Submitted by Jessica Long MS, RDN, CD, Clement J. Zablocki VAMC

For more recipes, please visit www.nutrition.va.gov

Stovetop Chicken Divan

Prep: 10 minutes | Cook: 30 minutes | Total: 40 minutes

Yield: 6 servings | Serving Size: 1½ cups

Ingredients

8 ounces whole-wheat egg noodles, uncooked
(about 5 cups)

1¾ cups (14 ounces) reduced-sodium chicken
broth

1 pound boneless, skinless chicken breasts, cut
into ¾-inch pieces

1 (16-ounce) package frozen broccoli florets

1½ cups nonfat (skim) milk

½ cup olive oil mayonnaise

3 tablespoons all-purpose flour

1½ teaspoons dry mustard

1 teaspoon garlic powder

½ teaspoon onion powder

¼ teaspoon celery seed

¼ teaspoon thyme

¼ teaspoon ground black pepper

1½ cups shredded reduced-fat Colby-jack or
cheddar cheese

Directions

1. Add the noodles and broth to a large nonstick skillet.
2. Add the chicken and then the broccoli.
3. In a medium bowl, whisk together the milk, mayonnaise, flour, dry mustard, garlic powder, onion powder, celery seed, thyme, and black pepper.
4. Add the milk mixture to the skillet.
5. Set the skillet over medium heat and bring to a simmer.
6. Cover the skillet with a lid. Cook, stirring every 4-5 minutes, until the noodles and broccoli are tender and the chicken is fully cooked, about 10-12 minutes.
7. Sprinkle with the cheese and let sit until melted.
8. Serve warm.

Recipe Notes

- Feel free to substitute your favorite meat for the chicken.
- Try substituting another frozen non-starchy vegetable (e.g. carrots, cauliflower, green beans) for the broccoli.

Nutrition Facts Per Serving: Calories: 400 | Total Fat: 16.5 g | Saturated Fat: 3 g
Sodium: 600 mg | Total Carbohydrate: 28 g | Dietary Fiber: 3.5 g | Protein: 32 g

Adapted from www.eatingwell.com | Submitted by Jessica Long MS, RDN, CD, Clement J. Zablocki VAMC

For more recipes, please visit www.nutrition.va.gov



Braised Chicken and Vegetable Skillet

Prep: 15 minutes | Cook: 60 minutes | Total: 1 hour and 15 minutes

Yield: 4 servings | Serving Size: 1 chicken thigh and ~3 cups vegetables

Ingredients

- 1 tablespoon oil
- 1 pound bone-in, skinless chicken thighs
- ½ teaspoon ground pepper
- 1 pound small red or yellow potatoes, cut into quarters
- 1 pound carrots, peeled cut into 1-inch pieces
- 1 pound green beans (fresh or frozen), ends trimmed if fresh
- 1 medium onion, cut into wedges
- 1 cup (8 ounces) low-sodium chicken broth
- 1 teaspoon dried thyme leaves

Directions

1. Heat a large, deep skillet or Dutch oven over medium-high heat.
2. Add the oil and heat until shimmering.
3. Add the chicken and sear until browned, about 4-5 minutes on each side.
4. Add the potatoes, carrots, broth, and thyme
5. Reduce the heat to a simmer.
6. Cover the pan with lid and simmer for 25-30 minutes.
7. Remove the lid. Add the green beans and onion.
8. Place the lid back on the pan. Continue to simmer until the chicken is fully cooked and vegetables are tender, about 10-15 minutes.

Nutrition Facts Per Serving: Calories: 365 | Total Fat: 9 g | Saturated Fat: 2 g
Sodium: 155 mg | Total Carbohydrate: 52 g | Dietary Fiber: 10.5 g | Protein: 21 g

Adapted from www.lyndasrecipebox.com | Submitted by Jessica Long MS, RDN, CD, Clement J. Zablocki VAMC

For more recipes, please visit www.nutrition.va.gov

Ground Meat and Poultry Recipes



Walnut Chili Mac

Prep: 10 minutes | Cook: 45 minutes | Total: 55 minutes

Yield: 8 servings | Serving Size: 1 cup

Ingredients

- 1 tablespoon oil
- ½ cup onion, chopped
- ½ pound lean ground beef
- ¾ cup chopped walnuts
- 1½ cups water
- 1 cup salsa
- 2 Roma tomatoes, diced
- 1 (15.5-ounce) can great northern beans, drained and rinsed
- 1½ cups whole-wheat elbow macaroni pasta, uncooked
- Optional toppings: Shredded cheese and sliced scallions (green onions)

Directions

1. Heat a large saucepan over medium heat.
2. Add the oil and heat until shimmering.
3. Add the onion, ground beef, and walnuts.
4. Cook for 5 minutes until brown, stirring frequently.
5. Stir in the water, salsa, tomatoes, and beans.
6. Increase the heat to high and bring to a rolling boil.
7. Add the uncooked pasta.
8. Reduce the heat to low and cover the pot with a lid.
9. Simmer over low heat until the pasta is tender, about 25-30 minutes.
10. Serve warm, topped with shredded cheese and scallions if desired.

Recipe Notes

- Use ground turkey or substitute additional beans to make the dish more lean or vegetarian.
- Add additional vegetables such as bell peppers, mushrooms, carrots, etc. to increase fiber and nutrient density of this dish.

Nutrition Facts Per Serving: Calories: 280 | Total Fat: 12.5 g | Saturated Fat: 2 g
Sodium: 220 mg | Total Carbohydrate: 28 g | Dietary Fiber: 6 g | Protein: 17.5 g

Submitted by Emily Richters, MS, RDN, LDN, Wilkes-Barre VAMC

For more recipes, please visit www.nutrition.va.gov



Unstuffed Cabbage Rolls

Prep: 10 minutes | Cook: 45 minutes | Total: 55 minutes

Yield: 4 servings | Serving Size: $\frac{1}{4}$ th of the recipe

Ingredients

1 tablespoon oil
1 pound lean ground beef, turkey, or chicken
1 large onion, diced
3 cloves garlic, minced (about 1 tablespoon)
 $\frac{1}{2}$ medium head cabbage, shredded
1 cup whole-grain rice (e.g. brown rice), uncooked
2 (14.5-ounce) cans no-salt-added diced tomatoes
2 (8-ounce) cans no-salt-added tomato sauce
 $\frac{1}{2}$ cup water
 $\frac{1}{2}$ teaspoon ground black pepper

Directions

1. Heat a large skillet over medium heat.
2. Add the oil and heat until shimmering.
3. Add the ground meat, onion, and garlic.
4. Continue cooking, stirring frequently, until the onion is tender and the ground meat is fully cooked, about 5-7 minutes.
5. Add the cabbage, rice, diced tomatoes with their liquid, tomato sauce, water, and pepper.
6. Cover and simmer until the rice and cabbage are tender, about 20-30 minutes.
7. Serve warm.

Recipe Notes

- Is the final dish too thick? Add some extra water until you reach the desired consistency.

Nutrition Facts Per Serving: Calories: 360 | Total Fat: 11 g | Saturated Fat: 3 g
Sodium: 100 mg | Total Carbohydrate: 25 g | Dietary Fiber: 5.5 g | Protein: 38.5 g

Submitted by Heather Klan RDN, LD, Erie VAMC
For more recipes, please visit www.nutrition.va.gov

White Chili

Prep: 15 minutes | Cook: 45 minutes | Total: 60 minutes

Yield: 6 servings | Serving Size: $\frac{1}{6}$ th of the recipe

Ingredients

1 tablespoon oil
1 medium onion, diced
2 stalks celery, diced
3 medium poblano or bell peppers, finely diced
1 clove garlic, minced (about $\frac{1}{2}$ teaspoon)
1 pound lean ground turkey or chicken
2 (15.5-ounce) cans no-salt-added white cannellini beans, drained and rinsed
4 cups (32 ounces) no-salt-added chicken broth
1 teaspoon ground cumin
1 teaspoon ground coriander
 $\frac{3}{4}$ teaspoon dried oregano
 $\frac{1}{4}$ teaspoon cayenne pepper, plus more to taste
2 tablespoons fresh cilantro, chopped (or 2 teaspoons dried)
Lime wedges, as desired

Directions

1. Heat a large saucepan (pot) over medium heat.
2. Add the oil and heat until shimmering.
3. Add the onion, celery, and peppers.
4. Sauté until the vegetables are soft, about 4-5 minutes.
5. Add the ground turkey or chicken and cook until no longer pink.
6. Add the cannellini beans, broth, cumin, coriander, oregano, and cayenne pepper.
7. Bring to a simmer and cook for 30 minutes, stirring occasionally.
8. Stir in the cilantro.
9. Taste, adding more cayenne if desired.
10. Serve warm, with lime wedges to squeeze on juice to taste.

