

Minestrone Soup

INGREDIENTS

- 1 tbsp olive oil
- 2 celery stalks, diced
- 2 carrots, sliced
- 1 medium red onion, diced
- ½ tsp kosher salt
- ½ tsp black pepper
- 1 can (28 oz.) fire roasted diced tomatoes
- 1 can (15 oz.) tomato sauce
- 6 cups vegetable broth
- 2 cans (15 oz.) cannellini beans, drained and rinsed
- ½ cup frozen corn
- 2 tsp dried oregano, divided
- 1½ tsp dried basil
- 1 cup dried rotini
- 2 tbsp roughly chopped flat-leaf parsley

INSTRUCTIONS

1. Heat the olive oil in a large pot over medium heat. Sauté the carrots, celery and onion. Season with salt and pepper. Cook until softened, ~5-7 mins.
2. Stir in the tomatoes, tomato sauce, broth, beans, corn, 1½ teaspoons oregano and dried basil.
3. Bring to a simmer and cover. Reduce heat to medium-low and simmer for 30 mins.
4. Cook pasta in a separate pan according to package directions. Drain, and rinse under cold water.
5. Stir the pasta into the soup and warm through.
6. Garnish bowls with remaining dried oregano and parsley.

SERVING SIZE

Recipe makes 6 servings

FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras



Sheet Pan Maple Chicken & Veggies

INGREDIENTS

- 1/3 cup organic maple syrup
- 1/3 cup dijon
- 1½ tsp paprika
- ½ tsp kosher salt
- ½ tsp black pepper
- 4 boneless chicken thighs
- 1 large delicata squash, washed, halved, seeds removed, and sliced into ½-pieces
- 1½ cups halved Brussels sprouts, ends removed and trimmed
- 2 tbsp olive oil

NOTE: you may use any vegetable you desire/ have on hand

INSTRUCTIONS

1. Preheat oven to 425 degrees.
2. In a medium bowl, whisk together the syrup, dijon, paprika, salt and pepper. Reserve half of the mixture.
3. Fit a large, rimmed baking sheet with parchment.
4. Brush chicken with half of the maple mixture. Bake for 15 min.
5. Toss squash and Brussels sprouts with remaining maple mixture in a large bowl.
6. Lay the vegetables around the chicken in a single layer. Bake for an additional 10-15 mins, or until chicken registers 165 with a meat thermometer.

SERVING SIZE

Recipe makes 2 servings

FOOD PLATE SECTIONS FULFILLED



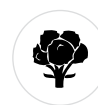
Protein



Fats



Carb



Vegetables



Extras





SERVING SIZE
Recipe yields 4 servings

Taco Stuffed Potatoes

INGREDIENTS

- 4 large sweet potatoes
- 1 tbsp olive oil
- 1 lb. ground turkey or lean beef
- 1 tsp chili powder
- 1 tsp ground cumin
- 1 tsp garlic powder
- ½ tsp kosher salt
- ½ tsp black pepper

*Optional:

- Greek yogurt or sour cream
- Chili sauce
- Salsa
- Cilantro

INSTRUCTIONS

1. Preheat oven to 400 degrees.
2. Poke potatoes all over with the tines of a fork. Place on an aluminum foil-lined baking pan. Bake for 35-40 min, or until fork tender.
3. In a large frying pan heat olive oil over medium heat. Add the turkey/beef and break into small pieces. Season with chili powder, cumin, garlic powder, salt and pepper.
4. When the meat is completely cooked through, drain off any remaining fat.
5. Split potatoes in half lengthwise and divide meat mixture between them. Top with any of the optional ingredients.

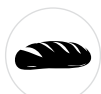
FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras

SIDES

Crispy Veggie Bake

INGREDIENTS

- 4 medium red potatoes, cut into ½-inch pieces
- 3 tbsp olive oil, divided
- ½ tsp kosher salt
- ½ tsp black pepper
- 2 large zucchini, cut into ½-inch rounds
- 1 medium red, orange, or yellow, bell pepper, cut into strips
- ½ cup panko
- 2 tsp dried oregano
- 1 tsp dried basil

INSTRUCTIONS

1. Preheat oven to 400 degrees.
2. Fit a large, rimmed baking sheet with parchment.
3. Toss the potatoes with 2 tbsp of olive oil, salt and pepper in a large bowl. Spread in a single layer on the sheet pan and bake for 15 min.
4. Add zucchini and bell pepper to the pan. Stir well.
5. In a small bowl, combine the panko with remaining olive oil, oregano and basil. Stir well to coat.
6. Sprinkle the herbed bread crumbs over the vegetables and bake for an additional 15-20 mins or until browned and cooked through.

SERVING SIZE

Recipe makes 6 servings

FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras



**SERVING SIZE**

Recipe yields 18 cookies
& 4 servings
(1 serving = 3 cookies)

Peanut Butter Pecan Cookies

INGREDIENTS

- 1 cup unsalted peanut butter, room temperature
- ½ cup honey
- 1 large organic egg
- ½ tsp kosher salt
- 1/3 cup roughly chopped pecans

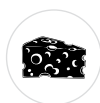
INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. In a medium bowl, combine the peanut butter, honey, egg and salt. Gently fold in the pecans.
3. Fit a large, rimmed cookie sheet with parchment.
4. Drop the batter on the prepared pan by the tablespoon. Press each cookie down with the tines of a fork. (Note: The dough is very sticky, so wipe fork down with a paper towel every time you push down a cookie.)
5. Bake for 8 mins, or until lightly browned.
6. Let cool on the pan for 15 mins, and then transfer to a cooling rack.

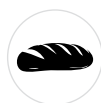
FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras