

COOK BOOK



Protein

TABLE OF CONTENTS

page **04** Intro

page **06** Recipe 1

*Honey Baked Chicken and Pureed Pumpkin
and Collard Greens*

page **07** Recipe 2

Baked Salmon with Sautéed Vegetables

page **08** Recipe 3

*Lemon Chicken Vegetable Soup with
Ginger*

page **09** Recipe 4
Salmon Cakes with Tzatziki Sauce

page **10** Recipe 5
Tuna Salad Sandwich

page **11** Recipe 6
Chicken Salad

page **12** Recipe 7
*Jerk Chicken with Pineapple, Black Beans,
and Spinach*

page **13** Recipe 8
*Braised Pork Tenderloin Stew with Red
Potatoes Vegetables*

page **14** Recipe 9
Lentil Soup with Garlicky Kale Chips





TABLE OF CONTENTS

page **15** Recipe 10
Tequila Lime Chicken

page **16** Recipe 11
Chicken with Artichokes in Piccata Sauce

page **17** Recipe 12
*Sesame Seared Tuna over White Beans
and Asparagus*

page **18** Recipe 13
Teriyaki Salmon with Bok Choy

page **19** Recipe 14

Black Bean Quinoa Burger

page **20** Recipe 15

Baked Chicken with Kale Pesto and Glazed Carrots

page **21** Recipe 16

Coffee Roasted Pork Loin with Blueberry Reduction

page **22** Recipe 17

Honey Mustard Glazed Salmon

page **23** Recipe 18

Kale Salad with Fennel-dusted Tuna and Strawberry Vinaigrette



Protein

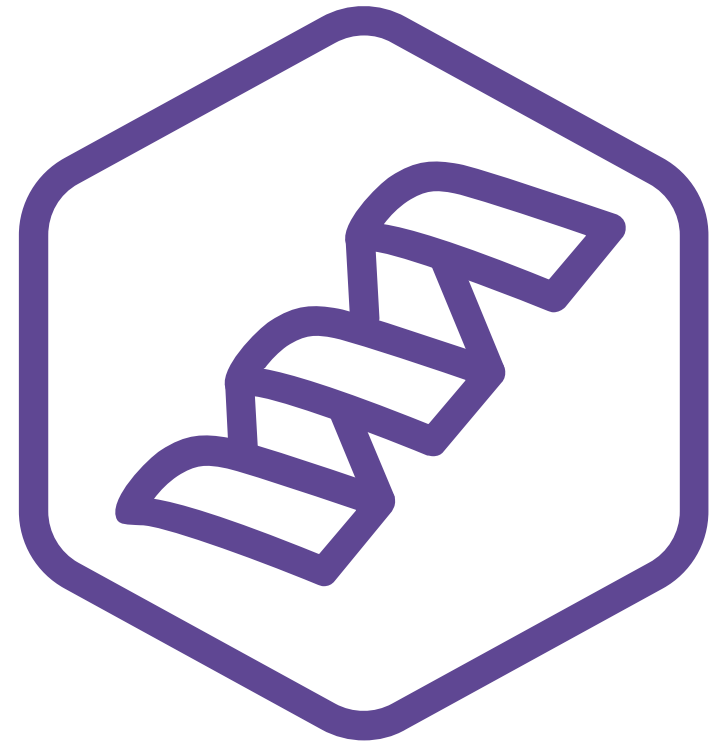
Protein serves as a building block that performs many functions within the body. It helps to grow and maintain the structure of muscles, skin, and nails and plays a critical role in processes in the body like digestion, while also providing energy for us move and play!

There are many different protein foods to choose from. Animal protein sources include poultry, fish, meat, dairy and eggs. Plant-based protein sources include beans, peas, soy products, nuts, and seeds. Both sources contain a variety of B vitamins, vitamin E, zinc, iron and magnesium. Seafood sources contain healthy omega-3 fatty acids which support brain and heart health. Eat a variety of animal and plant-based protein sources for optimal health.

The USDA recommends that most adults should consume 5 to 6oz of protein every day. For adults that exercise more than 30 minutes each day, the protein recommendation will increase. Use the palm of your hand or the MyPlate as a guide to what a healthy protein portion size is for you.

Protein Source	1 ounce-equivalent
Meat, poultry or fish*	1 ounce
Cooked beans	¼ cup beans
2 tablespoons hummus	
Egg	1 whole egg
Nut butters	1 tablespoon
Nuts or seeds	½ ounce
Soy product	2 ounces tofu, 1-ounce tempeh or ¼ cup soybeans

*An appropriate serving of meat is typically 3-4 ounces, or the size of a deck of cards.



When choosing animal protein sources, go for leaner cuts, especially for red meat options that are often higher in unhealthy, saturated fats and can increase risk for heart disease. Lean meats, like poultry or fish, are lower in saturated fat or contain healthy fats that are beneficial to consume. Below is an example of how animal protein and plant-based protein can be incorporated into meals and snacks throughout the day.

Meal	Animal Protein	Plant-Based Protein	Ounce-equivalents
Breakfast	2 eggs	Oatmeal with 2 tablespoons nut butter	2 ounces
Mid-morning snack	½ cup yogurt with ¼ cup berries and ½ ounce nut and seed granola	½ cup blueberries with ½ ounce mixed nuts	1 ounce
Lunch	Caesar salad with 2 ounces grilled chicken and side of fruit	Green salad with ¼ cup beans, ½ ounce nuts/seed mix with a side of fruit	2 ounces
Afternoon snack	1 apple with 1 tablespoon peanut butter	Baby carrots with 2 tablespoons hummus	1 ounce
Dinner	3-ounce roasted salmon with rice and vegetables	Veggie and rice stir-fry with 1/2 cup edamame	2-3 ounces



References:

<https://www.choosemyplate.gov/eathealthy/protein-foods>

RECIPE**1****Honey Baked Chicken and Pureed Pumpkin and Collard Greens****Prep time****45** MIN**Cook Time****45-60** MIN**Serves****2****Ingredients**

2, 4oz. portions of chicken breast
2 tablespoons honey
2 teaspoons Dijon mustard
1, 16oz can pumpkin puree
4 cups collard greens, chopped
2 teaspoons oil
¼ cup sliced onion
1 clove garlic
Dash of cinnamon and nutmeg
1 cup vegetable stock, low sodium
4 dashes Tabasco or hot sauce of choice
2 dashes Worcester sauce

Directions

1. Pre-heat oven to 350 degrees. Place chicken on non-stick sheet pan and season with salt and pepper. Mix honey and mustard together in a small bowl and pour half onto tops of chicken. Cook for 20 min, rotating pan, and reapplying honey mixture halfway through, or until chicken reaches internal temp of 185 degrees.
2. In a medium- high heat pan, sauté onions in oil until translucent. Add minced garlic and cook for 2-3 min. Add chopped collards and stock, cover and cook for 30 min on medium heat.
3. Place pumpkin puree in small pot to heat or microwave in microwave safe bowl. Season with salt and pepper, dash of cinnamon and nutmeg.
4. Taste collards for seasoning, adding salt and pepper if needed, and add dashes of Tabasco and Worcester.
5. Pull chicken from oven and brush on remaining honey mixture.
6. To plate, spoon pumpkin puree on plate, drain collards of juice and set next to puree. Add chicken breast and garnish with parsley.

