

STIR FRY

Canola oil (or vegetable oil)

1 lb desired meat (chicken, pork tenderloin, beef tenderloin), sliced thinly

4 cups fresh vegetables, chopped into small pieces, or 1-2 bags frozen vegetables

4 tsp ginger, separated in half

4-6 tablespoons soy sauce (low sodium)

2 heaping tsp minced garlic

1 tsp chili powder

1 can chicken broth

Cooked rice or noodles

- Heat 2 tablespoons oil in an extra large fry pan or wok on medium high heat. Oil will be hot when a piece of diced onion sizzles and browns quickly.
- Carefully add meat to oil. Sprinkle half (2 tsp) of ginger, 2-3 tablespoons of soy sauce, and 1 tsp chili powder over meat. Cook until it starts to brown, stirring often. If meat starts to stick or sauce starts to burn, add a small amount of chicken broth to pan. Once cooked through, transfer to a plate. Add another 2 tbsp of oil to the pan, and allow to heat for 1-2 minutes.
- Add in your desired vegetables, being careful if adding frozen vegetables as they will spatter more than fresh.
- Add the remaining 2 tsp of ginger, and 2-3 more tablespoons of soy sauce to the vegetables. It should only take about 5 minutes to cook the vegetables if the oil is hot enough. Again, add chicken broth if the vegetables start to become dry (usually not an issue with frozen vegetables).
- Once cooked, add in the cooked noodles or rice. Add additional soy sauce if desired. Add meat and stir well. Enjoy!

Note: You can make this more of an Italian dish by eliminating the ginger and soy sauce and adding oregano, basil, additional garlic, and ½ cup parmesan cheese.



CHICKEN PARMESAN

Yield: 4 servings

Boneless skinless chicken breast, baked or grilled (2 pounds)

Your favorite jar of tomato sauce

2 small tomatoes, peeled and seeded

½ cup cauliflower florets

½ cup carrots, peeled and chopped

½ medium sweet potato, peeled and cut into small chunks

½ small zucchini, peeled and chopped

Broccoli, chopped (Fresh or frozen) (one stalk or 16 oz bag will feed approximately 2 people)

Mozzarella cheese

¼ onion, chopped

1 tsp lemon juice

1 small can Tomato paste

Oregano, basil, and garlic to taste



- Cook cauliflower, carrots, sweet potato, zucchini and onion until tender. (You will be cooking the broccoli separately; it serves as the “pasta” in this dish.) If you want sauce to remain smooth, they must be thoroughly cooked.
- Reserve cooking liquid. Place cooked vegetables, tomatoes, oregano, basil, garlic, and lemon juice in blender. Pulsate to puree, adding cooking liquid as needed to create desired consistency.
- Add can of tomato paste and a small amount of your favorite sauce to blend well. Pour remaining sauce back into saucepan (from vegetables) and stir in the vegetable puree. Simmer while you cook the broccoli in a separate pan.
- Cut cooked chicken into medallions. Place 1 cup cooked broccoli on serving plate. Top with 2/3 cup sauce. Add chicken.
- Sprinkle with mozzarella. If you still crave pasta, check out our “Easy Vegetable Pasta Salad” as a side dish.

Note: Beef can be substituted for chicken.

LIME HERB TOFU

Yield: 7-8 servings (2oz.)

1/2 C. lime juice
1 tsp. black pepper
1 tsp. dried oregano
1 tsp. ground cumin
3/4 tsp. salt
3 garlic cloves, crushed
15 oz. extra firm tofu
3/4 tsp. olive oil
1/8 C. coarsely chopped fresh cilantro
1 tsp. finely chopped green onions

- Combine first six ingredients in a 2 quart baking dish.
- Slice 15 oz. block of tofu into 7-8 slices. Place tofu in dish, turning to coat; cover and marinate in refrigerator for at least 1 hour and baste occasionally.
- Preheat oven to 375 degrees F.
- Remove tofu from dish and discard marinade.
- Coat cookie sheet with olive oil and place tofu onto sheet.
- Bake for 20 minutes or until it begins to brown on the edges.
- Sprinkle with cilantro and green onions.
- Serve with Roasted Corn, Black Bean, and Tomato Salad.



OVEN CHICKEN QUESADILLAS

A great way to use leftover chicken, or to make **any** meat go further!

Yield: 2 servings

1 boneless skinless chicken breast, chopped into thin, fine pieces

Four 6" tortillas

Finely minced vegetables (onion, roasted peppers, broccoli tops)

Shredded cheese

Taco seasoning (or equal parts cumin, chili powder and garlic salt)

- Place 2 tortillas on a cookie sheet. Sprinkle a small amount of cheese on the tortilla, followed by half of the chopped chicken. You want the pieces to be very small to help keep the quesadilla together when turning.
- Sprinkle the minced vegetables and top with more shredded cheese.
- Sprinkle taco seasoning (or cumin, chili powder, and garlic salt).
- Top with the remaining 2 tortillas.
- Place under broiler in oven. Turn/Flip when the top tortilla begins to brown. Broil second side until it starts to brown.
- Use a pizza cutter to cut each into 4 pieces. Serve with your favorite salsa, lettuce, olives, tomatoes, and jalapenos if desired.
- These could be frozen and reheated in the microwave for a quick lunch!