Recipe Notes

- To reduce the heat, choose bell peppers over poblano peppers.

Nutrition Facts Per Serving: Calories: 320 | Total Fat: 9.5 g | Saturated Fat: 2 g
Sodium: 100 mg | Total Carbohydrate: 35 g | Dietary Fiber: 12.5 g | Protein: 24 g

Inspired by a recipe submitted by Christina Corkern RD, LD/N, West Palm Beach VAMC

For more recipes, please visit www.nutrition.va.gov



Slow Cooker Stuffed Peppers

Prep: 10 minutes | Cook: 3-6 hours | Total: 3-6 hours and 10 minutes

Yield: 6 servings | Serving Size: 1 bell pepper with $\frac{1}{6}$ th of the filling

Ingredients

$\frac{1}{2}$ cup water
6 bell peppers
1 pound lean ground beef
1 cup quinoa, uncooked, rinsed
1 (14-ounce) can black beans, drained and rinsed
 $1\frac{1}{2}$ cups red enchilada sauce or low-sodium salsa
1 teaspoon cumin
1 teaspoon chili powder
1 teaspoon onion powder
 $\frac{1}{2}$ teaspoon garlic powder
 $1\frac{1}{2}$ cups shredded reduced-fat Mexican cheese blend, divided

Directions

- Pour the water into the bottom of a slow cooker.
- Cut the tops off the bell peppers and scrape out the ribs and seeds. Discard the tops, ribs, and seeds.
- In a large bowl, combine the ground beef, quinoa, beans, enchilada sauce or salsa, cumin, chili powder, onion powder, garlic powder, and 1 cup of the cheese.
- Fill each bell pepper with the ground beef mixture.
- Place the stuffed bell peppers upright in the slow cooker so their bottoms are sitting in the water.
- Cover the slow cooker with the lid. Cook on Low for 6 hours or on High for 3 hours.
- Remove the lid, sprinkle the remaining $\frac{1}{2}$ cup cheese over the tops of the peppers.
- Cover the slow cooker again with the lid and let sit for a few minutes to melt the cheese.
- Serve warm.

Recipe Notes

- To make this a vegetarian meal, substitute 1 can of refried beans for the lean ground beef.

Nutrition Facts Per Serving: Calories: 425 | Total Fat: 14 g | Saturated Fat: 5 g
Sodium: 505 mg | Total Carbohydrate: 43 g | Dietary Fiber: 9 g | Protein: 32 g

Adapted from www.pinchofyum.com | Submitted by Jessica Long, MS, RDN, CD, Clement J. Zablocki VAMC

For more recipes, please visit www.nutrition.va.gov



Oven-Baked Buffalo Chicken Quesadilla

Prep: 20 minutes | Cook: 15 minutes | Total: 35 minutes

Yield: 1 serving | Serving Size: 1 quesadilla

Ingredients

2 (9- or 10-inch) whole-wheat tortillas, divided
 $\frac{3}{8}$ cup reduced-fat shredded cheese, divided
2 tablespoons chopped bell pepper
 $\frac{1}{3}$ cup broccoli or cauliflower florets
 $\frac{1}{3}$ cup cooked ground chicken
1 tablespoon chopped tomato
1 tablespoon chopped red onion
 $\frac{1}{4}$ cup no-salt-added white beans, drained and rinsed
2 teaspoons hot sauce

Directions

1. Preheat the oven to 350°F.
2. Evenly coat a baking sheet with cooking spray.
3. Place one of the tortillas on the baking sheet.
4. Sprinkle $\frac{1}{3}$ cup of the cheese over the tortilla, in an even layer.
5. Add the bell pepper, broccoli, chicken, tomato, onion, beans, and hot sauce.
6. Top with the remaining $\frac{1}{3}$ cup cheese.
7. Place the second tortilla on top.
8. Place the baking sheet in the oven.
9. Cook until the tortillas are crisp and the cheese is melted, about 10-15 minutes.

Recipe Notes

- No chicken on hand? Substitute ground turkey or use your favorite bean for great protein and fiber.
- Garnishes well with guacamole, light sour cream, plain Greek yogurt, or salsa.

Nutrition Facts Per Serving: Calories: 475 | Total Fat: 16 g | Saturated Fat: g
Sodium: 680 mg | Total Carbohydrate: 50 g | Dietary Fiber: 10 g | Protein: 32 g

Submitted by Katie Kirzoncic RD, LDN, Lebanon VAMC

For more recipes, please visit www.nutrition.va.gov



Chicken Cauliflower Enchilada Skillet

Prep: 5 minutes | Cook: 25 minutes | Total: 30 minutes

Yield: 6 servings | Serving Size: 1½ cups

Ingredients

- 2 teaspoons oil
- 1 pound ground chicken
- 1 can (10-ounce) diced tomatoes and green chilies, undrained
- 1 can (8-ounce) no-salt-added tomato sauce
- 1 can (10-ounce) red enchilada sauce
- 2 (10- or 12-ounce) bags frozen cauliflower rice
- ½ cup shredded cheddar and Monterey jack blend cheese

Directions

1. Heat a large skillet over medium heat.
2. Add the oil and heat until shimmering.
3. Add the ground chicken and cook until no longer pink.
4. Add the diced tomatoes and their juice, tomato sauce, enchilada sauce, and cauliflower rice.
5. Bring to a simmer and cook until the cauliflower is tender.
6. Reduce the heat to low and stir in the cheese until melted and well mixed.
7. Serve warm.

Recipe Notes

- If you make your own cauliflower rice, 10-12 ounces cauliflower rice is equivalent to about 2½-3 cups.
- Ground chicken not available? Try substituting ground turkey.

Nutrition Facts Per Serving: Calories: 270 | Total Fat: 14 g | Saturated Fat: 5 g
Sodium: 530 mg | Total Carbohydrate: 6.5 g | Dietary Fiber: 2 g | Protein: 28 g

Inspired by a recipe submitted by Kimberly George, MS, RD, CDN, Syracuse VAMC

For more recipes, please visit www.nutrition.va.gov



Ground Turkey Sweet Potato Skillet

Prep: 15 minutes | Cook: 35 minutes | Total: 50 minutes

Yield: 4 servings | Serving Size: 1½ cups

Ingredients

- 2 tablespoons oil
- 1 pound ground turkey
- 2 garlic cloves, minced (about 1 teaspoon)
- ½ medium onion, diced
- 1 bell pepper, diced
- 1 (15-ounce) can black beans, drained and rinsed
- 2 tablespoons ground black pepper
- Pinch crushed red pepper
- 1 large sweet potato, diced
- Water, if needed
- 1 cup shredded part-skim mozzarella cheese

Directions

1. Heat a large pot medium-high heat.
2. Add the oil and heat until shimmering.
3. Add the ground turkey, garlic, onion, and bell pepper.
4. Use a heat-resistant spoon to break up the turkey while it cooks. Stir occasionally and cook until the turkey is no longer pink.
5. Add the sweet potato, beans, black pepper, and crushed red pepper flakes.
6. Cover the skillet and cook until the potato is tender, stirring occasionally. If necessary, add a little bit of water to cook the sweet potato faster.
7. When the sweet potato is tender, sprinkle with the shredded mozzarella cheese.
8. Turn off the heat.
9. Cover the pot with a lid and let sit until the cheese is melted, about 5 minutes.
10. Serve warm.