RECIPE

2

Baked Salmon with Sautéed Vegetables

Prep time

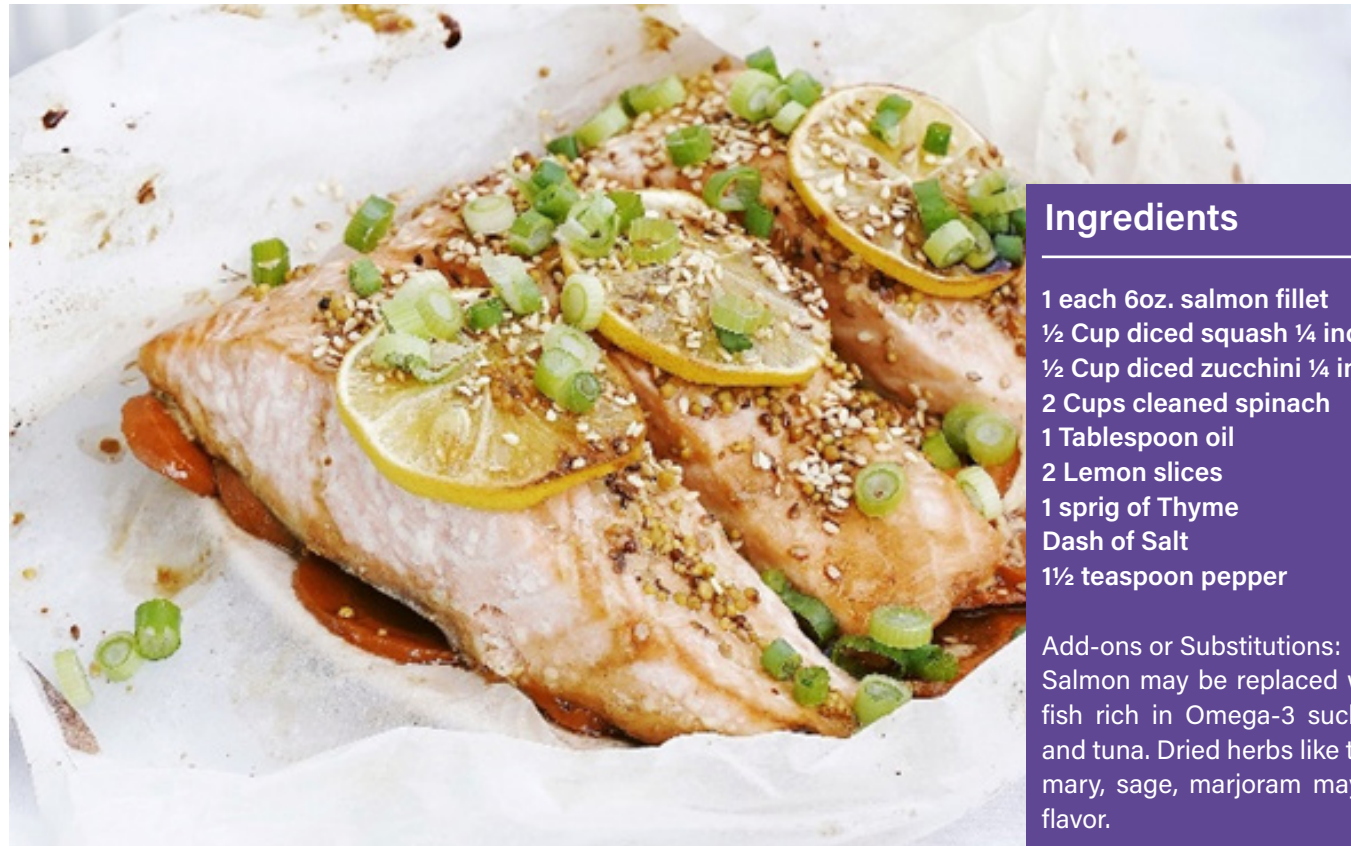
10 MIN

Cook Time

20 MIN

Serves

1



Ingredients

1 each 6oz. salmon fillet
½ Cup diced squash ¼ inch thick
½ Cup diced zucchini ¼ inch thick
2 Cups cleaned spinach
1 Tablespoon oil
2 Lemon slices
1 sprig of Thyme
Dash of Salt
1½ teaspoon pepper

Add-ons or Substitutions:

Salmon may be replaced with chicken or other fish rich in Omega-3 such as mackerel, trout, and tuna. Dried herbs like thyme, oregano, rosemary, sage, marjoram may be used to change flavor.

Directions

1. Preheat oven to 400 degrees, season salmon with ½ teaspoon salt and pepper and place sprig of thyme and lemon slices on top. Place salmon, skin side down, on a baking sheet with parchment paper, non-stick baking sheet or non-stick pan with an ovenproof handle. Bake until salmon is cooked through, about 15 to 20 minutes.
2. After 10 minutes, add oil to a sauté pan. Heat to medium-high until oil starts to lightly smoke. Add squash and zucchini, toss or mix to prevent burning. Add remaining salt and pepper, sauté for 5 minutes, add spinach and turn off heat, letting the residual heat wilt the spinach.
3. Pull salmon from oven and let rest 3-5 minutes.

RECIPE

3

Lemon Chicken Vegetable Soup with Ginger

Prep time

10 MIN

Cook Time

45-50 MIN

Serves

4



Ingredients

2 chicken breasts (Rotisserie chicken)
4 cups low-sodium chicken broth
1 medium carrot, sliced into ¼" rounds
1 celery stalk, sliced into ¼" slices
1 medium onion, chopped
2 one inch knobs of ginger, minced
1 Tablespoon oil
2 lemons cut in half
1 bay leaf
2 Tablespoons chopped parsley
1 Tablespoon thyme
2 teaspoons salt
2 teaspoons pepper

Rotisserie chicken may be used to cut prep and cook time. Pull cooked chicken off the bone, add to soup, and simmer for 10 minutes. Other herbs may be used to enhance soup flavor. Other vegetables may be used also, squash, zucchini, turnips, leafy greens.

Directions

1. Add oil to 6-quart pot and turn to medium-high. Once smoking, add carrots, celery, and onions. Season with salt and pepper and sauté for 5 minutes or until veggies are translucent.
2. Add chicken breasts, stock, bay leaf, thyme, 2 lemon halves, ginger, and 1 Tablespoon parsley.
3. Turn heat to medium-low and simmer for 40 minutes or until chicken has reached internal temperature of 165 degrees.
4. Once chicken has reached the correct internal temperature, pull chicken, and let cool. Pull out lemon pieces and check for seasoning in the soup, adding salt and pepper, as necessary.
5. Once chicken has cooled enough to touch, pull chicken or dice into cubes and place back into soup.
6. Ladle soup into bowl and garnish with rest of parsley and lemon wedge.

RECIPE

4

Salmon Cakes with Tzatziki Sauce

Prep time

5 MIN

Cook Time

12 MIN

Serves

2



Salmon Cake Ingredients

1 can salmon, drained
3 Tablespoons Italian-seasoned panko, or breadcrumbs
1 egg, beaten
1 green onion, chopped
½ teaspoon ground black pepper
¼ teaspoon garlic powder
2 teaspoons Worcestershire sauce
2 teaspoons grated Parmesan cheese
2 teaspoons Dijon mustard
1 teaspoon low fat mayonnaise
2 Tablespoons olive oil

Tzatziki Sauce Ingredients

1, 8oz. container plain yogurt
1 Cucumber – peeled and grated
2 teaspoons lemon juice
1 teaspoon dill
1 garlic clove, peeled and minced
½ teaspoon salt
½ teaspoon pepper

Directions

1. Combine all ingredients, except oil, in bowl and mix together. Form two patties from mix.
 2. Place non-stick pan on medium-high heat. Add oil
 3. Place salmon patties in pan and let sit 7 minutes. Flip and cook for additional 6 minutes. Take out of pan and let sit for 3 minutes.
1. Combine all ingredients in bowl and mix.
 2. Use sauce to spread on top of salmon cake or for dipping.

