

Culinary Enlightenment

3 easy recipes in 1 week

These recipes are designed to be quick and easy mid-week meals. Although the recipes and shopping list are based on Trader Joe's products, you should be able to find substitutes at any large grocery store.

Shopping List

Dry Goods:

- 1 box organic shells & white cheddar
- 1 bag bread crumbs
- 1 - 15 ounce can black beans
- 1 bottle Teriyaki sauce
- 8 ounce bag dry toasted slivered almonds
- 1 - 12 ounce jar salsa verde
- 1 package 6 inch corn tortillas

Refrigerated Items:

- 1 1/4 pounds chicken tenders
- 1 - 8 ounce bag shredded part-skim mozzarella
- 1 - 7 ounce package baked Teriyaki tofu
- nonfat or lowfat milk
- eggs (2)

Fruit & Vegetables:

- 1 - 16 ounce package fresh green beans
 - 1 package broccoli florets
 - 1 package green leafy lettuce
 - 2 - 10 ounce containers fresh fajita vegetables
 - 1 bag limes
 - 1 bag yellow or white onions
- ⇒ grab fruit for a snack and a salad for lunch!

Frozen Goods:

- 1 pound frozen Mahi Mahi, halibut or cod fillets
- 1 box frozen brown rice (w/ 3 - 10 ounce bags)

Check your pantry for these items too

- Olive oil
- Canola or olive oil cooking spray
- Chili Powder

Baked Chicken Tenders with Broccoli Macaroni & Cheese

Serves 4

- 1 1/4 pound chicken tenders
- 1 egg + 1 egg white
- 1/4 cup + 2 Tbs nonfat or lowfat milk, divided
- 2 cups bread crumbs
- 2 teaspoons olive or canola oil
- a pinch dried herbs and/or salt & pepper
- canola or olive oil cooking spray
- 1 box organic/natural shells & white cheddar
- 3 cups broccoli, chopped into 1/2-inch florets

Preheat oven to 425°.

Set up two bowls to bread chicken tenders. Blend egg, egg white and 2 Tbs milk in one bowl. Put bread crumbs, oil and herbs (and/or salt & pepper) in the other. Blend well.

Prepare a foil lined baking sheet. Cover with cooking spray. Trim any visible fat or tendons from chicken tenders. Dip tenders into egg mixture, gently shake off excess, and press into bread crumbs. Cover both sides of chicken with bread crumbs, pressing gently to help it stick. Spread tenders evenly across the baking sheet. Bake 10 minutes, flip, bake 10 minutes more. Remove from oven.

Cook shells according to package directions. One minute before the end of cooking time, add broccoli. Drain. In same pot over low heat, whisk together 1/4 cup milk & contents of cheese packet. Stir in shells and broccoli.

Nutrition Facts per serving:

453 calories	611 mg sodium
10 grams fat	4 grams fiber
137 mg cholesterol	42 grams protein

Fish Tacos with Fajita Veggies & Black Beans

Serves 4

16 ounces frozen Mahi Mahi, halibut or cod (1-inch thick fillets)
8 corn tortillas
1/2 cup shredded part-skim mozzarella
1/2 cup verde sauce
2 cups chopped green leafy lettuce
2 tsp olive oil
2 bell peppers (pick 2 colors!), sliced
1 yellow onion, sliced
2 Tbs lime juice, divided
1/4 tsp chili powder
1 – 15 ounce can black beans

Defrost fish in the refrigerator overnight, under cool running water or in the microwave.

Preheat oven to 400°.

Pat fish dry with paper towel. Cut into 1-inch thick strips. Place fish in oiled baking dish. Bake 15-20 minutes. Fish should flake easily with a fork and look opaque when cooked. Remove from oven and drizzle 1 Tbs lime juice over fish.

Rinse black beans (to reduce sodium). Add 1 Tbs water to beans and heat in the microwave or on the stovetop (on low). Stir occasionally.

Heat olive oil in a large sauté pan over medium high heat. Add bell peppers and onion to hot pan and let them brown (don't stir too often). Take vegetables off heat while still a little crisp to the bite (about 5 minutes). Toss with 1 Tbs lime juice and chili powder just before serving.

Heat tortillas briefly in microwave or oven. Layer with cheese, fish, verde sauce, and lettuce. Serve with black beans and fajita veggies.

Nutrition Facts per serving:

390 calories	530 mg sodium
8 grams fat	11 grams fiber
90 mg cholesterol	34 grams protein

Teriyaki Tofu with Green Beans & Brown Rice

Serves 4

1 – 7 ounce package Baked Teriyaki Tofu *
1 – 16 ounce package fresh green beans
2 tsp olive oil
1/2 medium yellow or white onion, thinly sliced
2 Tbs Teriyaki sauce
1/2 Tbs rice vinegar or lime juice
4 Tbs dry toasted slivered almonds
2 – 10 ounce packages frozen brown rice** *

Slice tofu thinly in one direction (parallel to the edge) and into third's in the other direction so that you have flat little squares. Set aside.

Trim green beans and cut into 1 1/2 inch pieces. Heat oil in large sauté pan or wok. Add onions and green beans to hot pan. Sauté until lightly browned, stirring occasionally. Add tofu and heat thoroughly.

Microwave brown rice according to package directions.

Combine Teriyaki sauce and rice vinegar. Pour over tofu green beans just before serving. Sprinkle with almonds and serve (immediately) with a side of brown rice.

* Can substitute 8 oz cooked shrimp or chicken.

** Can substitute 4 cups cooked brown rice.

Nutrition Facts per serving:

450 calories	490 mg sodium
14 grams fat	10 grams fiber
0 mg cholesterol	20 grams protein

Culinary Enlightenment is a small business owned by Lauren Squier, MPH, RD. Lauren teaches nutrition and healthy cooking to children, adults and families.

All recipes analyzed with Food Processor SQL, a product of ESHA Research Inc.