



Dinner: BBQ Chicken with Rice & Beans

Serves: 4

- 1 pound boneless, skinless chicken breast (4 pieces)
- 2 tablespoons canola oil, divided
- Salt and pepper
- 1/4 cup barbeque sauce
- 1 lime
- 2 cloves garlic, minced
- 1 bell pepper, finely chopped
- 1/2 teaspoon ground cumin
- 1 (15-oz) can black beans, rinsed and drained
- 3 cups cooked brown rice (1 cup dry yields 3 cups cooked)
- 1/2 cup fresh cilantro, chopped

Directions:

1. Heat grill or grill pan to medium-high. Season chicken breast with 4 teaspoons canola oil, salt, and pepper. Place on grill and cook for 6 to 7 minutes per side. Brush each side with barbecue sauce and cook for an additional 2 to 3 minutes or until cooked through. Transfer to a plate and squeeze fresh lime juice over the top.
2. While the chicken is cooking, prepare the rice and beans. Heat remaining oil in a large skillet, add garlic, bell pepper, cumin, and 1/4 teaspoon salt—sauté for 2 to 3 minutes. Add black beans and brown rice and continue to cook until rice is warm. Mix in cilantro and serve.

Tip: Canned beans are a huge time-saver. Make sure to rinse them thoroughly to get rid of some of the sodium.

Side: Cucumber Salad

Serves: 4

- 4 cups thinly sliced cucumber (3 to 4 large cucumbers—Kirby or English hothouse recommended)
- 1/2 teaspoon kosher salt
- 2 tablespoons rice vinegar
- Thinly sliced red onion to taste
- Black pepper to taste

Directions:

1. Place sliced cucumber in a large bowl and season with salt. Toss well and set aside for 5 to 10 minutes to allow cucumber to release some of its water—drain well. Add vinegar, red onion, and black pepper; toss well and serve.

Nutrition Facts

Total Calories: 521
Total Fat: 11g
Saturated Fat: 2g
Carbohydrate: 51g
Protein: 52g
Sodium: 320mg
Cholesterol: 120mg
Fiber: 6.5g

Dinner: Chicken Enchiladas

Serves: 4

1 tablespoon canola oil
1/2 cup chopped onion
1/2 cup chopped celery
1 tablespoon all-purpose flour
1/2 cup homemade chicken stock*
1/2 teaspoon ground cumin
1/4 teaspoon salt
Pinch cayenne pepper
4 cups shredded cooked chicken
2 cups baby spinach
4 whole wheat flour tortillas
Salsa
3/4 cup shredded Mexican blend cheese
1 avocado, diced

Directions:

1. Preheat oven to 350 degrees F. Spray a 9x9 square baking dish with nonstick cooking spray and set aside. Heat oil in a large skillet over medium heat. Add onions and celery and sauté for 2-3 minutes. Sprinkle with flour and cook for an additional 1 minute to allow the flour to cook. Stir in chicken stock, cumin, salt, and cayenne pepper. Add chicken and spinach and mix to combine (if mixture appears too dry, add more chicken stock). Fill each tortilla with the chicken mixture, roll up, and transfer to prepared baking dish. Top with 1/2 cup salsa and cheese and bake for 10 to 12 minutes until cheese is melted. Serve with an additional salsa and diced avocado.

Extra Prep:

- Pick chicken from 2 rotisserie chickens for enchiladas.
- Reserve the bones and scraps from the rotisserie chickens to make Homemade Chicken Stock.
- You can replace homemade chicken stock with store-bought, low sodium version.

Nutrition Facts Per 1 Serving:

Calories: 501
Total Fat: 24g
Saturated Fat: 7g
Carbohydrate: 40g

Protein: 30g
Sodium: 811mg
Cholesterol: 68mg
Fiber: 9g

***Homemade Chicken Stock**

Makes about 10 cups

Bones and scraps of 2 rotisserie chickens (2-3 pounds each)

2 carrots, cut in half

2 stalks celery, cut in half

1 onion, quartered

1 bay leaf

2 cloves garlic, whole

1 and 1/2 teaspoons kosher salt

2 teaspoons peppercorns

1/2 bunch fresh parsley

1 dried chili-pepper (optional)

Water

Direction:

1. Place chicken, vegetables, herbs, and spices in a large stock pot. Add enough water to cover contents and bring to boil. Reduce heat and simmer for 2 hours. Strain and transfer to containers.

