

- 01 *SOUTHWEST SKILLET CHICKEN*
- 02 *GARDEN SPLIT PEA SOUP*
- 03 *PULLED CHICKEN NACHOS*
- 04 *HONEY LIME TURKEY AVOCADO WRAP*
- 05 *HEARTS OF PALM HONEY BALSAMIC SALAD*

GROCERY LIST

1 LB. BONELESS SKINLESS CHICKEN BREAST
14.5 Oz. FIRE ROASTED DICED TOMATOS W/CHILES
32 Oz. BOX OF LOW SODIUM CHICKEN BROTH
1 BAG OF FROZEN CORN KERNELS
15.5 Oz. CAN OF BLACK BEANS
2 MEDIUM WHITE ONIONS
1 BUNCH OF CILANTRO
4 LIMES
1 BAG OF CELERY
1/2 CUP SPLIT PEAS
32 Oz. BOX OF LOW SODIUM VEGETABLE BROTH
2-3 SMALL YELLOW SUMMER SQUASH
8 Oz. BOX OF BABY BELLA MUSHROOMS
DRIED MARJORAM
TWO 5.3 Oz. NON-FAT GREEK YOGURT
1 PACKAGE WHOLE CORN TORTILLAS
1 JAR OF SALSA
12 Oz. BAG OF ROMAINE LETTUCE
1 PACKAGE WHOLE WHEAT FLATBREAD
2-4 Oz. SLICED DELI TURKEY

1 PINT OF CHERRY TOMATOES
1 MEDIUM AVOCADO
1 CAN OF HEARTS OF PALM
4 Oz. CONTAINER OF FETA CHEESE

PANTRY STAPLES (ALREADY HAVE)

1 BOTTLE CANOLA OIL
3 CLOVES OF GARLIC
GROUND CUMIN
OLIVE OIL
DRIED THYME
ONE JAR OF HONEY
BALSAMIC VINEGAR
DIJON MUSTARD

SOUTHWEST SKILLET CHICKEN

1 / 5

3 BONELESS SKINLESS CHICKEN BREAST

CANOLA OIL | 1 TBSP. & 2 TSP.

ROASTED DICED TOMATOESW/CHILES | 1 CAN

LOW SODIUM CHICKEN BROTH | 1/2 CUP

FROZEN CORN KERNELS | 1 CUP

BLACK BEANS | 15.5 Oz. CAN

1 MEDIUM WHITE ONION

FRESH CILANTRO | 1 CUP

MINCED GARLIC | 3 CLOVES

GROUND CUMIN | 1/2 TSP.

JUICE OF 2 LIMES

01 *Heat 2 tablespoons of oil in a skillet over medium heat*

02 *Add the onions and cook about 5 minutes or until start to become translucent.*

03 *Add the garlic and cook one to two minutes more (make sure not to burn the garlic!).*

04 *Spoon the onion - garlic mixture into a bowl and reserve for later.*

05 *Add the 2 teaspoons of oil to the same skillet.*

06 *Season the chicken breasts with a sprinkle of salt and pepper.*

07 *Brown the chicken in the heated skillet by cooking about 3 - 5 minutes per side.*

08 *Add the diced tomatoes, onion mixture, cumin and chicken broth to the skillet, cover and let cook for 25 minutes.*

09 *Add the corn, beans and cilantro and cook about five more minutes to heat through.*

10 *Squeeze juice from one lime over the final mixture and stir to combine throughout the dish.*

11 *Serve with a side salad and homemade toasted tortilla chips & salsa.*

GARDEN SPLIT PEA SOUP

2 / 5

OLIVE OIL | 1 TBSP. & 1 TSP.

CHOPPED WHITE ONIONS | 1/2 CUP

DICED CELERY | 1 CUP

GREEN SPLIT PEAS | 1/2 CUP

LOW SODIUM VEGETABLE BROTH | 3 CUPS

DICED YELLOW SQUASH | 1 CUP

DICED BABY BELLA MUSHROOMS | 2 CUPS

DRIED THYME | 1/2 TSP.

DRIED MARJORAM | 1/2 TSP.

SALT | 1/4 TSP.

DIJON MUSTARD | 1/2 TSP.