Nutrition Facts Per Serving: Calories: 345 | Total Fat: 10 g | Saturated Fat: 2 g
Sodium: 520 mg | Total Carbohydrate: 32.5 g | Dietary Fiber: 8.5 g | Protein: 38.5 g

Adapted from Cooking Light | Submitted by JoAnna Hazard RD

For more recipes, please visit www.nutrition.va.gov



Italian Pasta Skillet

Prep: 10 minutes | Cook: 40 minutes | Total: 50 minutes

Yield: 6 servings | Serving Size: ~1 ¼ cups

Ingredients

1 pound lean ground beef

1 tablespoon oil

1 medium red bell pepper, diced (about 1½ cups)

8 ounces mushrooms, roughly chopped

1 (24-ounce) jar marinara pasta sauce

2 cups water

8 ounces whole-wheat pasta, uncooked

1 cup shredded reduced-fat (2%) Italian cheese blend or cheddar cheese

5 ounces fresh spinach

Optional toppings: Chopped basil, grated Parmesan cheese

Directions

1. Heat a large Dutch oven or saucepan over medium-high heat.
2. Add the ground beef and cook until no longer pink.
3. Drain any excess fat from the pan.
4. Add the oil, bell pepper, and mushrooms.
5. Cook, stirring frequently, until the bell pepper and mushrooms are tender.
6. Stir in the marinara pasta sauce and water.
7. Increase the heat to high and bring to a boil.
8. Add the pasta. Stir, then return to a low boil.
9. Cook, stirring occasionally, until the pasta is tender, about 15 minutes.
10. Reduce the heat to low and add the spinach. Cook until the spinach is wilted.
11. Remove the pan from the heat and stir in the cheese until melted.
12. Serve warm, garnishing with chopped basil and/or grated parmesan cheese as desired.

Nutrition Facts Per Serving: Calories: 360 | Total Fat: 11.5 g | Saturated Fat: 3.5 g
Sodium: 540 mg | Total Carbohydrate: 32.5 g | Dietary Fiber: 6 g | Protein: 30.5 g

Adapted from accenthealth.com | Submitted by Jessica Long MS, RDN, CD, Clement J. Zablocki VAMC

For more recipes, please visit www.nutrition.va.gov



Hearty Bell Pepper and Turkey Skillet

Prep: 15 minutes | Cook: 40 minutes | Total: 55 minutes

Yield: 5 servings | Serving Size: ~1½ cups

Ingredients

- 1 tablespoon oil
- 1 clove garlic, minced (about ½ teaspoon)
- 1 medium onion, diced
- 1 pound ground turkey
- 4 medium bell peppers, diced
- 1 (14.5-ounce) can no-salt-added diced tomatoes
- 1 cup 10-minute brown rice, uncooked
- 2 teaspoons dried basil
- 2 teaspoons dried oregano
- 1¾ cups (14 ounces) low-sodium beef broth
- 1 (8-ounce) can low-sodium tomato sauce
- 1 teaspoon Worcestershire sauce

Directions

1. Heat a large heavy skillet or Dutch oven over medium heat.
2. Add the oil and heat until shimmering.
3. Add the onion and sauté until soft and transparent, about 5-7 minutes.
4. Add the garlic and cook until fragrant, about 30-60 seconds.
5. Add the ground turkey and bell pepper. Continue to sauté until the bell peppers are soft and the turkey is fully cooked, about 6-8 minutes.
6. Add the diced tomatoes and their juice, rice, basil, oregano, broth, tomato sauce, and Worcestershire sauce. Stir to combine.
7. Place the lid on the skillet. Increase the heat to high and bring to a boil, then reduce the heat to a simmer.
8. Cook until the rice is tender and most of the liquid has been absorbed, about for 10-15 minutes. Add additional broth or water if needed to cook the rice.
9. Serve warm.

Recipe Notes

- Try substituting another quick-cooking grain product (e.g. quinoa, millet, whole-wheat orzo, bulgur) for the rice.

Nutrition Facts Per Serving: Calories: 415 | Total Fat: 14 g | Saturated Fat: 2 g
Sodium: 525 mg | Total Carbohydrate: 42 g | Dietary Fiber: 4 g | Protein: 30.5 g

Inspired by a recipe submitted by Jessica Long MS, RDN, CD, Clement J. Zablocki VAMC

For more recipes, please visit www.nutrition.va.gov



Tomato and Sausage Bean Stew

Prep: 10 minutes | Cook: 35 minutes | Total: 45 minutes

Yield: 4 servings | Serving Size: 1 $\frac{2}{3}$ cups

Ingredients

6 ounces (2 links) Italian chicken sausage, sliced
1 medium onion, diced
1 (28-ounce) can no-salt-added crushed tomatoes
4 cloves garlic, minced (about 2 teaspoons)
 $\frac{1}{2}$ teaspoon dried basil
 $\frac{1}{2}$ teaspoon dried oregano
1 teaspoon ground black pepper
Pinch crushed red pepper flakes (optional)
1 (15.5-ounce) can great northern beans, drained and rinsed
1 (10-ounce) package frozen chopped spinach

Directions

1. Heat a large Dutch oven or stockpot over medium-high heat.
2. Add the sausage and cook until browned, about 3-5 minutes.
3. Add the onion and sauté until soft and tender, about 5-7 minutes.
4. Add the crushed tomatoes, garlic, basil, oregano, black pepper, and crushed red pepper flakes (if using).
5. Increase the heat to high and bring to a boil, scraping the bottom of the pan with a heat-resistant rubber spatula to release the browned bits on the bottom.
6. Reduce the heat to medium-low. Add the beans and frozen spinach.
7. Cook, stirring occasionally, until heated through. If a thicker texture is desired, simmer longer, uncovered, until the sauce has reduced.
8. Serve warm.

