22 Healthy Recipes
Commit to eating healthy meals for 22 days.
Orecchiette with Roasted Broccoli and Walnuts - Serves 4

INGREDIENTS

1. 12 ounces orecchiette or some other short pasta (3 cups)

2. 1 bunch broccoli (1 ½ pounds), cut into small florets

3. ½ cup walnuts, roughly chopped

4. ¼ cup olive oil

5. 2 cloves garlic, chopped

6. kosher salt and black pepper

7. 2 tablespoons unsalted butter

8. ¼ cup grated Parmesan (1 ounce)

DIRECTIONS

1. Heat oven to 400° F.

2. Cook the pasta according to the package directions. Reserve ¾ cup of the cooking water, drain the pasta, and return it to the pot.

3. Meanwhile, on a rimmed baking sheet, toss the broccoli, walnuts, oil, garlic, ½ teaspoon salt, and ¼ teaspoon pepper.

4. Roast, tossing once, until the broccoli is tender, 18 to 20 minutes.

5. Toss the pasta with the broccoli mixture, butter, and ½ cup of the reserved pasta water. (Add more water if the pasta seems dry.)

6. Sprinkle with the Parmesan before serving.
DIRECTIONS

1. Pat the chicken dry with paper towels and season with 1 teaspoon salt and ¼ teaspoon pepper.

2. In the bowl of a slow cooker, combine the chicken, onions, potatoes, squash, garlic, orange, broth, honey, and thyme.

3. Set the slow cooker to high and cook, covered, until the vegetables are tender and the chicken is cooked through, about 2½ to 3 hours. Divide the chicken mixture into individual bowls.

4. Note: This recipe was tested in a 6-quart slow cooker. Because different models cook at different rates, the cooking time above is presented as a range. Check for doneness at the low end of the range (but not before, as the escaped heat will significantly slow the cooking). If the food is not done, cover and cook to the end of the suggested time range. If using a slow-cooker smaller than 6 quarts, the cooking time may take an additional hour or more, and results may vary.

INGREDIENTS

1. 8 skinless chicken thighs
2. kosher salt and pepper
3. 2 onions, quartered
4. 1 pound small red potatoes
5. 1 small butternut squash, peeled, seeded, and cut into 1-inch pieces
6. 12 cloves garlic, peeled
7. 1 orange, cut into ¼-inch rings
8. 2 cups low-sodium chicken broth
9. 1 tablespoon honey
10. 8 sprigs thyme
Southwestern Beef Chili with Corn – Serves 4

**INGREDIENTS**

1. 1 tablespoon olive oil
2. 2 carrots, chopped
3. 1 onion, chopped
4. 1 poblano or bell pepper, chopped
5. ½ pound ground beef
6. 2 tablespoons tomato paste
7. 2 15-ounce cans black beans, rinsed
8. 1 tablespoon chili powder
9. kosher salt and black pepper
10. ½ cup corn kernels (from 1 ear, or frozen and thawed)
11. ½ cup grated Cheddar cheese (2 ounces)
12. 2 scallions, sliced

**DIRECTIONS**

1. Heat the oil in a large saucepan over medium-high heat. Add the carrots, onion, and poblano and cook, stirring, for 3 minutes.
2. Add the beef and cook, breaking it up with a spoon, until no longer pink, 3 to 5 minutes.
3. Add the tomato paste and cook, stirring, until it is slightly darkened, 1 minute.
4. Stir in the beans, chili powder, 3 cups water, ½ teaspoon salt, and ¼ teaspoon pepper.
5. Simmer over medium heat until the vegetables are tender, 8 to 10 minutes. Stir in the corn.
6. Divide the chili among bowls and top with the cheddar cheese and scallions.
Homemade Chicken Fingers - Serves 4

INGREDIENTS

1. ¼ cup plain 2% reduced-fat Greek yogurt
2. 2 tablespoons spicy brown mustard
3. 1 tablespoon honey
4. ½ cup all-purpose flour
5. 1 teaspoon paprika
6. 1 teaspoon black pepper
7. 1 teaspoon coarse or kosher salt, divided
8. 2 large eggs
9. 1 cup whole-wheat panko (Japanese breadcrumbs)
10. 1 pound chicken breast tenders, halved lengthwise
11. 3 tablespoons olive oil, divided

DIRECTIONS

1. Place yogurt, mustard, and honey in a small bowl; stir to combine.

2. Combine flour, paprika, pepper, and ½ teaspoon salt in a shallow dish. Break the eggs into another shallow dish; stir with a whisk until smooth. Place panko in a third shallow dish.

