

# 3 Recipes and 1 Key Ingredient

## Main Ingredient: Rotisserie Chicken Breast

### Chicken Enchiladas

Serves 2

#### Ingredients

- 2 tortillas
- 6 oz rotisserie chicken, baked chicken breast, or canned chicken shredded.
- 1 green pepper cut into strips
- 1 small onion cut into strips
- 1-2 handful spinach (optional)
- 1 15 oz can enchilada sauce (red or green)
- 2 cloves garlic
- ½ c shredded Cheddar cheese
- 1 Tbsp olive oil

#### Directions:

1. Before cooking, always wash your hands and wash your vegetables under cool running water.
2. Preheat the oven to 375 degrees F. Lightly grease a baking dish able to fit 2 tortillas.
3. In a large skillet on medium heat, add oil and vegetables and sauté for approximately 5 minutes or until onions turn opaque. Add chicken, garlic and any other desired spices and heat for another 3 minutes to heat chicken thoroughly. Add ½ container of enchilada sauce to chicken and vegetable mixture.
4. Spoon enchilada mixture onto tortillas and roll up and place seam side down in the baking dish
5. Pour remain enchilada sauce over the top and sprinkle cheese on top. Bake for 15-20 minutes or until hot.
6. Note, if you have any remaining chicken and vegetable mixture, save and serve the next day over rice or on top of a salad. Or make more enchiladas.

Nutrition Facts	
Servings: 2	
Amount per serving	
<b>Calories</b>	<b>399</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 20.2g	<b>26%</b>
Saturated Fat 7.8g	<b>39%</b>
<b>Cholesterol</b> 95mg	<b>32%</b>
<b>Sodium</b> 326mg	<b>14%</b>
<b>Total Carbohydrate</b> 20.3g	<b>7%</b>
Dietary Fiber 4.4g	<b>16%</b>
Total Sugars 4.3g	
<b>Protein</b> 34.9g	
Vitamin D 3mcg	17%
Calcium 282mg	22%
Iron 2mg	13%
Potassium 563mg	12%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

# Super Salad

Serves 1

## Ingredients

- 2-3 handfuls of spinach
- ½ c brown rice (cooked)
- 3 oz rotisserie, baked, or canned chicken
- 1 oz shredded cheese
- 1 cup chopped vegetables of choice (carrots, tomatoes, pepper, cucumbers, etc)
- ½ avocado (if desired)
- 2 Tbsp. salad dressing of choice
- ¼ c beans (black, navy, kidney- rinsed)

## Directions:

1. Prior to cooking, make sure you wash your hands. Also wash produce under running cold water with the exception of spinach if it was already pre-washed.
2. In a large bowl, add spinach, rice, chicken, and remaining ingredients. If desired, can heat chicken and rice in microwave. Also, 90 second rice bags work well and can be found in the rice aisle at the grocery story. You can also add a small amount of nuts or seeds if desired.

Nutrition Facts	
Servings: 1	
Amount per serving	
<b>Calories</b>	<b>633</b>
% Daily Value*	
<b>Total Fat</b> 23.3g	<b>30%</b>
Saturated Fat 8.2g	<b>41%</b>
<b>Cholesterol</b> 103mg	<b>34%</b>
<b>Sodium</b> 1315mg	<b>57%</b>
<b>Total Carbohydrate</b> 61.4g	<b>22%</b>
Dietary Fiber 12.2g	<b>44%</b>
Total Sugars 8.5g	
<b>Protein</b> 44g	
Vitamin D 3mcg	17%
Calcium 379mg	29%
Iron 7mg	40%
Potassium 1308mg	28%

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Recipe analyzed by **verywell**

# Chicken Noodle Soup

Serves 2

## Ingredients

- 3-16 oz cans of chicken or vegetable broth
- 3 oz rotisserie breast, chicken breast, or canned chicken chopped
- 1/2 cup whole wheat noodles (egg noodles work great)
- 1 cup frozen mixed vegetables
- 2 cloves garlic crushed
- ½ teaspoon dried basil
- ½ teaspoon dried oregano
- Salt and pepper to taste

## Directions

1. In a large pot over medium heat, add the above ingredients. If you don't have basil or oregano, can use Italian seasonings or any seasoning in your cabinet you desire.
2. Bring to a boil and then reduce the heat and simmer for 20 minutes or until the noodles are al dente or soft.
3. Can serve with a large salad and slice of Cuban/Italian bread.