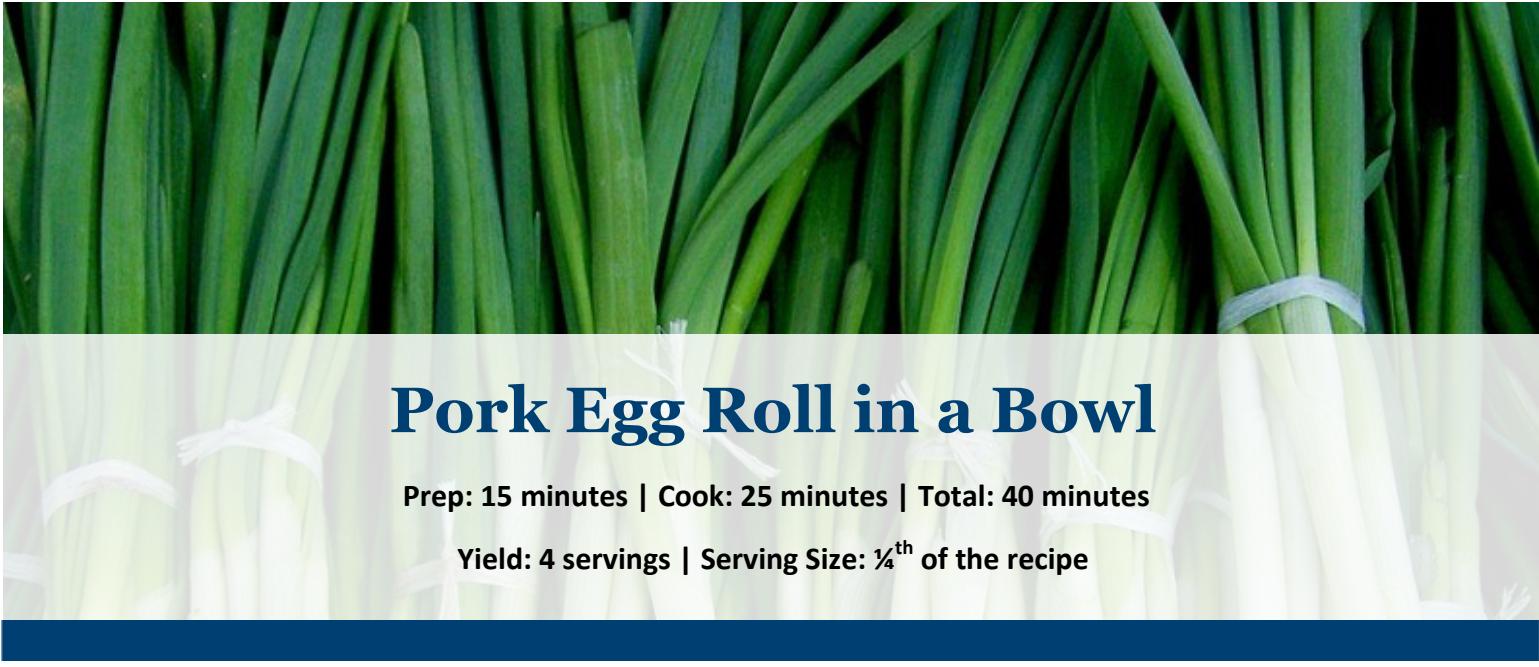
Recipe Notes

- Since most chicken sausage comes in a 12- to 16-ounce package, try freezing the rest for making the recipe again.

Nutrition Facts Per Serving: Calories: 200 | Total Fat: 4 g | Saturated Fat: 1.5 g
Sodium: 310 mg | Total Carbohydrate: 27 g | Dietary Fiber: 8.5 g | Protein: 16.5 g

Adapted from www.budgetbytes.com | Submitted by Jessica Long MS, RDN, CD, Clement J. Zablocki VAMC

For more recipes, please visit www.nutrition.va.gov



Pork Egg Roll in a Bowl

Prep: 15 minutes | Cook: 25 minutes | Total: 40 minutes

Yield: 4 servings | Serving Size: $\frac{1}{4}$ th of the recipe

Ingredients

- 2 tablespoons sesame oil
- 3 cloves garlic, minced (about 1½ teaspoons)
- ½ cup diced onion
- 5 scallions (green onions), sliced, white and green parts separated
- 1 pound ground pork
- ½ teaspoon ground ginger
- 1 tablespoon Sriracha or garlic chili sauce
- 1 (14- or 16-ounce) bag coleslaw mix
- 3 tablespoon reduced-sodium (lite) soy sauce
- 1 tablespoon rice wine vinegar
- 2 tablespoon toasted sesame seeds, if desired

Directions

1. Heat a large skillet over medium-high heat.
2. Add the sesame oil and heat until shimmering.
3. Add the garlic, onion, and the white portion of the scallions.
4. Sauté until the onions are soft and the garlic is fragrant, about 4-5 minutes.
5. Add the ground pork, ground ginger, and Sriracha or garlic chili sauce.
6. Sauté until the pork is cooked through, about 5-7 minutes.
7. Add the coleslaw mix, soy sauce, and rice wine vinegar.
8. Sauté until the cabbage is tender, about 5-7 minutes.
9. Serve, topped with the green portion of the scallions and the sesame seeds, if using.

Recipe Notes

- For more cost savings, shred your own cabbage. You will need about 4-6 cups shredded cabbage.

Nutrition Facts Per Serving: Calories: 325 | Total Fat: 19 g | Saturated Fat: 5.5 g
Sodium: 455 mg | Total Carbohydrate: 10.5 g | Dietary Fiber: 3.5 g | Protein: 24.5 g

Adapted from nomnompaleo.com | Submitted by JoAnna Hazard RD

For more recipes, please visit www.nutrition.va.gov

Pork Recipes



Sweet n' Sour Pork Roast

Prep: 5 minutes | Cook: 4-5 hours | Total: 4-5 hours and 5 minutes

Yield: 6 servings | Serving Size: $\frac{1}{6}$ th of the recipe

Ingredients

- 1 (~2-pound) pork loin
- $\frac{1}{2}$ cup brown sugar, packed
- $\frac{1}{2}$ cup apple juice
- $\frac{1}{4}$ cup apple cider vinegar
- 2 tablespoons reduced-sodium (lite) soy sauce
- 2 pounds (32 ounces) frozen mixed vegetables, oriental or stir-fry style
- 1 (8-ounce) package ready microwavable whole-grain rice (e.g. brown rice)

Directions

1. Place the pork loin into the bottom of a slow cooker.
2. In a mixing bowl, make a glaze by combining the brown sugar, apple juice, vinegar, and soy sauce.
3. Pour the glaze mixture over the pork loin.
4. Cover the slow cooker with a lid.
5. Cook on low for 4-5 hours or until fully cooked, adding the vegetables and rice when there is 30 minutes left in the total cooking time.
6. Serve warm.

Recipe Notes

- Can't find a 2-pound pork loin? Substitute with a 2-pound tenderloin or 2 pounds of boneless pork chops.

Nutrition Facts Per Serving: Calories: 575 | Total Fat: 15.5 g | Saturated Fat: 5.5 g
Sodium: 345 mg | Total Carbohydrate: 56 g | Dietary Fiber: 7.5 g | Protein: 50 g

Inspired by a recipe submitted by Georgia Janssen RDN, Iowa City VAMC

For more recipes, please visit www.nutrition.va.gov



Barbecue Pork Sheet Pan Dinner

Prep: 20 minutes | Cook: 30 minutes | Total: 50 minutes

Yield: 4 servings | Serving Size: 1 pork chop and $\frac{1}{4}$ th of the vegetables

Ingredients

1 pound boneless pork chops (four 4-ounce chops)

$\frac{1}{4}$ cup barbecue sauce

2 sweet potatoes, peeled and diced (about 4 cups)

2 tablespoons oil, divided

2 tablespoons salt-free steak seasoning, divided

1 pound Brussels sprouts, halved

Directions

1. Preheat the oven to 350°F
2. Line a baking sheet with aluminum foil.
3. Coat the pork chops on both sides with the barbecue sauce.
4. Place the coated pork chops in the middle of the prepared baking sheet.
5. Place the sweet potatoes in a medium size bowl and toss with 1 tablespoon of the oil and 1 tablespoon of the seasoning.
6. Spread the sweet potatoes onto one side of the baking sheet.
7. In the same bowl, add the Brussels sprouts and toss with remaining 1 tablespoon oil and 1 tablespoon seasoning.
8. Spread the Brussels sprouts onto the other side of the baking sheet.
9. Bake until the pork chops fully cooked and the vegetables are tender, about 30 minutes.
10. Serve warm.

Nutrition Facts Per Serving: Calories: 450 | Total Fat: 11.5 g | Saturated Fat: 2.5 g
Sodium: 280 mg | Total Carbohydrate: 53.5 g | Dietary Fiber: 9.5 g | Protein: 35.5 g

Adapted from www.stockpilingmoms.com | Submitted by Kristen Bertram RDN, CD, Clement J. Zablocki VAMC

For more recipes, please visit www.nutrition.va.gov



Apple Pork Tenderloin

Prep: 20 minutes | Cook: 3-4 hours | Total: 3-4 hours and 20 minutes

Yield: 8 servings | Serving Size: $\frac{1}{8}$ th of the recipe

Ingredients

- 1 pound baby carrots
- 2 cups cubes red potatoes
- 1 (~2-pound) pork tenderloin
- 1 apple, thinly sliced
- 2 tablespoons honey
- 2 tablespoons reduced-sodium (lite) soy sauce
- 1 tablespoon Dijon mustard
- 1 tablespoon balsamic vinegar
- $\frac{1}{2}$ -1 tablespoon ground cinnamon, to taste
- 3 cloves garlic, minced (about $1\frac{1}{2}$ teaspoons)
- Ground black pepper to taste

Directions

1. Place the carrots and potatoes in the bottom of a slow cooker.
2. Using a paring knife, make a series of small, parallel cuts across the length of the pork tenderloin.
3. Fill each cut in the pork tenderloin with an apple slice.
4. Place the apple-filled pork tenderloin on top of the carrots and potatoes in the slow cooker.
5. In a small bowl, make a glaze by whisking together the honey, soy sauce, mustard, balsamic vinegar, cinnamon, and garlic.
6. Pour the glaze mixture over the pork tenderloin.
7. Cover the slow cooker with the lid.
8. Cook on high for 3-4 hours, or on low for 6-8 hours.