Nutrition Facts Per 1 Cup:

Calories: 86

Total Fat: 2.5g

Saturated Fat: 1g

Carbohydrate: 8g

Protein: 5g

Sodium: 335mg

Cholesterol: 7mg

Fiber: 0g

Lunch: 1 pear + Beef Taco Wraps or Tex Mex Salad

Beef Taco Wraps

2-3 slices cooked steak with lettuce, salsa, and shredded cheese in a whole wheat wrap

Tex Mex Salad

3 cups mixed greens topped with 3 oz grilled steak, grape tomatoes, sliced cucumber, 1/4 cup black beans, 1/4 cup shredded cheese, 2 teaspoons olive oil, and lime juice to taste

Nutrition Facts:

Calories: 569

Total Fat: 28g
Saturated Fat: 10g
Carbohydrate: 44g
Protein: 36g
Sodium: 509mg
Cholesterol: 62mg
Fiber: 12g

Dinner: Baked Chicken Parmesan with Mixed Greens Salad and Whole Grain Bread

Chicken Parmesan*

4 oz grilled chicken breast
1/4 cup tomato sauce
1/4 cup shredded mozzarella cheese

Directions:

1. Top the grilled chicken breast with the tomato sauce and mozzarella. Bake at 350 degrees F until cheese is melted. Chicken should be cooked through when you assemble the dish, so baking it should just melt the cheese and warm up the meal.
2. Use 2 cups of your favorite mixed greens and top with 2 tablespoons of your favorite balsamic vinaigrette.
3. Complete the meal with 1 slice of your favorite whole grain bread.

*Tip: You can make 2 or 3 extra servings of this Chicken Parmesan and save the leftovers for easy lunches!

Nutrition Facts:

Calories: 432
Total Fat: 21g
Saturated Fat: 6g
Carbohydrate: 17g
Protein: 44g
Sodium: 879mg
Cholesterol: 111mg
Fiber: 1.5g

Dessert: Oatmeal Raisin Cookies

Makes 20 large cookies. Freeze the extras or have the kids take them to school to share with their class.

6 tablespoons softened butter
1/2 cup granulated sugar
1/2 cup dark brown sugar
1 large egg
1 teaspoon vanilla extract
1 cup rolled oats
1/2 cup all-purpose flour
1/2 cup whole wheat pastry flour

1/2 teaspoon baking soda

1/2 teaspoon salt

1/2 teaspoon cinnamon

1/2 cup raisins (for extra-plump raisins, soak them in hot water for 10 minutes and drain before adding to the cookie dough)

Directions:

1. Preheat oven to 350 degrees F. Line a baking sheet with parchment paper and set aside. Combine butter, sugars, egg, and vanilla in the bowl of a mixer fitted with a paddle attachment. Mix on medium speed for 2 minutes, until fluffy. In a separate bowl combine oats, flours, baking soda, salt, and cinnamon. On low speed, add the dry ingredients to the mixer bowl and mix until just combined. Turn off the mixer and fold in the raisins, using a spatula. Spoon large tablespoons of dough onto the baking sheet—keep them at least 2 inches apart. Bake for 13 to 15 minutes. Allow to cool on the baking sheet for 5 minutes and then transfer to a cooling rack to cool completely.

2. For an extra treat—make icing! Combine 1/4 cup confectioners' sugar with 1 tablespoon heavy cream. Mix well and drizzle over cooled cookies.

Nutrition Facts:

1 Serving=1 cookie (without the icing; icing adds 9 calories per serving)

Calories: 120

Total Fat: 3.5g

Saturated Fat: 0g

Carbohydrate: 21g

Protein: 2g

Sodium: 57mg

Cholesterol: 11mg

Fiber: 1.5g