Nutrition Facts	
Servings: 2	
Amount per serving	
<b>Calories</b>	<b>326</b>
	% Daily Value*
<b>Total Fat</b> 5.8g	<b>7%</b>
Saturated Fat 1.1g	<b>6%</b>
<b>Cholesterol</b> 27mg	<b>9%</b>
<b>Sodium</b> 2223mg	<b>97%</b>
<b>Total Carbohydrate</b> 36.5g	<b>13%</b>
Dietary Fiber 6.6g	<b>23%</b>
Total Sugars 5.8g	
<b>Protein</b> 29.1g	
Vitamin D 0mcg	0%
Calcium 68mg	5%
Iron 3mg	18%
Potassium 1018mg	22%

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Recipe analyzed by **verywell**

## 3 Recipes and 1 Key Ingredient

### Main Ingredient: Ground Turkey/Ground Beef

#### Shepherd Pie

Serves 4

#### Ingredients:

- 1 package pre-made mashed potatoes (or can use homemade)
- ½ onion finely chopped
- ¼ cup shredded Cheddar cheese
- Salt and pepper to taste
- 1 cup frozen mixed vegetables
- 1 can cream of mushroom soup
- ¾ pound (12oz) of lean ground turkey or beef
- 2 Tbsp. ketchup
- 1 Tbsp. Worcestershire sauce (can substitute with steak sauce)
- 1 Tbsp olive oil

#### Directions

1. Prior to cooking, always wash hands.
2. Heat mashed potatoes per package instructions
3. Preheat the oven to 375 degrees F.
4. In a large skillet on medium heat, add olive oil and chopped onions
5. Sautee onions for approximately 3 minutes or until clear.
6. Add ground turkey/beef and cook until no longer pink.
7. Add cream of mushroom soup, mixed vegetables, ketchup, Worcestershire sauce and mix thoroughly.
8. Cook for approximately 7 minutes or until vegetables are heated.
9. Spread the ground beef layer on the bottom of a 1 quart casserole dish (or whatever baking dish you have). Next add shredded cheddar cheese followed by mashed potatoes. You can top with additional cheese if desired
10. Bake in the preheated oven for 20 minutes or until golden brown.

#### Nutrition Facts

Servings: 4

Amount per serving

**Calories** **526**

% Daily Value\*

**Total Fat** 22.6g **29%**

Saturated Fat 5.7g **29%**

**Cholesterol** 99mg **33%**

**Sodium** 1419mg **62%**

**Total Carbohydrate** 52.3g **19%**

Dietary Fiber 2.6g **9%**

Total Sugars 4.2g

**Protein** 33g

Vitamin D 1mcg 4%

Calcium 151mg 12%

Iron 4mg 23%

Potassium 1127mg 24%

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Recipe analyzed by **verywell**

# Turkey Chili

Serves 4

## Ingredients:

- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1 tablespoon olive oil
- 1 small onion chopped
- 8 oz ground turkey/beef
- 1 can (15 ounces) black beans (rinsed)
- 1 can (15 ounces) chili beans
- 2 clove garlic, minced
- 6 cups water
- ½ c tomato puree
- 1 can (15ounce) diced tomato
- 1 bag (12-15 ounce) frozen mixed vegetables
- 1 tablespoon sour cream (optional)
- ½ avocado diced (optional)

## Directions:

1. In a large sauce pan on medium heat, add 1 tablespoon oil and onions. Heat onions until they are clear (approximately 5 minutes).
2. Add ground beef, chili powder, cumin, garlic and cook until ground beef is no longer pink.
3. Add tomatoes with juice, beans, tomato puree, mixed vegetables, and water.
4. Bring to a boil then reduce heat to low, cover and let simmer for 15 minutes.
5. Add additional spices if needed.
6. Can top with sour cream and avocado. May serve over brown rice, whole wheat pasta, or with slice of corn bread. Can serve leftover over hot dog or sausage.

### Nutrition Facts

Servings: 4

Amount per serving

**Calories** **448**

% Daily Value\*

**Total Fat** 12.3g **16%**

Saturated Fat 1.7g **8%**

**Cholesterol** 58mg **19%**

**Sodium** 858mg **37%**

**Total Carbohydrate** 57.9g **21%**

Dietary Fiber 18.9g **68%**

Total Sugars 10.2g

**Protein** 31.9g

Vitamin D 0mcg 0%

Calcium 162mg 12%

Iron 7mg 39%

Potassium 1293mg 28%

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Recipe analyzed by **verywell**

## Deluxe Mac & Cheese

Serves 4

### Ingredients

- 8 oz lean ground turkey or beef
- 1 box macaroni and cheese
- 1 can stewed tomatoes undrained
- 1 cup peas (frozen or canned)
- ½ teaspoon Italian seasoning

### Directions

1. Preheat oven to 400 degrees f
2. In a large skillet over medium heat, brown turkey and drain any excess juices. Stir in Italian seasoning, tomatoes and peas until heated.
3. While turkey is cooking, cook mac and cheese per box directions.
4. Once mac and cheese is completed, add turkey and vegetables. Stir and serve.

