

# Lemon Pepper Haddock



Serving size: 4 servings

## INGREDIENTS

- 1 lb Haddock
- 1 tablespoon seasoning salt (we use Lawry's Salt Free 17)
- 0.5 tsp lemon zest
- 1.5 tablespoons margarine
- 1.5 tablespoons lemon juice
- 1/3 cup of salt-free Zesta crackers
- Pinch of parsley to garnish
- Lemon wedge to garnish

## INSTRUCTIONS

1. Cut fish into appropriate size portions
2. Melt margarine and lemon juice together in a pan
3. Grind the crackers into a fine crumb and add Lawry's 17 seasoning and lemon zest.
4. Coat fish pieces with margarine mixture and dip into cracker crumbs, shaking off excess.
5. Bake for 35-45 minutes in the oven at 350 degrees F or until fish reaches internal temperature of 145 degrees F.
6. Garnish with a lemon wedge and fresh diced parsley

# Asian Noodles with Peanut Sauce

Serving size: 1 cup (8 servings)



## INGREDIENTS

- ½ cup peanut butter
- 6 ½ ounces water
- 3 oz low-sodium soy sauce
- 3 oz rice wine vinegar
- 1 oz lime juice
- ½ oz siracha
- ½ tbsp fresh chopped garlic
- ½ tbsp light brown sugar
- ½ tbsp onion powder
- ½ tsp ground ginger
- 16 oz. spaghetti noodles
- 3 oz. sliced carrots
- 3 oz. broccoli florets
- 4 oz. julienned tri-color bell peppers
- 1 cup cooked shredded chicken

## INSTRUCTIONS

1. In a bowl mix together peanut butter, water, soy sauce, vinegar, lime juice, siracha, garlic, brown sugar, onion powder, and ground ginger and mix until all ingredients are combined. Heat the sauce in a pan using medium-low heat and stirring occasionally (165°F). Set aside.
2. Cook pasta in boiling water until al dente (using package instructions)
3. While pasta is cooking, steam or sauté the vegetables until done (140°F).
4. Drain noodles and toss with the sauce then add in the chicken and vegetables.
5. Garnish with your choice of chopped green onions, chopped peanuts, or cilantro and enjoy!

# Greek Herbed Chicken



Serving size: 6 servings

## INGREDIENTS

- 1/3 cup plain Greek yogurt
- 1.5 lbs chicken breast, cubed
- 6 garlic cloves, chopped
- 2 shallots, chopped
- 1 tbsp smoked paprika
- 1 tbsp oregano
- 1 tsp crushed red pepper

## INSTRUCTIONS

1. In a large bowl, combine all ingredients. Let marinate for 15 minutes at room temperature or up to overnight in the refrigerator.
2. Preheat the oven to 425°. Arrange the chicken on a baking sheet.
3. Bake for 15 minutes, toss, and bake another 5-10 minutes, or until cooked through.
4. Switch the oven to broil, and broil for 1-2 minutes until the chicken chars on the edges.

# Heart Healthy Winter Grain Bowl

Serving size: 6 servings



## INGREDIENTS

- 3 oz red beets, cubed
- 1.5 lb sweet potatoes, cubed
- 1 tsp olive oil
- 1 cup wild rice, uncooked
- ½ cup dried cranberries
- 8-10 cups baby kale
- 1/3 cup parmesan cheese
- ¼ cup pistachios

## Balsamic Dressing

- 3 oz balsamic vinegar
- 1 oz olive oil
- 2 tsp Dijon mustard

## INSTRUCTIONS

1. Preheat oven to 425°. Toss beets and sweet potatoes in olive oil, spread on baking sheet. Roast for 30 minutes.
2. Cook wild rice according to package directions.
3. Blend dressing ingredients together in a blender or food processor until smooth.
4. In a large bowl, combine beets, sweet potatoes, wild rice, and cranberries.
5. To serve, scoop prepared ingredients onto a pile of kale. Top with parmesan, pistachios, and dressing. Enjoy!

# Mexican Rice Bowl

Serving size: 4 servings



## INGREDIENTS

$\frac{3}{4}$  cup of uncooked rice

1 tsp chicken soup base

1  $\frac{1}{4}$  cup of water

1 tbsp olive oil

1 tsp ground cumin

1 tsp chili powder

1 tsp ground paprika

1 tbsp diced green pepper

1 tbsp diced onion

$\frac{1}{4}$  cup crushed tomatoes

1 cup pinto beans

$\frac{1}{2}$  cup fresh mild salsa

$\frac{1}{4}$  cup fire roasted corn

1 lb boneless skinless chicken breast

1 tsp chili powder

$\frac{1}{2}$  tsp ground paprika

$\frac{1}{2}$  tsp dried oregano

$\frac{1}{2}$  tsp ground cumin

$\frac{1}{2}$  tsp onion powder

2 tbsp lime juice

$\frac{1}{2}$  cup enchilada sauce

$\frac{1}{2}$  cup sliced red onions

$\frac{1}{2}$  cup sliced green and red pepper

2 tsp garlic

## INSTRUCTIONS

1. In a large pan combine first 10 ingredients and steam for 30 minutes to an hour until rice is cooked to desired texture.
2. Heat pinto beans in a pan until temperature reaches 140 degrees F
3. Boil chicken and shred to appropriate size. Add spices, lime, and enchilada sauce to shredded chicken.
4. Mix salsa and roasted corn together. Refrigerate and set aside.
5. Combine peppers and onions with garlic and cook on sheet pans in oven until roasted.
6. Combine all the ingredients to make a yummy heart-healthy rice bowl.