RECIPE

5

Tuna Salad Sandwich

Prep time

15 MIN

Cook Time

0 MIN

Serves

2



Ingredients

1 6oz. can white meat tuna, drained
2 Tablespoons diced celery
2 Tablespoons diced onion
¼ Cup lite mayonnaise
1 Tablespoon whole-grain mustard
2 teaspoons garlic powder
Dash of salt
1 teaspoon pepper
Lemon juice (optional)

Directions

1. Combine all ingredients into bowl and mix.
2. Enjoy with whole grain crackers, spread on whole wheat bread, or on a toasted whole grain English muffin.

RECIPE

6

Chicken Salad

Prep time

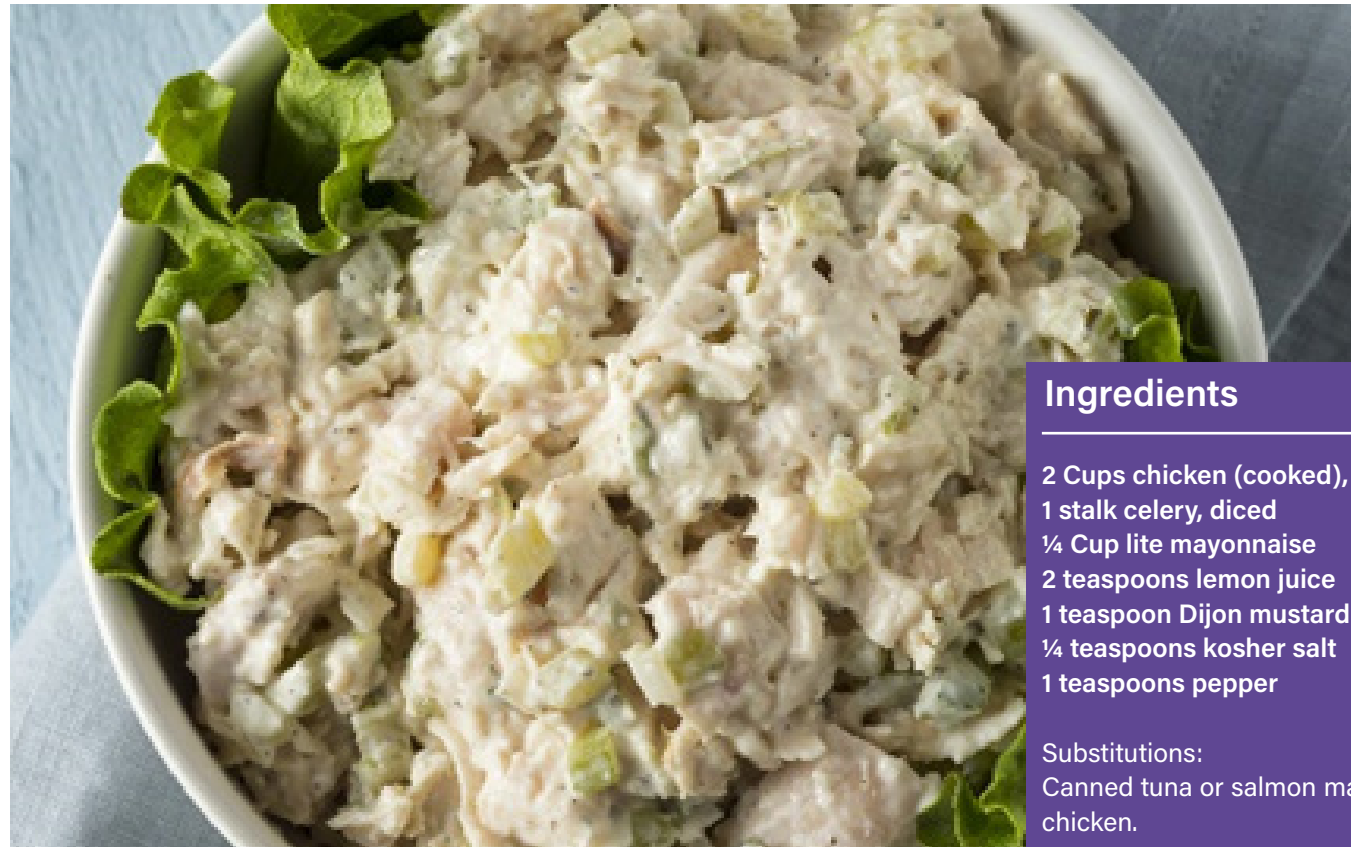
10 MIN

Cook Time

0 MIN

Serves

2



Ingredients

2 Cups chicken (cooked), diced
1 stalk celery, diced
¼ Cup lite mayonnaise
2 teaspoons lemon juice
1 teaspoon Dijon mustard
¼ teaspoons kosher salt
1 teaspoons pepper

Substitutions:

Canned tuna or salmon may be used in place of chicken.

Directions

1. Add all ingredients in bowl and mix thoroughly.
2. Chicken may be poached with 1 carrot, ½ onion, and 2 celery stalks for 30 minutes or until thermometer reads 165 degrees.