Nutrition Facts Per Serving: Calories: 250 | Total Fat: 4 g | Saturated Fat: 1.5 g
Sodium: 240 mg | Total Carbohydrate: 21.5 g | Dietary Fiber: 3.5 g | Protein: 31 g

Submitted by Diane M. Longerbone MA, RD, CD, Richard L. Roudebush VAMC

For more recipes, please visit www.nutrition.va.gov

Pork and Vegetable Fried Rice

Prep: 20 minutes | Cook: 15 minutes | Total: 35 minutes

Yield: 5 servings | Serving Size: 1 cup

Ingredients

- 1 (8.8-ounce) package microwavable brown rice, cooked according to the package directions
Nonstick cooking spray
2 eggs, lightly beaten
2 teaspoons oil, divided
Pinch salt
 $\frac{1}{2}$ pound boneless pork loin, cut into $\frac{1}{2}$ -inch pieces
 $\frac{1}{2}$ pound pea pods, cut into 1-inch pieces
 $\frac{1}{2}$ pound asparagus, cut into 1-inch pieces
1 red bell pepper, thinly sliced
6 scallions (green onions), cut into 1-inch pieces
1 clove garlic, minced
1 teaspoon ground ginger
4 teaspoons reduced-sodium (lite) soy sauce
2 tablespoons rice vinegar
1 teaspoon toasted sesame oil (optional)
Hot red pepper sauce (optional)

Directions

- Coat a large nonstick wok or skillet with cooking spray and place over medium heat.
- Once the pan is hot, add the eggs and cook, stirring gently, until they are just set, about 30-60 seconds. Transfer to a small bowl and set aside.
- Heat 1 teaspoon of the canola oil in the same now-empty pan over medium-high heat.
- Sprinkle the salt evenly over the pork.
- Add the pork to the pan. Cook, stirring constantly, until browned on all sides, about 2 minutes. Transfer to the bowl with the cooked eggs and set aside.
- Heat the remaining 1 teaspoon of oil in the same pan.
- Add the pea pods and cook, stirring constantly, for 2 minutes.
- Add the bell pepper, scallions, garlic, and ginger. Cook, stirring constantly, until just tender, about 2 minutes.
- Add the cooked rice, soy sauce, and vinegar. Cook until the liquid is absorbed, about 30-60 seconds.
- Fold in the cooked eggs and pork.
- Remove from the heat, stirring in the sesame oil and/or hot sauce if desired.
- Serve warm.

Recipe Notes

- Substitute any vegetables of your choice for the pea pods and bell peppers, or try chicken breast instead of pork.

Nutrition Facts Per Serving: Calories: 290 | Total Fat: 8 g | Saturated Fat: 1.5 g
Sodium: 200 mg | Total Carbohydrate: 35 g | Dietary Fiber: 3 g | Protein: 19 g

Adapted from www.smittenkitchen.com | Submitted by Jessica Long, MS, RDN, CD, Clement J. Zablocki VAMC

For more recipes, please visit www.nutrition.va.gov



Pork Tenderloin Kebabs

Prep: 15 minutes | Cook: 20 minutes | Total: 35 minutes

Yield: 4 servings | Serving Size: 3 kebabs

Ingredients

- 1 (~1-pound) pork tenderloin
- 2 bell peppers, diced (any color, or a variety)
- 1 zucchini, cut into 1- to 2-inch slices
- 1 red onion, cut into 1- to 2-inch chunks
- 10 ounces mushrooms, cut in half if wider than about 1 inch
- 1 pineapple, cubed
- 1 peach, halved, pitted, and cubed
- 2 tablespoons oil
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper

Directions

1. If roasting in the oven, preheat the oven to 400°F. If grilling, preheat the grill to medium-high heat (350-400°F).
2. Place 12 wooden skewers in warm water to soak for 10-15 minutes. If using metal skewers, soaking is not needed.
3. Cut the pork tenderloin into 1-inch cubes. Try to keep the cubes small and consistent in size, so they cook quickly and evenly.
4. In a large bowl, combine the bell peppers, zucchini, onion, mushrooms, pineapple, peach, oil, salt, and pepper.
5. Assemble the kebabs by alternating between the cubed pork and the various vegetable and fruit pieces.
6. Roast or grill the kebabs until the pork is cooked to an internal temperature of 145°F, about 10-15 minutes, turning every 3-5 minutes if grilling.
7. Serve warm.

Recipe Notes

- Can't find a 1-pound pork tenderloin? Substitute with 1 pound of boneless pork chops.

Nutrition Facts Per Serving: Calories: 350 | Total Fat: 11.5 g | Saturated Fat: 2.5 g
Sodium: 370 mg | Total Carbohydrate: 31 g | Dietary Fiber: 5 g | Protein: 34.5 g

Adapted from America's Test Kitchen | Submitted by Dana Herring MS, RDN, Carl T. Hayden VAMC

For more recipes, please visit www.nutrition.va.gov



Pork and Rice Skillet

Prep: 15 minutes | Cook: 60 minutes | Total: 1 hour and 15 minutes

Yield: 4 servings | Serving Size: $\frac{1}{4}$ th of the recipe

Ingredients

- 1 tablespoon oil
- 1 pound boneless pork chops, cut into bite-sized pieces
- 1 large onion, diced
- 2 cloves garlic, minced (about 1 teaspoon)
- 1 cup brown rice, uncooked
- 1 tablespoon Italian seasoning
- 1 (16-ounce) package frozen peas and carrots
- 2 cups (16 ounces) low-sodium chicken broth
- $\frac{1}{2}$ cup nonfat plain yogurt
- $\frac{1}{2}$ cup shredded cheddar cheese

Directions

1. Heat a large skillet over medium heat.
2. Add the oil and heat until shimmering.
3. Add the pork, onion, and garlic.
4. Sauté until the pork is browned and the onions are tender, about 5-7 minutes.
5. Add the rice, Italian seasoning, frozen peas and carrots, and broth.
6. Increase the heat to high and bring to a boil.
7. Reduce the heat to a simmer and cover the pan with a lid.
8. Cook, stirring occasionally, until the rice is tender and the pork is fully cooked, about 30-45 minutes.
9. Stir in the yogurt and cheese until combined and the cheese is melted.
10. Serve warm.

Recipe Notes

- To reduce carbohydrate content further, try substituting non-starchy vegetables (e.g. green beans, broccoli, cauliflower, peppers, asparagus, mushrooms) for the peas and carrots.
- To reduce cooking time, try using 10-minute brown rice.

