



Eggplant Lasagna

Serving Size: ½ cup (12 servings per recipe)

Ingredients

- 2 medium eggplants
- 2 teaspoons salt (divided)
- 1 egg
- 15 ounces ricotta cheese
- ¼ cup basil
- 2 tablespoons parsley
- 2 garlic cloves
- 2 ½ cup shredded mozzarella cheese (divided)
- 15 ounces low-sodium tomato sauce

Directions

1. Preheat the oven to 400 degrees Fahrenheit.
2. Wash the eggplants and remove the greens.
3. Slice the eggplants lengthwise, about ½ inch thick.
4. Sprinkle the eggplant slices with 1 teaspoon of salt and let them sit for about 10 minutes.
5. Pat the eggplants dry with a paper towel.
6. Roast the eggplant slices for 15 minutes on an oiled 9x13 baking sheet.
7. Set the roasted eggplant aside and lower the oven heat to 375 degrees Fahrenheit.
8. Mince the basil, parsley, and garlic cloves into tiny pieces.
9. Combine the egg, ricotta, basil, parsley, garlic, 1 cup of mozzarella cheese, and 1 teaspoon of salt in a medium bowl.
10. Spread the tomato sauce on the bottom of an oiled 9x13 deep baking dish.
11. Layer the sliced eggplant on top of the tomato sauce.
12. Spread a layer of the ricotta mixture on top of the eggplant slices.
13. Repeat the layering of tomato sauce, eggplant slices, and ricotta cheese until all eggplant slices are used.
14. Add 1 ½ cup shredded mozzarella cheese on top of the layers.
15. Cover the lasagna dish with aluminum foil and bake for 20 minutes. Then remove the foil and cook the dish for another 15 minutes.
16. Let stand for at least 15 minutes before slicing.



Nutrition Facts

12 servings per container

Serving size

Amount per serving

Calories 160

% Daily Value*

Total Fat 8g 10%

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 45mg 15%

Sodium 560mg 24%

Total Carbohydrate 11g 4%

Dietary Fiber 3g **11%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 12g

Vitamin D 0mcg **0%**

Calcium 279mg **20%**

Iron 1mg **6%**

Potassium 318mg **6%**

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

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Stuffed Peppers

Serving Size: 1 pepper (8 servings per recipe)

Ingredients

- 8 bell peppers
- 3 cloves garlic
- 1 shallot
- 1 medium white onion
- 1 tablespoon cooking oil
- 16 ounces lean ground beef or turkey
- 15 ounces black beans, rinsed and dried
- 15 ounces canned corn, rinsed and dried
- ½ cup tomato sauce
- 2 cups cooked brown rice
- 1 teaspoon cumin
- ½ teaspoon chili powder
- 1 teaspoon salt
- ¼ cup chopped oregano leaves
- 1 ½ cup taco blend/cheddar cheese

Directions

1. Preheat the oven to 425 degrees Fahrenheit.
2. Cut the peppers in half and scoop out the white filling and seeds.
3. Mince the garlic, shallot, and onion into tiny pieces.
4. Heat the oil in a saucepan over medium heat and add the garlic, shallot, and onion.
5. Once the onions have become clear, add the ground meat to the saucepan.
6. Cook the ground meat completely and use a spatula to dice it into small pieces in the saucepan.
7. Turn down the heat to low/medium and add the black beans, corn, tomato sauce, brown rice, cumin, chili powder, salt, chopped oregano, and ½ cup of shredded cheese.
8. Once the ingredients are combined, remove the saucepan from the heat.
9. Place the mixture into the peppers so they are full of stuffing, about 4 tablespoons.
10. Bake the peppers for 15-20 minutes (until they are soft when poked with a fork).
11. Sprinkle 1 cup of cheese on top of the peppers and cook for another 5 minutes. Let cool and serve.



Nutrition Facts

8 servings per container

Serving size 1 pepper

Amount per serving

Calories 410

% Daily Value*

Total Fat 15g 19%

Saturated Fat 6g 30%

Trans Fat 0g

Cholesterol 70mg 23%

Sodium 650mg 28%

Total Carbohydrate 43g 16%

Dietary Fiber 8g 29%

Total Sugars 9g

Includes 2g Added Sugars 4%

Protein 28g

Vitamin D 0mcg 0%

Calcium 221mg 15%

Iron 5mg 30%

Potassium 673mg 15%

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Glazed & Roasted Carrots

Serving Size: 3 full carrots (4 servings per recipe)

Ingredients

- 12 long carrots
- 2 teaspoons oil
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 tablespoon brown sugar, maple syrup, or honey

Directions

1. Preheat the oven to 425 degrees Fahrenheit.
2. Wash the carrots and remove their greens.
3. Cut each carrot lengthwise into three strips.
4. Place the carrots on an oiled 9×13 baking sheet.
5. Massage the carrots with the oil, salt, pepper, and brown sugar (or other sweetener).
6. Roast the carrots for 20 minutes. Let cool and serve.