PEPPER TO TASTE

01 *Preheat the oven to 375 degrees Fahrenheit and line baking sheet with aluminum foil or parchment paper.*

02 *In a medium soup pot, heat 1 tablespoon olive oil over medium heat. Add the onion and celery and cook about 10 - 15 minutes or until very tender.*

03 *Add the split peas and 2 cups of broth. Bring to a boil, cover and reduce heat to low.*

04 *Simmer until the split peas are tender and cooked, about 30 to 45 minutes.*

05 *While the soup simmers, toss the sliced squash, broccoli florets, and quartered mushrooms with 2 teaspoons of olive oil in a medium mixing bowl. Then spread the vegetables out on a baking dish and bake in the oven for about 15 minutes, stirring the vegetables about halfway through to ensure even cooking.*

06 *Add the thyme, marjoram, Dijon mustard and 1/4 teaspoon salt to the simmering soup and stir.*

07 *Continue to cook on low for 5 - 10 minutes, stirring often.*

08 *Once the squash and mushrooms are all cooked, add to the split pea soup, stirring to incorporate all ingredients.*

Add the third cup of vegetable broth to the pot and let simmer for about 5 to 10 minutes until soup is heated through.

08 *Divide the soup evenly into two separate bowl and enjoy*

PULLED CHICKEN NACHOS

3 / 5

SOUTHWEST SKILLET CHICKEN | 1/2 CUP

CRUMBLED FETA | 2-4 TBSP.

SALSA OR HOT SAUCE

THINLY SLICED ROMAINE LETTUCE | 1/2 CUP

1 WHOLE WHEAT FLATBREAD

FRESH CILANTRO (OPTIONAL)

- 01 *Preheat an oven to 250 degrees Fahrenheit.*
- 02 *Take one flatbread (like flat out) and cut into small squares or triangles (like the size of a chip)*
- 03 *Place sliced flatbread on a baking sheet and bake in the oven about 10 minutes, turning over halfway through until pieces have turned golden brown and crispy.*
- 04 *Reheat about 1/2 - 1 cup of the southwest chicken dish from previous night's dinner. (including the beans, corn, tomatoes, etc.)*
- 05 *After heating, keeping the chicken mix in the same bowl, shred chicken with a fork.*
- 06 *When "chips" have finished baking, remove from oven and lay out on a plate.*
- 07 *Top the chips with the heated chicken mixture, then top with the salsa (if desired), feta cheese and shredded lettuce.*
- 08 *Serve and enjoy!*

HONEY LIME TURKEY AVOCADO WRAP

4 / 5

1 WHOLE WHEAT FLATBREAD

3-4 SLICES OF DELI TURKEY

QUARTERED CHERRY TOMATOES | 1/4 CUP

ROMAINE LETTUCE | 1 CUP

MASHED AVOCADO | 3TBSP.

INGREDIENTS FOR DRESSING:

NON-FAT GREEK YOGURT | 1/2 CUP

JUICE OF ONE LIME

HONEY | 2 TBSP.

CUMIN | 1/4 TSP.

01 *Combine all ingredients for dressing and store, covered, in the refrigerator.*

02 *Lay flatbread flat and layer with slices of turkey.*

03 *Spread mashed avocado over the turkey.*

04 *Layer the spinach on top, followed by 1 tablespoon dressing, followed by tomatoes, followed by second tablespoon of dressing.*

05 *Roll up the wrap and hold together with a toothpick. Or roll in parchment paper to keep for lunch.*

HEARTS OF PALM

HONEY BALSAMIC SALAD

5 / 5

ROMAINE LETTUCE | 3 CUPS

HALVED CHERRY TOMATOES | 1/2 CUP

DICED HEARTS OF PALM | 1/2 CUP

LIME JUICE | 1 TSP.

FETA CHEESE | 1 1/2 TBSP.

DICED MANGO | 1/4 CUP

INGREDIENTS FOR DRESSING:

EXTRA VIRGIN OLIVE OIL | 3 TBSP.

BALSAMIC VINEGAR | 1 TBSP.

HONEY | 1/2 TSP.

DIJON MUSTARD | 1 TSP.

01 *Mix the lime juice with the avocado to keep from turning brown.*

02 *Add 2 cups of Romaine lettuce to a medium size bowl.*

03 *Top lettuce with cherry tomatoes, hearts of palm, avocado, turkey, mango and feta cheese.*

04 *Drizzle with balsamic dressing & enjoy!*