Nutrition Facts Per Serving: Calories: 580 | Total Fat: 18 g | Saturated Fat: 6.5 g
Sodium: 290 mg | Total Carbohydrate: 54.5 g | Dietary Fiber: 6 g | Protein: 49 g

Adapted from www.iwashyoudry.com | Submitted by Kristen Bertram RDN, CD, Clement J. Zablocki VAMC

For more recipes, please visit www.nutrition.va.gov

Seafood Recipes

Tropical Tex-Mex Shrimp Fajitas

Prep: 15 minutes | Cook: 20 minutes | Total: 35 minutes

Yield: 5 servings | Serving Size: 2 tortillas with ~1 cup of the fajita mixture

Ingredients

1 tablespoon cornstarch

2 teaspoons chili powder

1 teaspoon paprika

½ teaspoon onion powder

½ teaspoon garlic powder

¼ teaspoon cayenne

½ teaspoon ground cumin

3 teaspoons oil, divided

1 pound frozen shrimp, peeled and deveined,
thawed

2 cups chopped pineapple

1 onion, thinly sliced

1 bell pepper (any color), cut into strips

10 whole-wheat tortillas

Optional toppings: Fresh cilantro, avocado
slices, Pico de Gallo, plain Greek yogurt or
nonfat sour cream

Directions

1. In a small bowl, mix together the cornstarch, chili powder, paprika, onion powder, garlic powder, cayenne, and cumin.
2. In a separate large bowl, add 1 tablespoon of the seasoning mixture and the shrimp. Mix until coated, then set aside.
3. Heat 1 teaspoon of the oil in a large skillet over high heat.
4. Add the pineapple to the skillet in a single layer. Let the pieces get a little charred before moving them around, then stir and cook again until browned in spots. Transfer to an empty bowl and set aside.
5. Add 1 teaspoon of the oil to the same now-empty skillet.
6. Add the bell peppers. Once the pieces are browned in spots, add the onion and remaining seasoning mixture. Cook, stirring often, until tender. Transfer to the bowl with the pineapple and set aside.
7. Heat the remaining 1 teaspoon of oil in the same skillet.
8. Add the shrimp, spreading them out into a single layer. Cook until they just turn pink, about 3-4 minutes.
9. Add the pineapple, bell peppers, onion back into the skillet with the shrimp.
10. Cook, stirring constantly, until everything is sizzling, about 2 more minutes.
11. Meanwhile, wrap the tortillas in a damp paper towel and microwave until warm, about 30 seconds.
12. Serve ½ cup of the fajita mixture onto the warmed tortillas.
13. Serve warm, topping as desired.

Nutrition Facts Per Serving: Calories: 415 | Total Fat: 7 g | Saturated Fat: 1 g
Sodium: 495 mg | Total Carbohydrate: 60 g | Dietary Fiber: 9 g | Protein: 30 g

Adapted from www.smittenkitchen.com | Submitted by Jessica Long, MS, RDN, CD, Clement J. Zablocki VAMC

For more recipes, please visit www.nutrition.va.gov



Quinoa, Shrimp, and Black Bean Casserole

Prep: 10 minutes | Cook: 50 minutes | Total: 60 minutes

Yield: 4 servings | Serving Size: ~2 cups

Ingredients

1 teaspoon oil
½ cup onion, chopped
3 cloves garlic, minced (about 1 ½ teaspoons)
¾ cup quinoa, uncooked, rinsed
1 (15-ounce) can no-salt-added vegetable broth
1 teaspoon ground cumin
¼ teaspoon cayenne pepper
¼ teaspoon ground black pepper
1 cup frozen corn kernels
1 (15-ounce) can no-salt-added black beans, drained and rinsed
2½ tablespoons dried cilantro (or ½ cup fresh)
1 pound frozen shrimp, thawed and cooked

Directions

1. Heat a medium or large saucepan (pot) over medium heat.
2. Add the oil and heat until shimmering.
3. Add the onion and garlic.
4. Cook, stirring often, until the onion is lightly browned, about 8-10 minutes.
5. Add the quinoa, broth, cumin, cayenne pepper, and black pepper.
6. Increase the heat to high and bring mixture to a boil.
7. Cover the pot with a lid and reduce the heat to simmer.
8. Cook until the quinoa is tender and most of the broth has been absorbed, about 15-20 minutes.
9. Stir in the frozen corn, cooked shrimp, black beans and cilantro.
10. Continue to cook, stirring occasionally, until heated through.

Recipe Notes

- To reduce sodium further, try using fresh shrimp, ensuring it is fully cooked prior to serving.
- To cook the shrimp with the quinoa, add it during the last 5 minutes of the total cooking time for the quinoa.

Nutrition Facts Per Serving: Calories: 325 | Total Fat: 5.5 g | Saturated Fat: 1 g
Sodium: 310 mg | Total Carbohydrate: 42 g | Dietary Fiber: 7 g | Protein: 28 g

Inspired by a recipe submitted by Megan Gundy RD, Hines VAMC

For more recipes, please visit www.nutrition.va.gov



Zesty White Fish Tacos

Prep: 15 minutes | Cook: 10 minutes | Total: 25 minutes

Yield: 4 servings | Serving Size: 2 tacos

Ingredients

1 packet salt-free taco seasoning mix

3 tablespoons lime juice, divided

1 tablespoon oil

1 pound white fish fillets (e.g. cod, pollock, tilapia)

½ cup plain Greek yogurt

½ cup olive oil mayonnaise

¼ cup chopped fresh cilantro

4 cups shredded cabbage (about ½-1 head; can substitute coleslaw mix)

8 small flour or corn tortillas

Directions

1. Combine 1 tablespoon of the taco seasoning, 1 tablespoon of the lime juice, and the oil.
2. Coat the fish fillets with the oil mixture.
3. Combine the remaining taco seasoning, the remaining 2 tablespoons lime juice, the yogurt, mayonnaise, and cilantro.
4. Toss half of the yogurt sauce with the shredded cabbage.
5. Heat a nonstick skillet over medium-high heat.
6. Add the fish and cook until it flakes easily with a fork, about 5-7 minutes, turning when about halfway cooked.
7. Let the fish rest for 1-2 minutes, then break it into pieces.
8. Meanwhile, wrap the tortillas in a damp paper towel and microwave until warm, about 30 seconds.
9. Divide the cooked fish and dressed cabbage over the warmed tortillas.
10. Serve warm, drizzling with remaining yogurt sauce to taste.

Recipe Notes

- To save time, purchase pre-shredded cabbage or substitute 4 cups coleslaw mix for the shredded cabbage.

Nutrition Facts Per Serving: Calories: 430 | Total Fat: 16 g | Saturated Fat: 2 g
Sodium: 376 mg | Total Carbohydrate: 38 g | Dietary Fiber: 5 g | Protein: 33 g

Adapted from www.mrsdash.com | Submitted by Dana Herring MS, RDN, Carl T. Hayden VAMC

For more recipes, please visit www.nutrition.va.gov



Rosemary Tuna Salad Sandwiches

Prep: 5 minutes | Chill: 10 minutes | Total: 15 minutes

Yield: 2 servings | Serving Size: 1 sandwich

Ingredients

1 (5-ounce) can tuna, drained
2 tablespoons chopped almonds
2 tablespoons plain Greek yogurt
2 tablespoons olive oil mayonnaise
1/4 teaspoon ground dried rosemary
1/4 teaspoon onion powder
1/4 teaspoon Dijon mustard
Pinch ground black pepper
4 slices whole-grain bread
2 cups fresh spinach, loosely packed
1 tomato, sliced
2 thin onion slices

Directions

1. In a small bowl, combine the tuna, almonds, yogurt, mayonnaise, rosemary, onion powder, mustard, and black pepper.
2. Set the mixture in the refrigerator for 10 minutes to chill and to allow the flavors to blend.
3. Place down two slices of bread.
4. Divide the tuna mixture, spinach, tomato, and onion over the two bread slices.
5. Top with the remaining bread slices to make two sandwiches.
6. Cut the sandwiches diagonally in half and serve.