RECIPE 7

Jerk Chicken with Pineapple, Black Beans, and Spinach

Prep time

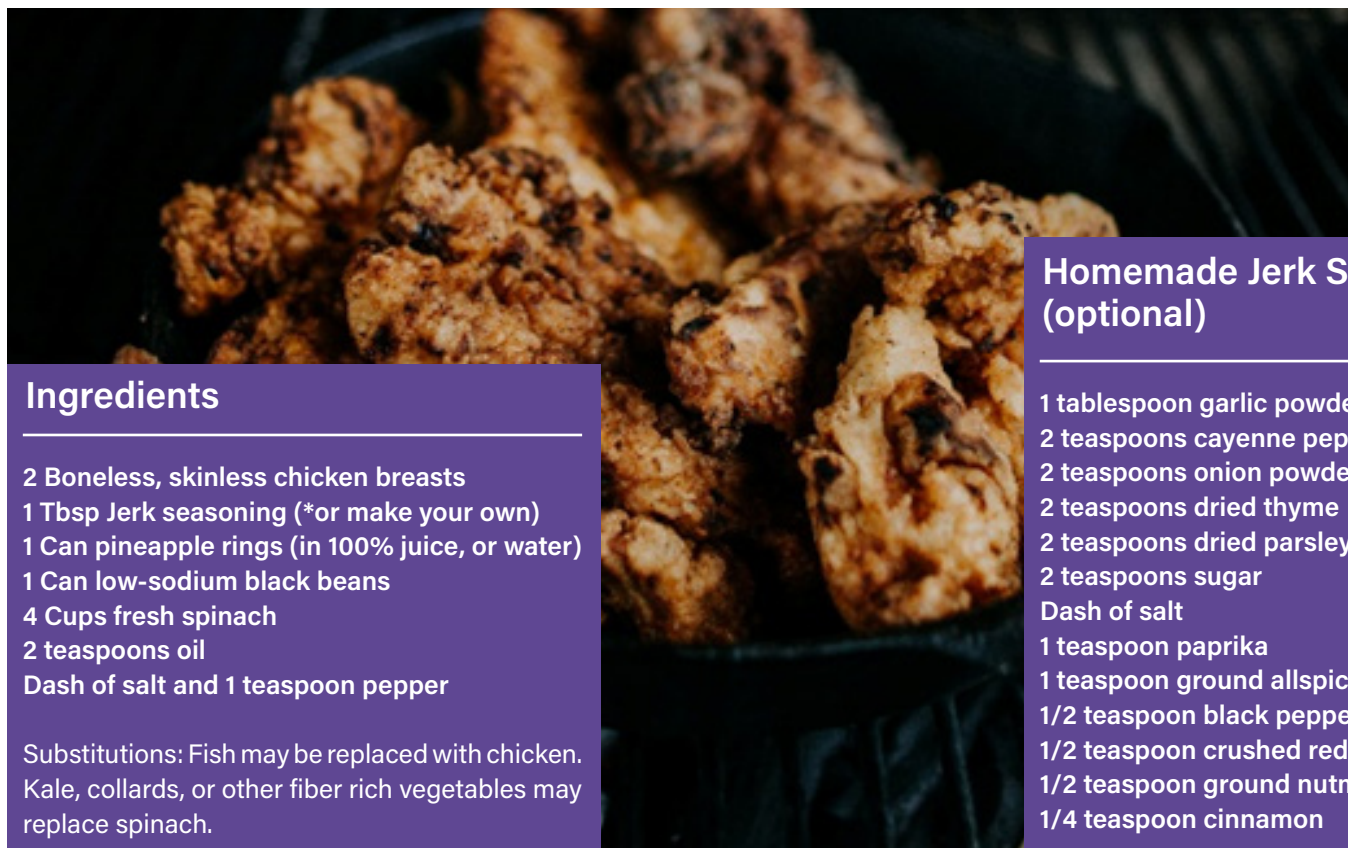
10 MIN

Cook Time

25 MIN

Serves

2



Ingredients

2 Boneless, skinless chicken breasts
1 Tbsp Jerk seasoning (*or make your own)
1 Can pineapple rings (in 100% juice, or water)
1 Can low-sodium black beans
4 Cups fresh spinach
2 teaspoons oil
Dash of salt and 1 teaspoon pepper

Substitutions: Fish may be replaced with chicken. Kale, collards, or other fiber rich vegetables may replace spinach.

Homemade Jerk Seasoning (optional)

1 tablespoon garlic powder
2 teaspoons cayenne pepper
2 teaspoons onion powder
2 teaspoons dried thyme
2 teaspoons dried parsley
2 teaspoons sugar
Dash of salt
1 teaspoon paprika
1 teaspoon ground allspice
1/2 teaspoon black pepper
1/2 teaspoon crushed red pepper
1/2 teaspoon ground nutmeg
1/4 teaspoon cinnamon

Directions

1. Preheat oven to 400 degrees. Place chicken breasts in shallow baking dish or sheet pan. Season with Jerk seasoning, place two pineapple rings on each and bake for 20-25 minutes or until thermometer reads 165 degrees.
2. Open black beans and place in small pot on medium. Season with salt and pepper. (jerk seasoning optional)
3. Once thermometer reads 165, pull chicken from oven and let cool 5-7 minutes.
4. Place sauté pan on med-high heat. Once hot, add oil and spinach, tossing repeatedly. Turn off heat, season with salt and pepper.
5. Place wild rice in bowl and ladle soup on top.

RECIPE

8

***Braised Pork
Tenderloin
Stew with
Red Potatoes
Vegetables***

Prep time

5 MIN

Cook Time

45-60 MIN

Serves

4



Ingredients

- 1 Lb. pork tenderloin, either whole or diced into 1" cubes
- 1 Tablespoon oil
- 1 Lb. red potatoes
- ½ white onion, large diced
- 1 Lb. baby carrots
- 3 stalk celery, cut into 1" dice
- 1 Quart beef stock
- 4 Cloves garlic
- 1 Bay leaf
- 2 sprigs fresh thyme, or 2 teaspoons dried thyme
- Salt and pepper

Directions

1. Turn crockpot on high and season pork with salt and pepper. Add oil and once hot, sear pork till brown on all sides.
2. Once browned on all sides, add rest of ingredients, cover and continue cooking on high for 45 min to 1 hour, for whole pork tenderloin, 30-45 min if pork is cubed.
3. After one hour, carefully take off lid. Serve into bowls and enjoy!

Note: Pork contains B-vitamins that are important for brain health

RECIPE**9****Lentil
Soup with
Garlicky
Kale Chips****Prep time****10** MIN**Cook Time****30** MIN**Serves****4****Ingredients**

2 Bunches kale
½ Tablespoon garlic powder
4 Tablespoons olive oil
½ Cup onion, small dice
½ Cup carrot, small dice
½ Cup celery, small dice
1 Garlic clove, minced
½ pound lentils
½ Cup tomatoes, small dice
1 Quart vegetable stock
½ teaspoon coriander
½ teaspoon cumin
1 Sprig fresh thyme

Directions

1. Pre-heat oven to 350 degrees. Strip kale from stems, pulling from thickest part of stem. Wash and spin dry.
2. Place kale onto baking sheet. Drizzle 2 Tbsp oil and garlic powder on top and bake in the oven for 15-20 minutes, or until edges are lightly browned. Pull from oven and let cool before eating.
3. While kale chips are in the oven, place the remaining olive oil in medium sized pot and set over medium-high heat. Once hot, add onion, carrot, celery, garlic, and stir until onions are translucent, about 5-7 minutes.
4. Add lentils, tomatoes, stock, coriander, cumin, and fresh thyme and stir to combine. Bring to a boil, reduce to low, cover and simmer until the lentils are tender, 25-30 minutes.
5. (Optional) Using an immersion blender, puree till smooth, or using back of spoon or potato masher, mash lentils to desired consistency.
6. Ladle into bowls, drizzle remaining olive oil and garnish with kale chips.

RECIPE

10

**Tequila
Lime
Chicken**

Prep time

15 MIN

Cook Time

20 MIN

Serves

2



Ingredients

- 2 4-6 oz. chicken breasts
- 3 oz. tequila (optional)
- 1 Cup chicken stock
- 1 Tablespoon vegetable oil
- 1 bunch cilantro, chopped
- 1-2 limes
- 3 teaspoons cumin
- 1 bag microwavable brown rice
- 1 can Rotel w/peppers
- 1 small red onion, diced
- 1 can black beans
- Salt and pepper to taste

Note: Substitute a can of Rotel with diced tomatoes and peppers to reduce added salt. This meal contains B-vitamins

Directions

1. Season chicken breasts with salt, pepper, and 1 teaspoon cumin. Set sauté pan on medium-high heat, add oil and once hot, sear chicken breasts. Flip after 5-6 min and sear other side for additional 5-6 min.
2. Add chicken stock, tequila, juice of ½ lime, partially cover and turn heat to low-medium and simmer for 20 min.
3. Open can of black beans and place in small pot over low, with juice of ½ lime, 1 teaspoon cumin and 1 tablespoon cilantro.
4. Drain Rotel and place in bowl. Add 1 tablespoon cilantro into Rotel, juice of ½ lime, red onion, and last teaspoon of cumin. Mix to combine.
5. Microwave bag of brown rice according to directions on package.
6. Check chicken, making sure internal temperature hits 185 degrees. Pull pan from oven and let cool for 5 min.

