

Weekly Menu Recipes

Recipe: Chicken and Broccoli Stir-Fry with Garlic Spaghetti■

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Ingredients:■

- 2 boneless, skinless chicken breasts■
- 1 medium onion, sliced■
- 2 cups broccoli florets■
- 3 cloves garlic, minced■
- 8 ounces whole wheat spaghetti■
- 2 tablespoons olive oil■
- Salt and pepper, to taste■

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Instructions:■

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1. Cook the spaghetti according to package instructions until al dente. Drain and set aside.■

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2. While the spaghetti is cooking, heat 1 tablespoon of olive oil in a large skillet over medium heat. Season the

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3. In the same skillet, add another tablespoon of olive oil and the sliced onions. Cook for 2-3 minutes until they



4. Add the minced garlic and broccoli florets to the skillet. Stir-fry for about 5 minutes, or until the broccoli is ten



5. Return the sliced chicken to the skillet and toss everything together.■



6. Add the cooked spaghetti to the skillet and toss again until well combined. If needed, you can add a splash



7. Season with additional salt and pepper if desired.■



8. Serve the chicken and broccoli stir-fry over the garlic spaghetti.■



Note: Feel free to add some extra flavor to the dish by drizzling with soy sauce or sprinkling with red pepper fla

Recipe: Tomato and Chicken Rice Bowl■



Ingredients:■

- 2 boneless, skinless chicken breasts■

- 2 tomatoes■

- 1 cup rice (brown or white)■

- 2 carrots■

- 2 cloves of garlic■

- 1 tablespoon olive oil■

- Salt and pepper to taste■

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Instructions:■

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1. Cook the rice according to the package instructions. Set aside.■

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2. While the rice is cooking, prepare the vegetables. Wash and dice the tomatoes. Peel and grate the carrots.■

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3. Heat the olive oil in a large skillet over medium heat. Add the minced garlic and sauté for about 1 minute until fragrant.■

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4. Cut the chicken breasts into bite-sized pieces and add them to the skillet. Cook for 5-7 minutes, stirring occasionally.■

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5. Add the diced tomatoes and grated carrots to the skillet. Season with salt and pepper to taste. Cook for an additional 5 minutes.■

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6. Divide the cooked rice into bowls. Top each bowl with the tomato and chicken mixture.■



7. Serve hot and enjoy your nutritious Tomato and Chicken Rice Bowl!■



Optional: You can garnish the bowls with fresh herbs like parsley or cilantro for added flavor. You can also squ