<b>Nutrition Facts</b>	
Servings: 4	
<b>Amount per serving</b>	
<b>Calories</b>	<b>452</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8.9g	<b>11%</b>
Saturated Fat 2.1g	<b>10%</b>
<b>Cholesterol</b> 68mg	<b>23%</b>
<b>Sodium</b> 807mg	<b>35%</b>
<b>Total Carbohydrate</b> 59.2g	<b>22%</b>
Dietary Fiber 3.9g	<b>14%</b>
Total Sugars 12.1g	
<b>Protein</b> 27g	
Vitamin D 0mcg	0%
Calcium 293mg	23%
Iron 4mg	21%
Potassium 382mg	8%

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Recipe analyzed by **verywell**

## 3 Recipes and 1 Key Ingredient

### Main Ingredient: Beans

### Bean Soup

Serves 4

### Ingredients

- 8 oz dried navy beans
- 3 ½ cups water
- 2 cups diced ham
- ½ c onion chopped
- 1 bay leaf
- ¼ teaspoon salt
- ½ teaspoon pepper
- ½ c sliced carrots
- ½ c sliced celery

### Directions

- 1) Place rinsed beans into a large stock pot. Add water and bring to a boil. Boil gently for 2 minutes; remove from heat, cover and let stand for 1 hour.
- 2) Add cubed ham, onion, salt, pepper and bay leaf. Bring to a boil; reduce heat, cover and simmer for 1 hour and 15 minutes or until beans are soft. Occasionally stir soup while it is cooking.
- 3) Add carrots and celery, cook until tender.

Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	315
% Daily Value*	
<b>Total Fat</b> 6.7g	9%
Saturated Fat 2.1g	10%
<b>Cholesterol</b> 38mg	13%
<b>Sodium</b> 1057mg	46%
<b>Total Carbohydrate</b> 40.3g	15%
Dietary Fiber 15.6g	56%
Total Sugars 3.7g	
<b>Protein</b> 24.3g	
Vitamin D 0mcg	0%
Calcium 120mg	9%
Iron 4mg	22%
Potassium 969mg	21%

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Recipe analyzed by **verywell**

# Garbanzo Beans and Tomatoes

Serves 4

## Ingredients

- 2 Tablespoon olive oil
- 1 15 oz can garbanzo beans (chic peas)
- 1 can diced tomatoes
- ½ onion chopped
- 1 jar 6.5oz artichoke hearts chopped
- 2 cloves garlic minced
- 3 cups Spinach
- Salt and Pepper to taste

## Directions

- 1) Always wash hands before cooking.
- 2) Over medium heat in a sauce pan, place olive oil, onions and garlic. Sautee until onions start to turn clear.
- 3) Add spinach and stir until wilted
- 4) Add garbanzo beans, tomatoes with sauce, artichoke hearts and stir
- 5) Cook about 5 more minutes or until heated thoroughly.
- 6) Add salt and pepper to taste.
- 7) Recommend served with a large salad and slice of whole wheat bread or Italian/Cuban bread.

Nutrition Facts	
Servings: 4	
Amount per serving	
<b>Calories</b>	<b>197</b>
	% Daily Value*
<b>Total Fat</b> 8.8g	<b>11%</b>
Saturated Fat 1g	<b>5%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 457mg	<b>20%</b>
<b>Total Carbohydrate</b> 25.2g	<b>9%</b>
Dietary Fiber 9.2g	<b>33%</b>
Total Sugars 4g	
<b>Protein</b> 7.8g	
Vitamin D 0mcg	0%
Calcium 91mg	7%
Iron 3mg	15%
Potassium 322mg	7%
<small>*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. <a href="#">2,000 calorie a day</a> is used for general nutrition advice.</small>	
Recipe analyzed by <b>verywell</b>	



# Black Beans and Rice

Serves 2

## Ingredients

- 1 cup minced sweet yellow onion (about 1 medium onion)
- 1 green bell pepper diced
- 6 garlic cloves
- 3 tablespoons olive oil
- 2 15-ounce cans black beans (or 3 cups cooked black beans)
- 1 teaspoon cumin
- 2 teaspoons oregano
- 1 teaspoons salt
- Fresh cilantro, for a garnish
- 1/2 c rice (brown or white)

## Directions

- 1) Start the rice, according to the package instructions or can use 90 second rice bags found in rice aisle in grocery.
- 2) Chop the onion, green pepper and garlic in small pieces.
- 3) Use a strainer to drain the black beans over a glass measuring cup, reserving the can liquid. (No need to rinse.)
- 4) In a large skillet, heat the olive oil over medium high heat. Add the onion, bell pepper, and garlic. Cook for 10 minutes, stirring occasionally until the onions are translucent and lightly browned. Add the beans, cumin, oregano, and salt and stir to combine. Add 1/2 cup of the liquid from the black beans. Simmer 15 minutes until beans are tender.
- 5) Chop the cilantro for the garnish. Serve the black beans warm with rice and garnish with chopped cilantro. Can also add chopped tomato for additional garnish.