RECIPE

11

Chicken with Artichokes in Piccata Sauce

Prep time

15 MIN

Cook Time

20 MIN

Serves

2



Ingredients

2 chicken breasts
1 tablespoon oil
½ jar artichoke hearts
¼ Cup white wine
1 teaspoon garlic, minced
1 tablespoon capers
Juice of ½ lemon
½ Cup chicken stock
2 cups long pasta
Salt and pepper

Note: Chicken is a protein source low in saturated fat.

Directions

1. Season chicken with salt and pepper on both sides. Place a medium pan on med-high heat, sear one side for 5-7 min.
2. Flip chicken, add artichokes and garlic, sauté for 2-3 min. Pour in white wine and let reduce for 5 min. Add stock, capers, and lemon juice. Turn heat down to low-medium and reduce liquid by half.
3. Cook pasta according to directions on package. Once cooked, pull chicken from pan, and add pasta, stirring to coat evenly. Place pasta with sauce and artichokes onto a plate, place chicken over pasta and garnish with parsley.
4. To make vegetarian, replace chicken with vegetables like squash and zucchini, bell peppers, broccoli, snow peas, etc.

RECIPE

12

**Sesame
Seared Tuna
over White
Beans and
Asparagus**

Prep time

10 MIN

Cook Time

30 MIN

Serves

2



Ingredients

2 4oz. tuna steaks
1 Can Northern white beans
½ bunch asparagus
3 tablespoons sesame seeds
3 tablespoons oil
½ teaspoon dried thyme
1 teaspoon brown sugar
Salt and pepper

Note: This meal contains good sources of calcium found in tuna and B vitamins found in asparagus.

Directions

1. Open can of white beans and to small pot with dried thyme and 1 teaspoon each of salt and pepper on medium-low heat.
2. Pour sesame seeds into bowl or onto a plate. Season tuna steaks with salt and pepper on both sides and then press into sesame seeds on both sides.
3. Place a pan on medium-high heat. Pour 1 tablespoon oil into the pan and sear tuna on both sides for 5 min each.
4. Remove tuna from pan and wipe clean with a paper towel. Pour remaining oil in pan and sauté asparagus for 7 min and season with salt and pepper.
5. To plate, spoon white beans onto plate. Slice tuna across the grain and place over beans. Place asparagus next to beans and garnish with parsley flakes.

RECIPE 13

Teriyaki Salmon with Bok Choy

Prep time

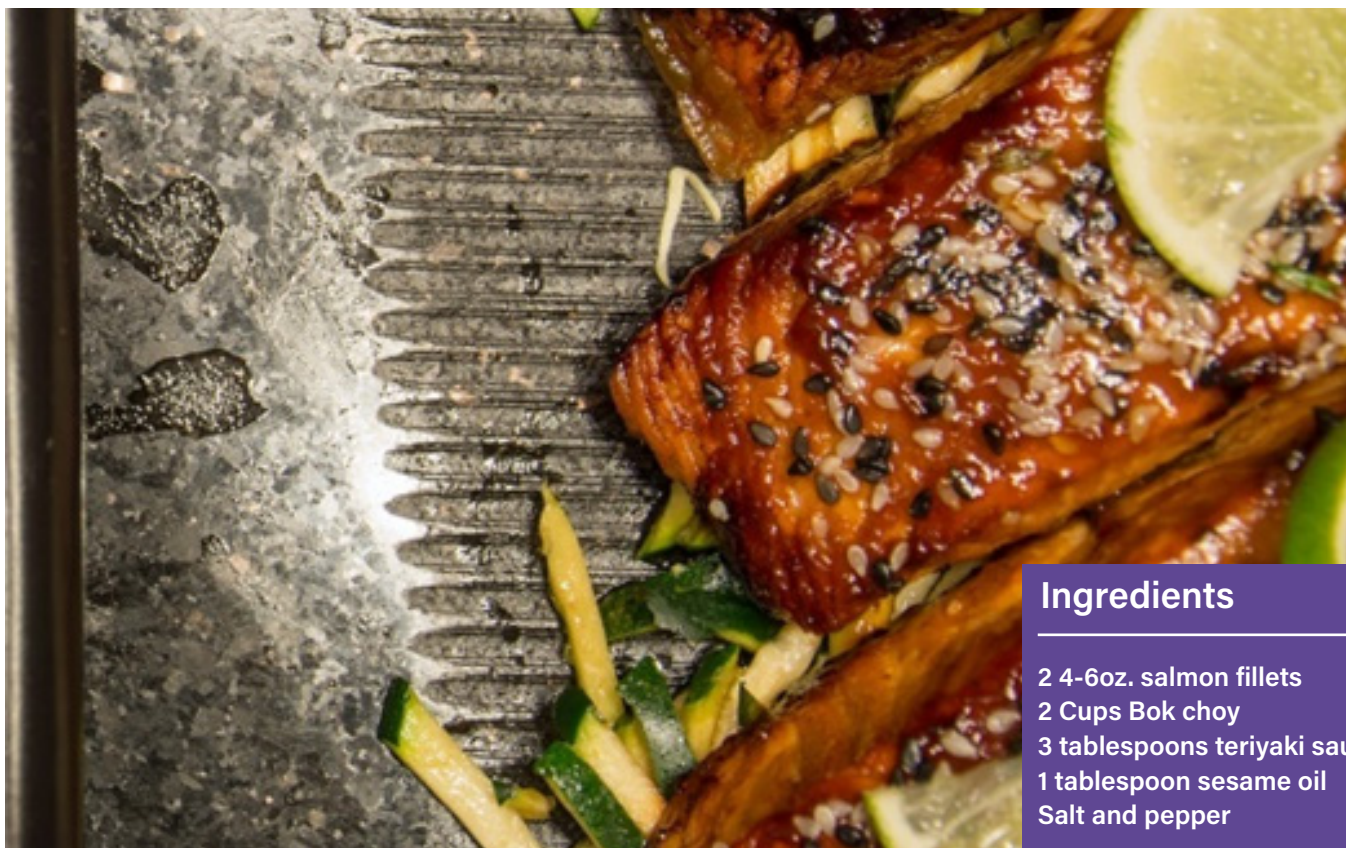
10 MIN

Cook Time

30 MIN

Serves

2



Ingredients

2 4-6oz. salmon fillets
2 Cups Bok choy
3 tablespoons teriyaki sauce
1 tablespoon sesame oil
Salt and pepper

Directions

1. Pre-heat oven to 350 degrees. Place salmon fillets on sheet pan and brush 2 tablespoons teriyaki on salmon. Bake for 30 min or until internal temperature reads 145 degrees.
2. Place medium pan over med-high heat. Add sesame oil, Bok choy and sauté for 5-7 min. Season with salt and pepper.
3. To plate, place salmon on plate with Bok choy. Add whole grain of choice for a well-rounded meal.