Nutrition Facts Per Serving: Calories: 340 | Total Fat: 11.5 g | Saturated Fat: 1.5 g
Sodium: 462 mg | Total Carbohydrate: 32.5 g | Dietary Fiber: 5.5 g | Protein: 41 g

Adapted from www.myrecipes.com | Submitted by Dana Herring MS, RDN, Carl T. Hayden VAMC

For more recipes, please visit www.nutrition.va.gov

Asian Salmon and Vegetable Packets

Prep: 20 minutes | Cook: 15 minutes | Total: 35 minutes

Yield: 4 servings | Serving Size: 1 salmon fillet and 1 cup of the vegetables

Ingredients

- ¼ cup honey
- 3 cloves garlic, minced
- 2 tablespoons reduced-sodium (lite) soy sauce
- 1 tablespoon rice vinegar
- 1 tablespoon sesame oil
- 1 tablespoon grated fresh ginger (or 1 teaspoon ground ginger)
- 1 teaspoon Sriracha chili sauce or ½ teaspoon red pepper flakes (optional)
- Ground black pepper to taste (optional)
- 4 (4-ounce) salmon filets
- 4 cups chopped or sliced raw vegetables, any variety (e.g. mushrooms, bell peppers, onions, zucchini, broccoli, cabbage)
- 2 scallions (green onions), thinly sliced
- ½ teaspoon sesame seeds

Directions

1. Preheat the oven to 450°F
2. In a small bowl, whisk together the honey, garlic, soy sauce, rice vinegar, sesame oil, ginger, and Sriracha or red pepper flakes (if using).
3. Lay out 4 large sheets of heavy-duty foil.
4. Mound 1 cup of the selected vegetables onto the center of each piece of foil.
5. Place a salmon fillet on top of each pile of vegetables.
6. Divide the honey mixture evenly over each salmon and vegetable pile. This will be about 2 tablespoons for each pile.
7. Create four foil packets by bringing the short ends of each piece of foil together and folding twice to seal, then folding in the sides to seal, leaving room for steam.
8. Place the foil packets on a baking sheet.
9. Bake for 10 minutes.
10. Remove the baking sheet from the oven and open each foil packet, then preheat the boiler.
11. Place the baking sheet with the opened packets back in the oven and broil until the inside of the fish 145°F when measured with a thermometer, about 3-5 minutes.
12. Serve warm, garnishing each packet with the scallions and sesame seeds.

Nutrition Facts Per Serving: Calories: 300 | Total Fat: 11 g | Saturated Fat: 1.5 g
Sodium: 380 mg | Total Carbohydrate: 28 g | Dietary Fiber: 2.5g | Protein: 25 g

Adapted from www.foodnetwork.com | Submitted by Jessica Long, MS, RDN, CD, Clement J. Zablocki VAMC

For more recipes, please visit www.nutrition.va.gov



Tuscan Tuna Salad Wrap

Prep: 25 minutes | Chill: 10 minutes | Total: 35 minutes

Yield: 4 servings | Serving Size: ~ $\frac{3}{4}$ cup tuna mixture and 1 wrap

Ingredients

2 tablespoons red wine vinegar

2 tablespoons oil

$\frac{1}{4}$ cup onion, chopped

1 clove garlic, minced (about $\frac{1}{2}$ teaspoon)

1 tablespoon dried parsley (or 3 tablespoons fresh)

1 (15.5-ounce) can no-salt-added great northern beans, drained and rinsed

1 (5-ounce) can tuna in water, drained

$\frac{1}{2}$ cup halved cherry tomatoes

$\frac{1}{2}$ cup diced bell pepper

$\frac{1}{2}$ cup diced celery

4 (8-inch) whole-grain wraps

Lettuce, chopped or torn, for topping

Directions

- Whisk together the vinegar, oil, onion, garlic, and parsley in a medium bowl.
- Add the beans, tuna, tomatoes, peppers, and celery. Toss to combine.
- Set the mixture in the refrigerator for 10 minutes to chill and to allow the flavors to blend.
- Spread about $\frac{3}{4}$ cup of the tuna mixture onto one of the wraps.
- Top with lettuce and roll tightly, sealing the ends, like a burrito.
- Repeat with the remaining tuna mixture and wraps.
- Serve cold.

Recipe Notes

- In place of a wrap, try adding over a bed of lettuce or salad greens.

Nutrition Facts Per Serving: Calories: 375 | Total Fat: 11 g | Saturated Fat: 2 g
Sodium: 630 mg | Total Carbohydrate: 39 g | Dietary Fiber: 9.5 g | Protein: 31 g

Inspired by a recipe submitted by Georgina Hignell RD, Northport VAMC

For more recipes, please visit www.nutrition.va.gov



Sheet Pan Tilapia and Vegetable Medley

Prep: 25 minutes | Cook: 20 minutes | Total: 45 minutes

Yield: 2 servings | Serving Size: 1 tilapia filet, 1 potato, and $\frac{3}{4}$ cup of the vegetables

Ingredients

Nonstick cooking spray
2 medium Yukon Gold potatoes, cut into wedges
3 large Brussels sprouts, thinly sliced
3 large radishes, thinly sliced
1 cup sugar snap peas, cut in half
1 small carrot, thinly sliced
1 tablespoon oil
 $\frac{1}{2}$ teaspoon garlic powder
 $\frac{1}{2}$ teaspoon ground black pepper
2 (6-ounce) tilapia fillets
 $\frac{1}{2}$ teaspoon dried tarragon
 $\frac{1}{4}$ teaspoon salt
2 teaspoons butter, softened
Lemon wedges (optional)

Directions

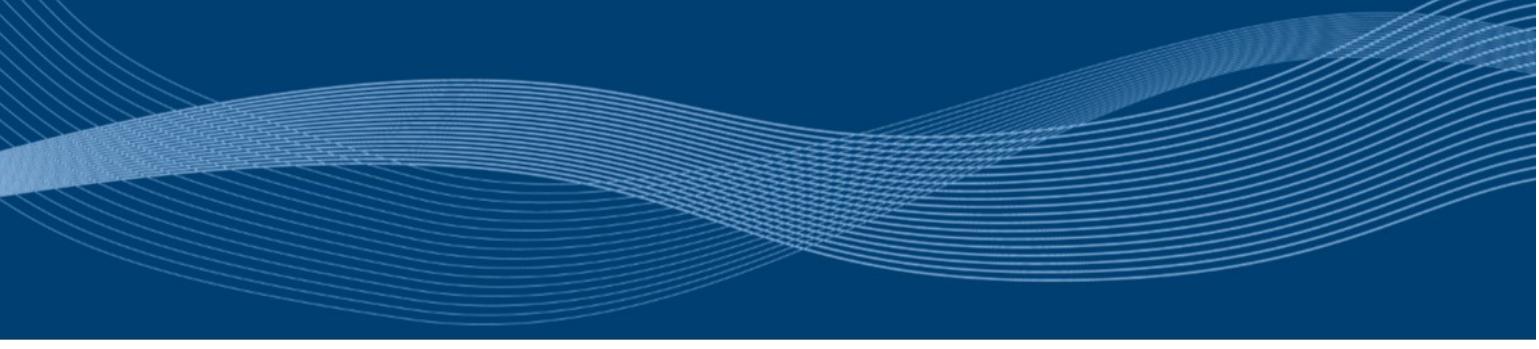
1. Preheat the oven to 450°F.
2. Line a rimmed baking sheet with foil. Spray the foil with cooking spray.
3. In a large bowl, add the potatoes, Brussels sprouts, radishes, sugar snap peas, carrot, oil, garlic powder, and black pepper. Toss to combine.
4. Transfer the vegetable mixture to the prepared baking sheet in a single layer
5. Bake until the potatoes are tender, about 20 minutes.
6. Remove the baking sheet from the oven, then preheat the broiler.
7. Push the vegetables to one side of the baking sheet, then add the tilapia to the other side.
8. Sprinkle the fish with the tarragon and salt, then dot with the softened butter.
9. Broil 4-5 inches from the heat until the fish flakes easily with a fork or until a thermometer placed in center of the thickest part reads 145°F, about 5 minutes.
10. Serve warm, with lemon wedges if desired.