Nutrition Facts	
Servings: 2	
Amount per serving	
<b>Calories</b>	<b>480</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 23.6g	<b>30%</b>
Saturated Fat 3.1g	<b>16%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 1821mg	<b>79%</b>
<b>Total Carbohydrate</b> 56.6g	<b>21%</b>
Dietary Fiber 15.8g	<b>57%</b>
Total Sugars 4g	
<b>Protein</b> 15.4g	
Vitamin D 0mcg	0%
Calcium 175mg	13%
Iron 7mg	39%
Potassium 899mg	19%
<small>*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. <a href="#">2,000 calorie a day</a> is used for general nutrition advice.</small>	
Recipe analyzed by <b>verywell</b>	

## Basic Stewed White Beans

Serves 2, 1 cup

### Ingredients

- 1 large carrots, finely chopped
- 1 small onion, finely chopped
- 2 Tbs. extra-virgin olive oil
- 1 Tbs. tomato paste
- 1 tsp. dried oregano or thyme
- 1 15 oz. cans no-salt-added cannellini beans (about 1 1/2 cups)
- ½ tsp. salt
- ¼ tsp. freshly ground black pepper

### Directions

1. In a large skillet over medium heat, sauté the carrot and onion in the oil until lightly browned, 4-5 minutes.
2. Stir in the tomato paste. Cook, stirring often, until the paste starts to darken, 2-3 minutes.
3. Stir in the oregano. Cook until fragrant, about 30 seconds.
4. Stir in the beans and their liquid. Cook until heated through, 1-2 minutes. Season with the salt and pepper.

*Nutritional Information PER SERVING:* calories 290, total fat 12 g, carbs 37 g, fiber 10 g total sugar 6 g , protein 11 g, sodium 340 mg

## Use above recipe as a base to add the below ingredients

### Variation 1: Garlic Shrimp

SERVES 2

### Ingredients

- ½ lb. peeled and deveined shrimp
- 2 cloves garlic, minced
- 1 Tbs. extra-virgin olive oil
- 1 Tbs. parsley, chopped (optional)
- 1/2 Tbs. lemon juice
- ¼ tsp salt

### Directions

1. Sauté the shrimp and garlic in the oil until cooked through, 2-3 minutes.
2. Stir in the lemon juice, salt, and parsley. Spoon over the basic stewed beans.

*PER SERVING (1½ cups):* calories 400, total fat 19 g , carbs 38 g, fiber 10g, protein 23 g sodium 530 mg

### **Variation 2: Spinach & Sundried Tomatoes**

SERVES 2

#### **Ingredients:**

- 4 cups baby spinach (or 1 cup frozen spinach, warmed)
- ¼ cup chopped sundried tomatoes (oil-packed)
- 2 scallions, sliced

#### **Directions:**

1. Stir the spinach and sundried tomatoes into the basic stewed beans after removing the beans from the heat.
2. Garnish with the scallions.

*PER SERVING (1½ cups):* calories 320, total fat 13 g , carbs 41 g, fiber 12 g, protein 13 g ,sodium 400 mg

### **Variation 3: Cherry Tomato & Basil**

SERVES 2

#### **Ingredients**

- 1 pint cherry tomatoes, chopped
- ¼ cup basil leaves, chopped
- 1 Tbs. extra-virgin olive oil
- 1/8 tsp. salt
- ¼ cup shredded parmesan

#### **Directions**

1. Mix together the tomatoes, basil, oil, and salt.
2. Spoon over the basic stewed beans and top with the parmesan.

*Per Serving (1½ cups):* calories 360, total fat 17 g , sat fat 3 g, carbs 40 g, fiber 11 g, protein 14 g, sodium 490 mg

Recipes from <https://www.nutritionaction.com/daily/healthy-recipes/three-simple-recipes-make-beans-star-next-meal/>

# Fro Yo!

Serves 4

## Ingredients

- 2 frozen bananas, sliced
- 3 cup frozen strawberries or desired fruit (blueberries, mango, raspberries etc.
- ½ cup Greek yogurt (plain)

## Directions

1. Combine all in food processor or blender (high-speed) until smooth
2. Spread into pan and place in freezer for 2 hours or until frozen but still a little soft for scooping.
3. Serve is dish and enjoy

Nutrition Info Per serving: Calories: 119, Total Fat: 1g, Carbohydrate: 24g, Fiber 4 g Protein: 5g