RECIPE

14

Black Bean Quinoa Burger

Prep time

30 MIN

Cook Time

45-60 MIN

Serves

2



Ingredients

- 1 12oz. can black beans, drained and rinsed
- ½ Cup cooked quinoa
- ¼ Cup red bell pepper, diced
- ¼ Cup onion, diced
- 1 Tablespoon roasted garlic
- ¼ Cup oats, or as needed
- ¼ Sliced avocado

Directions

1. Cook quinoa according to directions on package and let cool.
2. Drain black beans into a colander and rinse beans under cold water until water runs clear. Place into bowl and add cooled quinoa.
3. Sauté onions and peppers on med-high heat until caramelized, 5-10 minutes, stir in garlic powder. Set aside and let cool.
4. Pour cooled quinoa and black beans into mixer with paddle attachment and mix for 5 minutes on low. If a mixer is not available, put into bowl and use potato masher.
5. Add vegetable mix and mix for 5 minutes on low.
6. Pour cooled vegetable mix into black bean and quinoa mixture.
7. Mix in oats and let rest 5 minutes.
8. Pat into burger shape and sear in a non-stick pan, on low-medium, for 7 minutes on each side. Dress with avocado, lettuce, tomato, sliced onions on a whole grain bun.

RECIPE 15

Baked Chicken with Kale Pesto and Glazed Carrots

Prep time

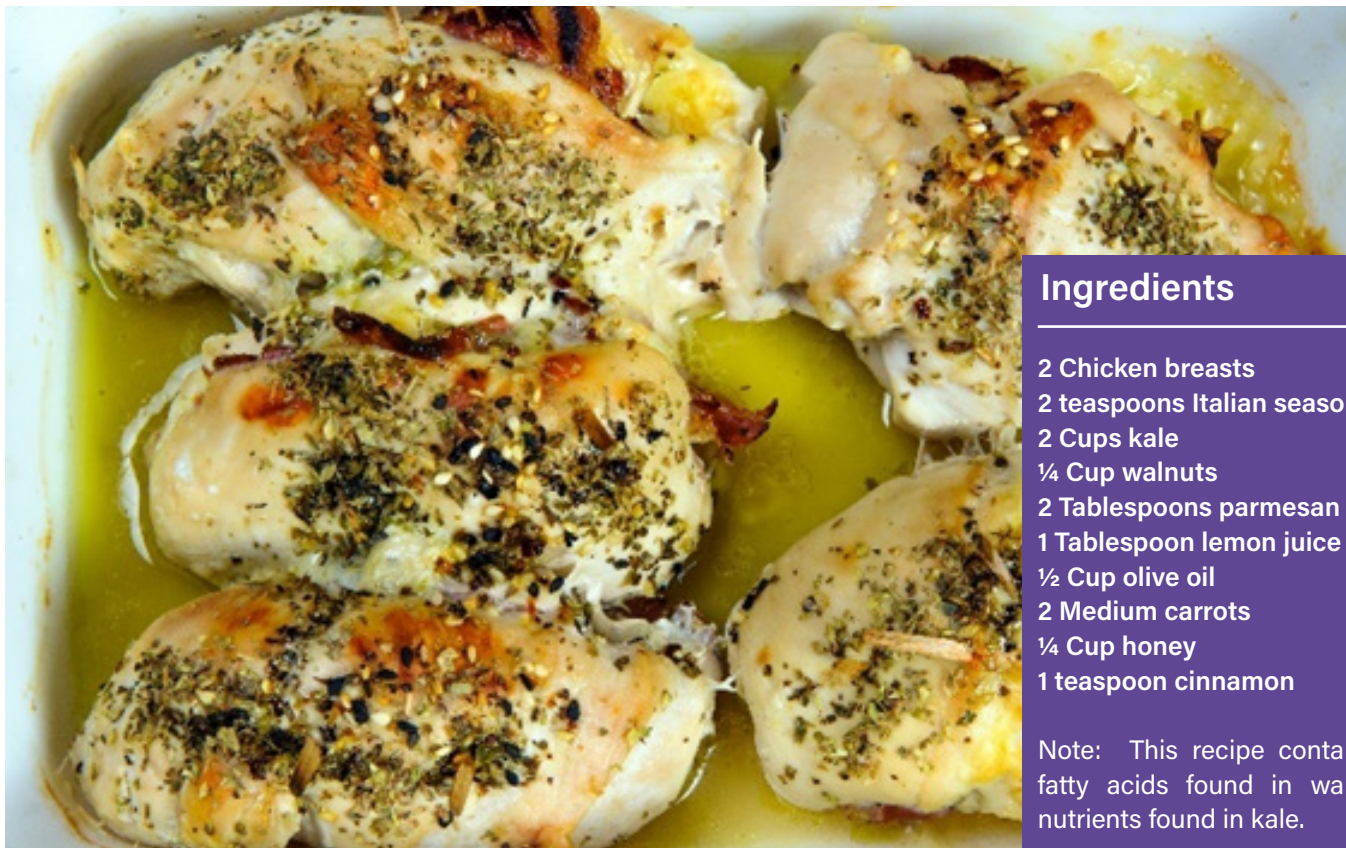
10 MIN

Cook Time

20 MIN

Serves

2



Ingredients

2 Chicken breasts
2 teaspoons Italian seasoning
2 Cups kale
¼ Cup walnuts
2 Tablespoons parmesan
1 Tablespoon lemon juice
½ Cup olive oil
2 Medium carrots
¼ Cup honey
1 teaspoon cinnamon

Note: This recipe contains healthy omega-3 fatty acids found in walnuts and important nutrients found in kale.

Directions

1. Preheat oven to 350 degrees. Peel and dice carrots into ½ inch pieces.
2. Place carrots on one half of sheet pan and chicken on the other half. Drizzle honey and sprinkle cinnamon on carrots. Season chicken with Italian seasoning. Bake for 20 min.
3. While chicken and carrots are baking, place kale, walnuts, parmesan, and lemon juice in a blender. Turn on and drizzle oil slowly to emulsify. If too thick, add tablespoon of water at a time to get to desired consistency.
4. Pull chicken from oven, making sure it hits internal temp of 165 degrees.
5. Place wild rice in bowl and ladle soup on top.

RECIPE

16

Coffee Roasted Pork Loin with Blueberry Reduction

Prep time

10 MIN

Cook Time

30 MIN

Serves

4



Ingredients

- 1 Pork tenderloin
- 2 Tablespoons ground coffee
- 1 teaspoon ground coriander
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 Cup blueberries
- ¼ Cup balsamic vinegar
- ¼ Cup honey
- 2 medium sweet potato

Note: Coffee and blueberries have powerful antioxidant properties. Blueberries also reduce inflammation.

Directions

1. Set oven to 350 degrees. Mix coffee, coriander, garlic, and onion in a small bowl.
2. Peel and dice sweet potato into 1inch cubes. Place in pot, fill with water to cover potatoes. Bring to a boil, turn heat to medium, cover and cook for 25-30 min or until tender.
3. In a small pot, place blueberries, vinegar, and honey and turn on medium. Reduce for 20 min or until thickened and syrupy.
4. Place pork tenderloin on sheet pan and sprinkle dry mixture to cover pork on all sides. Bake for 20-25 min or until internal temp hits minimum of 145 degrees.
6. Once sweet potatoes are cooked, drain and mash with potato masher or spoon. Season with salt and pepper.
7. Pull pork from oven and let rest 10 min. Slice into ½ inch medallions.
8. Spoon sweet potato mash onto a plate. Fan pork slices around potato mash and spoon blueberry reduction on pork.

RECIPE 17

Honey Mustard Glazed Salmon

Prep time

15 MIN

Cook Time

15-20 MIN

Serves

2



Ingredients

2 6oz. salmon fillets
¼ Cup honey
2 Tablespoons Dijon mustard
½ cup dry farro
1 garlic clove (optional)
2 Cups broccoli, chopped
1 Tablespoon oil
½ Cup water
Salt and Pepper

Note: This recipe includes omega-3 fatty acids found in salmon and important vitamins and minerals found in broccoli.