3. Dredge each chicken strip in flour mixture. Dip chicken strips in beaten egg, letting excess drip off. Roll in panko, pressing to adhere.

4. Heat 2 tablespoons olive oil in a large nonstick skillet over medium heat. Add half of chicken strips; cook, turning occasionally for 4 to 5 minutes or until crumbs are browned and chicken is done. Remove from pan to a paper towel-lined plate. Repeat cooking procedure with remaining 1 tablespoon oil and remaining chicken strips. Sprinkle chicken with remaining ½ teaspoon salt. Serve with honey mustard mixture for dipping.
The Cheeseburger Salad- Serves 4

INGREDIENTS

1. 12 ounces 90% lean ground sirloin
2. ½ teaspoon freshly ground black pepper
3. ¼ teaspoon salt
4. Cooking spray
5. 1 large red onion, peeled and cut horizontally into ¼-inch-thick slices
6. 1 10-ounce package chopped romaine hearts
7. 1 ½ cups chopped tomato
8. 3 ounces 2% reduced-fat cheddar cheese, shredded (about ¾ cup)
9. ½ cup canola mayonnaise
10. ¼ cup unsalted ketchup
11. 2 tablespoons water
12. 1 ½ ounces reduced-fat kettle-cooked potato chips

DIRECTIONS

1. Shape beef into 2 (1-inch-thick) patties; sprinkle with pepper and salt. Heat a skillet over medium-high heat. Coat pan with cooking spray. Add patties; cook 3 to 4 minutes on each side.

2. Add onion to pan. Cook 5 to 6 minutes on each side. Separate into rings. Cut burgers into bite-sized pieces. Divide romaine, burgers, onion, tomato, and cheese among 4 bowls.

3. Combine mayonnaise, ketchup, and 2 tablespoons water in a small bowl, stirring with a whisk; drizzle evenly over salads. Lightly crush potato chips with your hands. Sprinkle evenly over salads.
Mini BBQ Meat Loaves with Smashed Blue Cheese Potatoes - Serves 4

INGREDIENTS

1. 1 pound small red potatoes, halved
2. ¼ cup low-fat buttermilk
3. ¼ teaspoon kosher salt
4. 1 ounce blue cheese, crumbled
5. Cooking spray
6. 8 ounces mild turkey Italian sausage, casings removed
7. 8 ounces 90% lean ground sirloin
8. ½ cup grated carrot
9. ¼ cup thinly sliced green onions
10. ¼ cup whole-wheat panko (Japanese breadcrumbs)
11. ½ teaspoon freshly ground black pepper
12. 1 egg, lightly beaten
13. ⅓ cup lower-sodium barbecue sauce

DIRECTIONS

1. Preheat oven to 350°.

2. Place potatoes in a medium saucepan filled with water. Bring to a boil; cook 15 minutes or until tender. Drain. Return potatoes to pan. Add buttermilk, salt, and cheese; mash with a potato masher to desired consistency. Keep warm.

3. Coat 8 muffin cups with cooking spray. Combine sausage, sirloin, carrot, green onions, panko, black pepper, and egg in a large bowl, stirring just until combined. Divide sausage mixture evenly among prepared cups. Make a (½-inch-deep) indentation in the center of each meat loaf. Top each meat loaf with about 2 teaspoons barbecue sauce. Bake at 350° for 15 to 20 minutes or until a thermometer inserted in the center registers 160°.
**Grilled Chicken and Vegetable Quesadillas – Serves 4**

