

- 01 *MAPLE MUSTARD CHICKEN THIGHS*
- 02 *SPINACH QUINOA & CHICKPEA SALAD*
- 03 *TOMATO SOUP & GRILLED CHEESE CROUTONS*
- 04 *HONEY MUSTARD SALMON*
- 05 *SWEET & SAVORY CHICKEN PANINI*

GROCERY LIST

4 LARGE CHICKEN THIGHS

DRIED MARJORAM

1 CROWN OF BROCCOLI

2 MEDIUM SWEET POTATOES

1 BOX OF QUINOA

3 MEDIUM WHITE ONIONS

1 BOX OF SPINACH LEAVES

FRESH DILL FRONDS

1 BUNCH OF FRESH ASPARAGUS SPEARS

1 BAG OF RED SEEDLESS GRAPES

4 OZ. CONTAINER OF FETA CHEESE

15 OZ. CAN OF CHICKPEAS

8 OZ. BOX OF BABY BELLA MUSHROOMS

TWO 14.5 OZ. CANS OF DICED TOMATOES

MAPLE SYRUP

1 TUBE OF TOMATO PASTE

32 OZ. BOX OF LOW SODIUM CHICKEN BROTH

HALF PINT OF HEAVY CREAM

1 BUNCH OF FRESH CHIVES

GRUYERE CHEESE

6 OZ. SALMON FILET

BOX OF BABY BELLA MUSHROOMS

PANTRY STAPLES (ALREADY HAVE)

1 BOTTLE CANOLA OIL

3 CLOVES OF GARLIC

OLIVE OIL

SUGAR

DIJON MUSTARD

HONEY

OPTIONAL

1 BAG OF CARROT STICKS 1 MEDIUM

1 CONTAINER OF HUMMUS

MAPLE MUSTARD CHICKEN THIGHS

1 / 5

AN ELLIE KRIEGER RECIPE

4 LARGE BONE-IN CHICKEN THIGHS

DIJON MUSTARD | 2 TBSP.

DRIED MARJORAM | 3/4 TSP.

MAPLE SYRUP | 3 TBSP.

2 MEDIUM SWEET POTATOES, DICED

CANOLA OIL | 1 1/2 TBSP.

PEPPER | 1/8 TSP.

MINCED GARLIC | 1 CLOVE

SALT | 1/4 TSP.

1 CUP OF BROCCOLI FLORETS

01 *Preheat oven to 375 degrees F.*

02 *Rinse chicken and pat dry.*

03 *Combine mustard, garlic, marjoram and maple syrup in a small bowl.*

04 *Spread about 1 1/2 tablespoons mustard mixture evenly on top of each chicken thigh, being careful not to cover as much of the surface as possible to form a "crust".*

05 *Line a separate baking sheet with parchment paper or foil.*

06 *Spread diced sweet potatoes out on baking sheet.*

07 *Drizzle sweet potatoes with about 1 1/2 tablespoons canola oil and sprinkle with 1/8 teaspoon pepper and 1/4 teaspoon salt. Stir the sweet potatoes to combine potatoes, oil, salt and pepper and spread out evenly again on the pan.*

08 *Arrange chicken in a glass baking dish and add this to one rack in the oven and the sweet potatoes on another rack in the oven (or give each their own oven if you have double ovens!)*

09 *Bake chicken for 45 to 50 minutes, or until mustard mixture has formed a crust and is slightly hardened, and juices run clear when the chicken is pierced.*

10 *Roast the sweet potatoes about 30 to 45 minutes, stirring halfway so potatoes evenly roast on all sides.*

11 *While chicken and potatoes are cooking, fill a medium pot with about 1 - 2 inches of water and bring to a boil. Once starting to boil, add steamer basket to the pot, then add the broccoli (broccoli should not touch the water), cover and let steam for about 5 - 10 minutes until fork tender.*

12 *Once all items are done, add to your dinner plate, serve and enjoy!*

SPINACH QUINOA & CHICKPEA SALAD

2 / 5

AN ELLIE KRIEGER RECIPE

QUINOA | 1 CUP

SPINACH LEAVES | 4 CUPS

1 MEDIUM WHITE ONION, DICED

CHOPPED DILL FRONDS | 3 TBSP.

1/2 BUNCH OF ASPARAGUS SPEARS

RED SEEDLESS GRAPES, HALVED | 1 CUP

BABY BELLA MUSHROOMS, SLICED | 1 CUP

FETA CHEESE | 3 OZ.

JUICE OF TWO LEMONS

PEPPER | 1/8 TSP.

SALT | 1/4 TSP.

1 CAN OF CHICKPEAS, DRAINED

01 *Blanch the asparagus spears, by cooking in boiling water for about 3 minutes, then removing and dropping in ice-cold water for 30 seconds, and then removing and placing on paper towel or in colander to drain.*

02 *Once spears have cooled, chop into equal size pieces.*

03 *Cook quinoa according to package directions (about 1/2 to 3/4 cup quinoa in 1 cup water).*

04 *Sauté onion and mushrooms while the quinoa is cooking (about 10 -15 minutes until, onions soften and brown).*

05 *Combine spinach, dill, blanched asparagus, and grapes in a large bowl.*

06 *Fluff the quinoa with a fork and let cool about 5 minutes. Then add the quinoa along with the sautéed onion and mushrooms to the spinach mixture, tossing to combine all ingredients.*

07 *Add the chickpeas and feta and mix to combine.*

08 *Whisk the lemon juice, olive oil, salt and pepper.*

09 *Pour the dressing over the salad and toss to combine.*

10 *Serve warm or cold.*

11 *Refrigerate leftovers for an easy lunch during the week!*

08

TOMATO SOUP & GRILLED CHEESE CROUTONS

3 / 5

AN ELLIE KRIEGER RECIPE

OLIVE OIL | 1 TBSP.