Directions

1. Preheat oven to 350 degrees.
2. Cook farro according to directions. Mince or press garlic. Stir in when farro is fully cooked. Add salt and pepper to taste.
3. Place salmon fillets, skin side down, onto a sheet pan.
4. In a small bowl, mix honey and Dijon mustard. Brush onto salmon fillets and bake for 10-15 minutes. Reapply mixture 5 minutes before pulling from oven.
5. For the broccoli, heat pan on medium heat and add oil. Once oil is hot, add broccoli and sauté for 2-3 min. Season with salt and pepper, add water and cover for an additional 3-4 min or until broccoli is soft and tender.
6. To plate, spoon ½ cup cooked farro onto plate, place salmon fillet next to potatoes and spoon broccoli onto to plate.

RECIPE

18

***Kale Salad
with Fennel-
dusted
Tuna and
Strawberry
Vinaigrette***

Prep time

5-10 MIN

Cook Time

5 MIN

Serves

2



Ingredients

- 2 4oz. tuna steaks
- 2 teaspoons ground fennel
- ½ Tablespoon canola oil
- 4 Cups kale, chopped
- ½ Cup carrots, sliced thin
- ½ Cup cherry tomatoes
- ½ Cup red bell pepper, sliced thin
- ½ Cup toasted walnuts
- 2 Cups strawberries, 1 cup sliced
- 2 Tablespoons Champagne vinegar
- 2 Tablespoons honey
- 2 Tablespoons olive oil

Note: Tuna is a good source of protein and contains omega-3 fatty acids which reduce inflammation.

Directions

1. To make vinaigrette, place 1 cup whole strawberries in blender with vinegar, honey and olive oil and blend till smooth.
2. Set oven to 350 degrees and toast walnuts for 5-7 min.
3. Sprinkle ground fennel on both sides of tuna. Set a pan on medium high heat. Add canola oil and sear both sides for 2-3 min.
4. Pull tuna from pan and let rest 1 min. Cut into ¼ inch slices.
5. Place kale in salad bowls and dress with carrots, tomatoes, bell pepper, and toasted walnuts.
6. Places sliced tuna on top and drizzle dressing over top.

Nutrition Labels

Honey Baked Chicken with Pureed Pumpkin and Collard Greens

Nutrition Facts			
Serving size: 4 oz (499 g)			
Servings Per Container: 2			
Amount per serving			
Calories: 485	Fat Calories: 192		
% Daily Value*			
Total Fat 22g			34%
Saturated Fat 4g			22%
Trans Fat 0g			
Cholesterol 41mg			14%
Sodium 560mg			23%
Calcium 196mg			20%
Potassium 505mg			14%
Phosphorus 266mg			27%
Total Carb 57g			19%
Dietary Fiber 10g			38%
Sugars 26g			
Protein 21g			41%
Vitamin A 492%		Vitamin C 50%	
Calcium 20%		Iron 24%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Baked Salmon with Sauteed Vegetables

Nutrition Facts			
Serving size: 1 Entire recipe (350 g)			
Servings Per Container: 1			
Amount per serving			
Calories: 493	Fat Calories: 309		
% Daily Value*			
Total Fat 35g			54%
Saturated Fat 8g			40%
Trans Fat 0g			
Cholesterol 90mg			30%
Sodium 909mg			38%
Calcium 97mg			10%
Potassium 691mg			20%
Phosphorus 82mg			8%
Total Carb 9g			3%
Dietary Fiber 4g			15%
Sugars 2g			
Protein 38g			77%
Vitamin A 119%		Vitamin C 76%	
Calcium 10%		Iron 21%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Contains: Fish			

Lemon Chicken Vegetable Soup with Ginger

Nutrition Facts			
Serving size: 1 Cup (404 g)			
Amount per serving			
Calories: 250	Fat Calories: 115		
% Daily Value*			
Total Fat 13g			20%
Saturated Fat 3g			16%
Trans Fat 0g			
Cholesterol 56mg			19%
Sodium 730mg			30%
Calcium 58mg			6%
Potassium 553mg			16%
Phosphorus 242mg			24%
Total Carb 10g			3%
Dietary Fiber 2g			7%
Sugars 4g			
Protein 24g			48%
Vitamin A 57%		Vitamin C 15%	
Calcium 6%		Iron 14%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Nutrition Labels

Salmon Cakes with Tzatziki Sauce

Nutrition Facts			
Serving size: 1 cake (192 g)			
Servings Per Container: 2			
Amount per serving			
Calories: 390	Fat Calories: 206		
	% Daily Value*		
Total Fat 23g			36%
Saturated Fat 5g			23%
Trans Fat 0g			
Cholesterol 198mg			66%
Sodium 808mg			34%
Calcium 150mg			15%
Potassium 499mg			14%
Phosphorus 397mg			40%
Total Carb 9g			3%
Dietary Fiber 1g			2%
Sugars 1g			
Protein 36g			71%
Vitamin A 10%	Vitamin C 3%		
Calcium 15%	Iron 10%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Contains: Fish,Eggs,Soy			

Tuna Salad

Nutrition Facts			
Serving size: 1/2 Cup (136 g)			
Servings Per Container: 2			
Amount per serving			
Calories: 215	Fat Calories: 97		
	% Daily Value*		
Total Fat 11g			17%
Saturated Fat 2g			11%
Trans Fat 0g			
Cholesterol 44mg			15%
Sodium 582mg			24%
Calcium 22mg			2%
Potassium 276mg			8%
Phosphorus 146mg			15%
Total Carb 6g			2%
Dietary Fiber 1g			4%
Sugars 1g			
Protein 21g			42%
Vitamin A 2%	Vitamin C 3%		
Calcium 2%	Iron 8%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Contains: Fish,Eggs			

Chicken Salad

Nutrition Facts			
Serving size: 1 Cup (199 g)			
Servings Per Container: 2			
Amount per serving			
Calories: 300	Fat Calories: 101		
	% Daily Value*		
Total Fat 12g			18%
Saturated Fat 2g			8%
Trans Fat 0g			
Cholesterol 11mg			3%
Sodium 674mg			28%
Calcium 16mg			2%
Potassium 84mg			2%
Phosphorus 16mg			2%
Total Carb 6g			2%
Dietary Fiber 1g			3%
Sugars 2g			
Protein 44g			87%
Vitamin A 3%	Vitamin C 4%		
Calcium 2%	Iron 1%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Contains: Eggs			

Nutrition Labels

Jerk Chicken with Pineapple, Black Beans and Spinach

Nutrition Facts			
Serving size: 1 chicken breast (432 g)			
Servings Per Container: 2			
Amount per serving			
Calories: 357	Fat Calories: 58		
% Daily Value*			
Total Fat 7g	10%		
Saturated Fat 1g	3%		
Trans Fat 0g			
Cholesterol 60mg	20%		
Sodium 737mg	31%		
Calcium 120mg	12%		
Potassium 923mg	26%		
Phosphorus 37mg	4%		
Total Carb 44g	14%		
Dietary Fiber 7g	26%		
Sugars 19g			
Protein 31g	63%		
Vitamin A 120%	Vitamin C 48%		
Calcium 12%	Iron 17%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Braised Pork Tenderloin Stew with Red Potatoes Root Vegetables