Nutrition Facts Per Serving: Calories: 400 | Total Fat: 10 g | Saturated Fat: 2 g
Sodium: 430 mg | Total Carbohydrate: 40 g | Dietary Fiber: 6 g | Protein: 40 g

Adapted from www.tasteofhome.com | Submitted by Jessica Long, MS, RDN, CD, Clement J. Zablocki VAMC

For more recipes, please visit www.nutrition.va.gov

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[Mediterranean Chicken and Bulgur Skillet](#) 20

[White Chili](#) 28

[Slow Cooker Stuffed Peppers](#) 29

[Oven-Baked Buffalo Chicken Quesadilla](#) 30

Bell pepper, continued	
Ground Turkey and Sweet Potato Skillet	32
Italian Pasta Skillet	33
Hearty Bell Pepper and Turkey Skillet	34
Pork and Vegetable Fried Rice	41
Pork Tenderloin Kebabs	42
Tropical Tex-Mex Shrimp Fajitas	45
Tuscan Tuna Salad Wrap	50
Broccoli	
Pasta Primavera	9
Stovetop Chicken Divan	23
Oven-Baked Buffalo Chicken Quesadilla	30
Brussels sprouts	
Barbecue Pork Sheet Pan Dinner	39
Bulgur	
Mediterranean Chicken and Bulgur Skillet	20
C	
Cabbage	
Unstuffed Cabbage Rolls	27
Zesty White Fish Tacos	47
Carrots	
Bean and Barley Soup	11
White Bean, Kale, and Tomato Stew	12
Lemon Chicken Stir-Fry	21
Braised Chicken and Vegetable Skillet	34
Apple Pork Tenderloin	40
Pork and Rice Skillet	43
Cauliflower	
Oven-Baked Buffalo Chicken Quesadilla	30
Chicken Cauliflower Enchilada Skillet	31
Celery	
Bean and Barley Soup	11
Chicken Couscous Paella	18
White Chili	28
Celery, continued	
Tuscan Tuna Salad Wrap	50
Cheese	
Pasta Primavera	9
Spinach and Red Pepper Frittata	13
Slow Cooker Chicken Fajitas	19
Mediterranean Chicken and Bulgur Skillet	20
Chicken Tortellini Soup	22
Stovetop Chicken Divan	23
Walnut Chili Mac	26
Slow Cooker Stuffed Peppers	29
Oven-Baked Buffalo Chicken Quesadilla	30
Chicken Cauliflower Enchilada Skillet	31
Ground Turkey and Sweet Potato Skillet	32
Italian Pasta Skillet	33
Pork and Rice Skillet	43
Coleslaw mix	
Pork Egg Roll in a Bowl	36
Corn	
Southwest Chicken Soup	17
Quinoa, Shrimp, and Black Bean Casserole	46
Couscous	
Chicken Couscous Paella	18
E	
Egg noodles	
Stovetop Chicken Divan	23
Eggs	
Spinach and Red Pepper Frittata	13
Pork and Vegetable Fried Rice	41
G	
Green beans	
Southwest Chicken Soup	17
Braised Chicken and Vegetable Skillet	24
Green onions (see Scallions)	

K**Kale**

- [White Bean, Kale, and Tomato Stew](#) 12
- [Mediterranean Chicken and Bulgur Skillet](#) 20

L**Lemon**

- [Pasta Primavera](#) 9
- [Lemon Chicken Stir-Fry](#) 21
- [Chicken Tortellini Soup](#) 22

Lettuce

- [Tuscan Tuna Salad Wrap](#) 50

Lime

- [White Chili](#) 28
- [Zesty White Fish Tacos](#) 47

M**Mushrooms**

- [Pasta Primavera](#) 9
- [Lemon Chicken Stir-Fry](#) 21
- [Italian Pasta Skillet](#) 33
- [Pork Tenderloin Kebabs](#) 42

N**No-cook**

- [Rosemary Tuna Salad Sandwiches](#) 48
- [Tuscan Tuna Salad Wrap](#) 50

P**Pasta**

- [Tomato, Spinach, and Cannellini Bean Pasta](#) 8
- [Pasta Primavera](#) 9
- [Pasta with Chickpeas](#) 10
- [Chicken Tortellini Soup](#) 22
- [Walnut Chili Mac](#) 26
- [Italian Pasta Skillet](#) 33

Peach

- [Pork Tenderloin Kebabs](#) 42

Peas

- [Pasta Primavera](#) 9
- [Chicken Couscous Paella](#) 18
- [Pork and Vegetable Fried Rice](#) 41
- [Pork and Rice Skillet](#) 43

Pineapple

- [Chickpea Stir-Fry](#) 15
- [Pork Tenderloin Kebabs](#) 42
- [Tropical Tex-Mex Shrimp Fajitas](#) 44

Poblano pepper

- [White Chili](#) 28

Potatoes

- [Braised Chicken and Vegetable Skillet](#) 24
- [Apple Pork Tenderloin](#) 40

Q**Quinoa**

- [Slow Cooker Stuffed Peppers](#) 29
- [Quinoa, Shrimp, and Black Bean Casserole](#) 46

R**Rice**

- [White Bean, Kale, and Tomato Stew](#) 12
- [Unstuffed Cabbage Rolls](#) 27
- [Hearty Bell Pepper and Turkey Skillet](#) 34
- [Sweet n' Sour Pork Roast](#) 38
- [Pork and Vegetable Fried Rice](#) 41
- [Pork and Rice Skillet](#) 43

S**Scallions**

- [Lemon Chicken Stir-Fry](#) 21
- [Walnut Chili Mac](#) 26
- [Pork Egg Roll in a Bowl](#) 36
- [Pork and Vegetable Fried Rice](#) 41
- [Asian Salmon and Vegetable Packets](#) 49

Slow cooker	
Slow Cooker Chicken Fajitas	19
Slow Cooker Stuffed Peppers	29
Sweet n' Sour Pork Roast	38
Apple Pork Tenderloin	40
Snow peas	
Lemon Chicken Stir-Fry	21
Spinach	
Tomato, Spinach, and Cannellini Bean Pasta	8
Bean and Barley Soup	11
Spinach and Red Pepper Frittata	13
Southwest Chicken Soup	17
Chicken Tortellini Soup	22
Italian Pasta Skillet	33
Tomato and Sausage Bean Stew	35
Rosemary Tuna Salad Sandwiches	48
Stir-fry vegetables	
Chickpea Stir-Fry	15
Sweet n' Sour Pork Roast	38
Sweet potato	
Ground Turkey and Sweet Potato Skillet	32
Barbecue Pork Sheet Pan Dinner	39
T	
Tomatoes, canned	
Chickpea Shakshuka	7
Tomato, Spinach, and Cannellini Bean Pasta	8
Pasta with Chickpeas	10
Bean and Barley Soup	11
White Bean, Kale, and Tomato Stew	12
Three-Bean Chili	14
Southwest Chicken Soup	17
Chicken Tortellini Soup	22
Unstuffed Cabbage Rolls	27
Tomato and Sausage Bean Stew	35
Tomatoes, canned, continued	
Slow Cooker Chicken Fajitas	19
Chicken Cauliflower Enchilada Skillet	31
Hearty Bell Pepper and Turkey Skillet	34
Tomatoes, fresh	
Chicken Couscous Paella	18
Walnut Chili Mac	26
Oven-Baked Buffalo Chicken Quesadilla	30
Rosemary Tuna Salad Sandwiches	48
Tuscan Tuna Salad Wrap	50
Tortillas or wraps	
Oven-Baked Buffalo Chicken Quesadilla	24
Slow Cooker Chicken Fajitas	29
Tropical Tex-Mex Shrimp Fajitas	45
Zesty White Fish Tacos	47
Tuscan Tuna Salad Wrap	50
W	
Walnuts	
Walnut Chili Mac	26
Water chestnuts	
Chickpea Stir-Fry	15
Y	
Yogurt	
Slow Cooker Chicken Fajitas	19
Pork and Rice Skillet	43
Zesty White Fish Tacos	47
Rosemary Tuna Salad Sandwiches	48
Z	
Zucchini	
Pasta with Chickpeas	10
Pork Tenderloin Kebabs	42