1 MEDIUM WHITE ONION, CHOPPED

MICED GARLIC | 2 CLOVES

TWO 14.5 CANS OF DICED TOMATOES

TOMATO PASTE | 2 TBSP.

LOW SODIUM CHICKEN BROTH | 2 CUPS

HEAVY CREAM | 2 TBSP.

SUGAR | 2 TSP.

SALT | 1/2 TSP.

PEPPER | 1/4 TSP.

FRESH CHIVES | 1 TBSP.

2 SLICES OF WHOLE GRAIN BREAD

GRUYERE CHEESE | 1 SLICE

- 01 *Heat the oil in a large soup pot over medium heat.*
- 02 *Add the onion and cook, stirring occasionally, until softened and translucent, about 4 minutes.*
- 03 *Add the garlic and cook until fragrant, about 1 minute (careful not to burn!)*
- 04 *Add the tomatoes, tomato paste, and chicken broth and bring to a boil.*
- 05 *Decrease the heat to medium - low and simmer, stirring occasionally, about 15 minutes.*
- 06 *Working with about 1 cup at a time, puree the soup in a blender until smooth, then transfer the puree to another pot.*
- 07 *Stir in the cream, sugar, salt, and white pepper & adjust salt & pepper as needed.*
- 08 *While soup stays warm, add about 1/2 teaspoon of butter to a skillet and turn to medium - high heat. Allow butter to melt and coat the bottom of the pan.*
- 09 *Add cheese slices to one slice of bread and then top with the remaining slice of bread (like you are preparing a grilled cheese). Add sandwich to skillet placing another heavy skillet on top of sandwich to press it down. Once first side begins to brown, about 5 minutes, flip sandwich and grill the other side of sandwich, pressing the sandwich until both sides are grilled and brown and the cheese is melted.*
- 10 *Remove sandwich from skillet and slice 4 times across and 4 times width -wise to create 16 square mini grilled cheese croutons.*
- 11 *Serve garnished with the chives, if desired.*
- 12 *Serve croutons on top of soup or on the side for dipping!*

HONEY MUSTARD SALMON

4 / 5

AN ELLIE KRIEGER RECIPE

DIJON MUSTARD | 2 TBSP.

HONEY | 1 TSP.

6 OZ. SALMON FILET

BROCCOLI FLORETS | 1 CUP

LEFT OVER ROASTED SWEET POTATOES

- 01 *Preheat the oven to 350 degrees F and line a baking sheet with foil or parchment paper.*
- 02 *In a small bowl, whisk together the mustard and honey to combine.*
- 03 *Place the salmon fillets onto the baking sheet and spoon the honey mustard mixture generously over each fillet. Put the fillets in the oven and cook for 10 minutes per inch thickness or until desired doneness.*
- 04 *While salmon cooks, add a little water to a pot, about 1 inch deep, and bring to a boil. Once boiling, place a steamer basket in the pot, add the broccoli into the steamer basket, cover with the lid and allow broccoli to steam about 5 minutes or until fork tender.*
- 05 *While broccoli cooks, reheat the sweet potatoes in the microwave.*
- 05 *Once everything is done cooking, place piece of salmon, steamed broccoli and sweet potatoes to the plate. Squeeze fresh lemon juice over broccoli, if desired and enjoy!*

SWEET & SAVORY CHICKEN PANINI

5 / 5

AN ELLIE KRIEGER RECIPE

CANOLA OIL | 3 TBSP.

2 SLICES OF WHOLE GRAIN BREAD

DIJON MUSTARD | 2 TBSP.

1 MEDIUM WHITE ONION, HALF MOONS

LEFT OVER MAPLE MUSTARD CHICKEN | 1/2 CUP

FRES SPINACH | 1/2 CUP

4 OZ. GRUYERE CHEESE

01 *Heat 1 tablespoon of canola oil in a medium skillet on medium heat.*

02 *Add the sliced onions and cook for about 20 minutes, stirring occasionally until the onions become soft, brown and caramelized.*

03 *While the onions are cooking, preheat a panini grill.*

04 *While the onions cook and grill preheats, toast both slices of bread.*

Spread once slice of bread with 2 tablespoons stone ground Dijon mustard.

Top the mustard with a layer of maple mustard chicken.

Top the chicken with the fresh spinach leaves.

Once done cooking, top spinach with about 1/4 cup (maybe a little more) sautéed onions, Top onions with slices of the gruyere cheese and top with the second slice of bread.

Place sandwich in the preheated panini grill, press and cook until sandwich is pressed, warm and the cheese is melted.

Serve with carrot sticks and hummus or a side of fruit and enjoy!