Nutrition Facts			
Serving size: 4 oz meat, 1/2 cup veggies (512 g)			
Servings Per Container: 2			
Amount per serving			
Calories: 269	Fat Calories: 69		
% Daily Value*			
Total Fat 8g	12%		
Saturated Fat 2g	9%		
Trans Fat 0g			
Cholesterol 82mg	27%		
Sodium 254mg	11%		
Calcium 70mg	7%		
Potassium 1132mg	32%		
Phosphorus 440mg	44%		
Total Carb 17g	6%		
Dietary Fiber 3g	13%		
Sugars 5g			
Protein 33g	66%		
Vitamin A 160%	Vitamin C 13%		
Calcium 7%	Iron 19%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Lentil Soup with Garlicky Kale Chips

Nutrition Facts			
Serving size: 1 cup (451 g)			
Servings Per Container: 4			
Amount per serving			
Calories: 407	Fat Calories: 130		
% Daily Value*			
Total Fat 15g	23%		
Saturated Fat 2g	10%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 597mg	25%		
Calcium 144mg	14%		
Potassium 1029mg	29%		
Phosphorus 315mg	31%		
Total Carb 51g	17%		
Dietary Fiber 21g	85%		
Sugars 8g			
Protein 18g	36%		
Vitamin A 265%	Vitamin C 149%		
Calcium 14%	Iron 32%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Nutrition Labels

Tequila Lime Chicken with Cilantro Brown Rice, Stewed Black Beans and Pico de Gallo

Nutrition Facts			
Serving size: 4 oz (508 g)			
Servings Per Container: 2			
Amount per serving			
Calories: 583		Fat Calories: 187	
		% Daily Value*	
Total Fat	21g		33%
Saturated Fat	4g		19%
Trans Fat	0g		
Cholesterol	73mg		24%
Sodium	714mg		30%
Calcium	84mg		8%
Potassium	809mg		23%
Phosphorus	294mg		29%
Total Carb	64g		21%
Dietary Fiber	11g		43%
Sugars	5g		
Protein	37g		73%
Vitamin A 19%		Vitamin C 14%	
Calcium 8%		Iron 20%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Chicken with Artichokes in Piccata Sauce over Gluten-free Pasta

Nutrition Facts			
Serving size: 4 oz (315 g)			
Servings Per Container: 2			
Amount per serving			
Calories: 509		Fat Calories: 155	
		% Daily Value*	
Total Fat	18g		27%
Saturated Fat	4g		20%
Trans Fat	0g		
Cholesterol	73mg		24%
Sodium	556mg		23%
Calcium	42mg		4%
Potassium	330mg		9%
Phosphorus	223mg		22%
Total Carb	50g		17%
Dietary Fiber	3g		11%
Sugars	1g		
Protein	32g		63%
Vitamin A 5%		Vitamin C 10%	
Calcium 4%		Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Sesame Seared Tuna over White Beans and Asparagus

Nutrition Facts			
Serving size: 4 oz (360 g)			
Servings Per Container: 2			
Amount per serving			
Calories: 495		Fat Calories: 242	
		% Daily Value*	
Total Fat	28g		42%
Saturated Fat	4g		19%
Trans Fat	0g		
Cholesterol	44mg		15%
Sodium	354mg		15%
Calcium	230mg		23%
Potassium	231mg		7%
Phosphorus	127mg		13%
Total Carb	25g		8%
Dietary Fiber	12g		46%
Sugars	5g		
Protein	37g		74%
Vitamin A 12%		Vitamin C 11%	
Calcium 23%		Iron 39%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Nutrition Labels

Teriyaki Salmon with Bok Choy

Nutrition Facts	
Serving size: 4 oz (232 g) Servings Per Container: 2	
Amount per serving	
Calories: 266	Fat Calories: 123
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 62mg	21%
Sodium 1192mg	50%
Calcium 81mg	8%
Potassium 617mg	18%
Phosphorus 268mg	27%
Total Carb 8g	3%
Dietary Fiber 1g	4%
Sugars 6g	
Protein 25g	50%
Vitamin A 51%	Vitamin C 80%
Calcium 8%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Black Bean Quinoa Burger

Nutrition Facts	
Serving size: 1 burger (345 g) Servings Per Container: 2	
Amount per serving	
Calories: 389	Fat Calories: 49
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 850mg	35%
Calcium 112mg	11%
Potassium 1012mg	29%
Phosphorus 436mg	44%
Total Carb 65g	22%
Dietary Fiber 21g	82%
Sugars 3g	
Protein 20g	39%
Vitamin A 12%	Vitamin C 57%
Calcium 11%	Iron 34%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Baked Chicken with Kale Pesto and Glazed Carrots

Nutrition Facts	
Serving size: 1 chicken breast, 1 cups carrots (389 g) Servings Per Container: 2	
Amount per serving	
Calories: 774	Fat Calories: 417
% Daily Value*	
Total Fat 47g	73%
Saturated Fat 10g	48%
Trans Fat 0g	
Cholesterol 116mg	39%
Sodium 261mg	11%
Calcium 205mg	21%
Potassium 935mg	27%
Phosphorus 413mg	41%
Total Carb 50g	17%
Dietary Fiber 5g	21%
Sugars 40g	
Protein 42g	83%
Vitamin A 414%	Vitamin C 143%
Calcium 21%	Iron 18%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Nutrition Labels

Coffee Roasted Pork Loin with Blueberry Reduction and Sweet Potato Mash

Nutrition Facts			
Serving size: 3/4 lb (269 g)			
Servings Per Container: 2			
Amount per serving			
Calories: 297		Fat Calories: 26	
		% Daily Value*	
Total Fat	3g		4%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	82mg		27%
Sodium	108mg		5%
Calcium	37mg		4%
Potassium	795mg		23%
Phosphorus	356mg		36%
Total Carb	40g		13%
Dietary Fiber	3g		12%
Sugars	26g		
Protein	28g		56%
Vitamin A 185%		Vitamin C 9%	
Calcium 4%		Iron 11%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Honey Mustard Glazed Salmon over Farro and Sautéed Broccoli

Nutrition Facts			
Serving size: 1 serving (363 g)			
Servings Per Container: 2			
Amount per serving			
Calories: 436		Fat Calories: 98	
		% Daily Value*	
Total Fat	11g		17%
Saturated Fat	2g		9%
Trans Fat	0g		
Cholesterol	68mg		23%
Sodium	852mg		35%
Calcium	54mg		5%
Potassium	316mg		9%
Phosphorus	62mg		6%
Total Carb	55g		18%
Dietary Fiber	4g		15%
Sugars	36g		
Protein	33g		65%
Vitamin A 11%		Vitamin C 136%	
Calcium 5%		Iron 12%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Kale Salad with Fennel-dusted Tuna and Strawberry Vinaigrette

Nutrition Facts			
Serving size: 2 servings (370 g)			
Servings Per Container: 2			
Amount per serving			
Calories: 589		Fat Calories: 326	
		% Daily Value*	
Total Fat	37g		57%
Saturated Fat	4g		21%
Trans Fat	0g		
Cholesterol	44mg		15%
Sodium	77mg		3%
Calcium	57mg		6%
Potassium	413mg		12%
Phosphorus	139mg		14%
Total Carb	35g		11%
Dietary Fiber	6g		22%
Sugars	27g		
Protein	34g		68%
Vitamin A 123%		Vitamin C 142%	
Calcium 6%		Iron 16%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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email@nchpad.org



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