**INGREDIENTS**

1. 1½ teaspoons paprika
2. ½ teaspoon garlic powder
3. ½ teaspoon dried oregano
4. ½ teaspoon ground cumin
5. ¼ teaspoon kosher salt
6. ¼ teaspoon freshly ground black pepper
7. 2 6-ounce skinless, boneless chicken breast halves
8. 1 small onion, cut into ½-inch-thick slices
9. 1 small orange bell pepper, cut into ½-inch-thick wedges
10. Cooking spray
11. 3 ounces Monterey Jack cheese, shredded (about ¾ cup)
12. 4 6-inch flour tortillas
13. ¼ cup reduced-fat sour cream

**DIRECTIONS**

1. Preheat grill to medium-high heat.

2. Combine paprika, garlic powder, oregano, cumin, salt, and black pepper in a small bowl. Rub paprika mixture evenly over chicken. Let stand 10 minutes.

3. Arrange chicken, onion, and bell pepper on grill rack coated with cooking spray. Cook vegetables 4 minutes on each side or until tender. Cook chicken 6 minutes on each side or until done. Remove chicken and vegetables from grill; coarsely chop vegetables. Let chicken stand 5 minutes. Thinly slice chicken.

4. Sprinkle about 3 tablespoons cheese over half of each tortilla; divide vegetables and chicken evenly over cheese. Fold each tortilla in half over filling; lightly coat tortillas with cooking spray.

5. Heat a large nonstick skillet over medium heat. Place 2 quesadillas in pan; cook 2 to 3 minutes on each side or until cheese melts and tortillas are lightly browned. Repeat procedure with remaining 2 quesadillas. Cut each quesadilla into 2 wedges. Serve with sour cream.
Chip-Crusted Fish Fillets – Serves 4

INGREDIENTS

1. 4 6-ounce cod fillets (or other firm white fish)
2. 2 teaspoons canola mayonnaise
3. ⅛ teaspoon salt
4. 1 2-ounce package salt and vinegar kettle-style potato chips, crushed
5. ½ cup light ranch dressing

DIRECTIONS

1. Preheat oven to 400°.

2. Arrange fillets on a parchment-lined baking sheet. Brush ½ teaspoon mayonnaise over top of each fillet; sprinkle evenly with salt. Gently press about 2 tablespoons crushed chips evenly on top of each fillet. Cook fish at 400° for 10 minutes or until fish flakes easily when tested with a fork. Serve with ranch dressing.
Lemon-Grilled Chicken Breasts – Serves 7

INGREDIENTS

1. 3 tablespoons fresh lemon juice
2. 2 tablespoons extra virgin olive oil
3. 2 garlic cloves, minced
4. 7 6-ounce skinless, boneless chicken breast halves
5. ½ teaspoon kosher salt
6. ½ teaspoon freshly ground black pepper

DIRECTIONS

1. Prepare grill to medium-high heat.

2. Combine first 4 ingredients in a large zip-top plastic bag and seal. Marinate in refrigerator for 30 minutes, turning occasionally. Remove chicken from bag; discard marinade. Sprinkle chicken evenly with salt and pepper.

3. Place chicken on grill rack coated with cooking spray; grill 6 minutes on each side or until done.
Apple-Cheddar Panini – Serves 4

INGREDIENTS

1. 8 slices whole-grain bread
2. ¼ cup low-fat honey mustard
3. 2 crisp apples, thinly sliced
4. 8 ounces low-fat Cheddar cheese, thinly sliced
5. Cooking Spray

DIRECTIONS

1. Preheat panini press on medium heat. Lightly spread honey mustard evenly over each slice of bread.

2. Layer apple slices and cheese over 4 slices of bread, using about ½ apple and 2 ounces of cheese for each sandwich.

3. Top each with remaining bread slices.

4. Lightly coat panini press with cooking spray.

5. Grill each sandwich for 3 to 5 minutes or until cheese has melted and bread has toasted. Remove from pan and allow to cool slightly before serving.
Chicken and Cheese Enchiladas Verdes – Serves 6