Nutrition Facts

4 servings per container

Serving size 3 whole carrots

Amount per serving

Calories 120

% Daily Value*

Total Fat 3g 4%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 440mg 19%

Total Carbohydrate 24g 9%

Dietary Fiber 6g 21%

Total Sugars 13g

Includes 3g Added Sugars 6%

Protein 2g

Vitamin D 0mcg 0%

Calcium 75mg 6%

Iron 1mg 6%

Potassium 699mg 15%

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Crispy Tofu & Cabbage Pitas

Serving Size: 1 assembled pita (4 servings per recipe)

Ingredients

- 16 ounces extra firm tofu
- 2 tablespoons oil, divided
- 2 cloves garlic
- 1 head green cabbage
- 1 pinch of salt
- ½ teaspoon pepper
- 1 teaspoon cumin
- 4 tablespoons hummus
- 4 whole wheat pita breads

Directions

1. Preheat the oven to 425 degrees Fahrenheit.
2. Place the tofu on a cutting board and press it into the block using a paper towel or towel to remove some of the moisture.
3. Cut the tofu block into thin strips that are about four inches in length.
4. Place tofu strips onto an oiled baking sheet and massage them with 1 tablespoon of oil.
5. Roast the tofu for 15 minutes. Remove from the oven and flip the strips. Then place the strips back in the oven for another 15 minutes.
6. While the tofu is roasting, mince the garlic into tiny pieces and dice the cabbage into small pieces.
7. Place 1 tablespoon of oil into a saucepan over medium heat.
8. Add the minced garlic and cabbage to the saucepan.
9. Season the cabbage with salt, pepper, and cumin.
10. Assemble the pitas by layering 1 tablespoon of hummus onto a pita bread and then stuffing it with cabbage and roasted tofu.



Nutrition Facts

4 servings per container
Serving size 1 pita

Amount per serving

Calories 400

% Daily Value*

Total Fat 17g 22%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 740mg 32%

Total Carbohydrate 46g 17%

Dietary Fiber 11g 39%

Total Sugars 9g

Includes 1g Added Sugars 2%

Protein 22g

Vitamin D 0mcg 0%

Calcium 264mg 20%

Iron 5mg 30%

Potassium 580mg 10%

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Mediterranean Inspired Salad

Serving Size: 1 cup (4 servings per recipe)

Ingredients

- 1 tablespoon oil
- 2 tablespoons lemon juice
- ½ cup parsley
- ¼ cup mint
- 2 cloves garlic
- 1 medium cucumber
- 20-30 cherry or grape tomatoes
- 15 ounces canned chickpeas, drained and rinsed
- 4 ounces feta cheese

Directions

1. Add the oil and lemon juice to a large bowl.
2. Mince the parsley, mint, and garlic into tiny pieces. Add to the bowl.
3. Chop a cucumber into small pieces and chop the tomatoes lengthwise. Add to the bowl.
4. Add the chickpeas and feta cheese to the bowl.
5. Mix everything until combined. Chill and serve.



Nutrition Facts

4 servings per container

Serving size 1 cup

Amount per serving

Calories 230

% Daily Value*

Total Fat 12g 15%

Saturated Fat 4.5g 23%

Trans Fat 0g

Cholesterol 20mg 7%

Sodium 480mg 21%

Total Carbohydrate 23g 8%

Dietary Fiber 7g 25%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 12g

Vitamin D 0mcg 0%

Calcium 132mg 10%

Iron 2mg 10%

Potassium 514mg 10%

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Broccoli Chicken Pasta Salad

Serving Size: 1 cup (6 servings per recipe)

Ingredients

- 16 ounces of dry penne pasta
- About 10 stalks of broccolini
- 2 cloves garlic
- ½ shallot
- ¼ cup basil
- 2 medium tomatoes
- 4 tablespoons lemon juice
- 4 tablespoons cream cheese
- 2 teaspoons mustard
- 12.5 ounces canned chicken, drained

Directions

1. Boil a large pot full of water and cook the penne pasta according to the directions.
2. Chop the broccolini into 2-inch chunks.
3. Place an oiled saucepan over medium heat and sauté the broccolini chunks.
4. Mince the garlic, shallot, and basil into tiny pieces. Add to a large bowl.
5. Chop the tomatoes into small pieces and add to the same bowl as the garlic, shallot, and basil.
6. Add the lemon juice, cream cheese, and mustard to the bowl and combine well.
7. Add the canned chicken, cooked pasta, and sauteed broccolini into the bowl and mix. Chill and serve.



Nutrition Facts

6 servings per container
Serving size 1 cup

Amount per serving

Calories 360

% Daily Value*

Total Fat 6g 8%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 40mg 13%

Sodium 140mg 6%

Total Carbohydrate 59g 21%

Dietary Fiber 4g 14%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 19g

Vitamin D 0mcg 0%

Calcium 27mg 2%

Iron 1mg 6%

Potassium 269mg 6%

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Tuna & Green Bean Salad

Serving Size: ½ cup (4 servings per recipe)

Ingredients

- 2 cloves garlic
- ½ shallot
- 3 tablespoons lemon juice
- 3 tablespoons mayonnaise
- 1 teaspoon oil
- ½ teaspoon salt
- 1 teaspoon pepper
- 6 ounces fresh green beans
- 12 ounces canned tuna, drained

Directions

1. Mince the garlic and shallot into tiny pieces. Add to a large bowl.
2. Add the lemon juice, mayonnaise, oil, salt, and pepper to the same bowl and mix well.
3. Chop the green beans into 2-inch-wide chunks and add to the bowl.
4. Add the tuna to the bowl and combine everything well. Chill and serve.

Serve with crackers, noodles, or bread to make a complete meal.



Nutrition Facts

4 servings per container
Serving size 1/2 cup

Amount per serving

Calories 170

% Daily Value*

Total Fat 10g 13%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 35mg 12%

Sodium 540mg 23%

Total Carbohydrate 6g 2%

Dietary Fiber 2g 7%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 17g

Vitamin D 1mcg 6%

Calcium 41mg 4%

Iron 2mg 10%

Potassium 289mg 6%

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