**INGREDIENTS**

1. 2 cups shredded chicken
2. 2 cups low-sodium chicken broth
3. 1 white Onion
4. 2 garlic cloves
5. 1 pound fresh tomatillos (husks removed)
6. 4 Serrano chile peppers
7. 1/16 teaspoon (a pinch) Salt
8. 12 6-inch corn tortillas
9. ¼ cup canola oil
10. ¼ cup Cotija cheese
11. 1 bunch chopped fresh cilantro
12. ¾ cup Queso Fresco, crumbled
13. 4 tablespoons Greek Yogurt, plain

**DIRECTIONS**

1. In a saucepan, combine chicken breast with chicken broth, one quarter onion, a clove of garlic. Bring to a boil, and then boil for 20 minutes. Reserve broth, set chicken aside to cool, and discard onion and garlic. When cool enough to handle, shred chicken with your hands.

2. Place tomatillos and serrano chiles in a pot with water, enough to cover them. Bring to boil, and continue boiling until tomatillos turn a different shade of green (from bright green to a dull, army green). Strain tomatillos and chiles, and place in a blender with another quarter piece of onion, 1 clove garlic, and a pinch of salt. Pour in reserved chicken broth, so that liquid just covers the veggies in the blender by about an inch. Blend all ingredients until they are completely pureed. Pour salsa in a medium saucepan, and bring to a low boil.

3. Pour oil in a frying pan, heat to hot. Slightly dip tortillas one by one in hot oil for 1-2 seconds, set each on a paper towel afterwards to soak some of the oil.

4. Dip slightly fried tortillas in low-boiling green salsa, until tortillas become soft again. Place on plates, 2 per person.

5. Fill tortilla with shredded chicken, extra green sauce, chopped onions and Cotija Cheese (1 teaspoon each). Roll tortillas. Top with crumbled Queso Fresco (1 tablespoon each), chopped onion, chopped cilantro and design with yogurt.
Turkey Burger with Sweet Potato Fries
Serves 2

DIRECTIONS

1. Cut sweet potatoes into 1/4-inch-wide sticks; toss, on large rimmed baking sheet, with olive oil, 1 teaspoon chili powder and 1/4 teaspoon salt. Roast at 450 degrees F in oven, 20 to 25 minutes or until crisp, shaking once.

2. Mix ground turkey breast with garlic, cilantro, remaining chili powder, and remaining salt. Form into 4 patties. Grill on medium 12 to 15 minutes or until cooked through (165 degrees F), turning once.

3. Mash avocado with lime juice. Place burgers on whole-grain sandwich thins; top with avocado and tomato, cucumber, lettuce and sprouts as desired. Serve with fries.

INGREDIENTS

1. 2 small sweet potatoes (1 lb.)
2. 2 tbsp. olive oil
3. 2 tsp. chili powder, divided
4. 1/2 tsp. salt
5. 1 lb. ground turkey breast
6. 2 cloves garlic, pressed
7. 1/2 c. Chopped cilantro
8. 1/2 avocado, plus more for serving
9. 2 tsp. lime juice
10. 4 toasted whole-grain sandwich thins
11. Tomato, cucumber, lettuce, sprouts
Red, White and Green Grilled Cheese – Serves 4

INGREDIENTS

1. 1 teaspoon Garlic, minced (about ½ clove)
2. 1 small Onion, minced (about ½ cup)
3. 2 cups frozen cut Spinach, thawed and drained
4. substitute 2 bags, 10 ounces each, fresh leaf Spinach, rinsed)
5. ¼ teaspoon ground black Pepper
6. 8 slices whole-wheat Bread
7. 1 medium Tomato, rinsed, cut into 4 slices
8. 1 cup shredded part-skim Mozzarella
9. Nonstick cooking spray

DIRECTIONS

1. Preheat oven to 400 °F. Place a large baking sheet in the oven to preheat for about 10 minutes.

2. Heat garlic with cooking spray in a medium heat. Cook until soft, but not browned. Add onions, and continue to cook until onions are soft, but not browned.

3. Add spinach, and toss gently. Cook until spinach is heated throughout. Season with pepper, and set aside to cool.

4. When the spinach and onions are cool, assemble each sandwich with one slice of bread on the bottom, one tomato slice, ½ cup of spinach mixture, ¼ cup of cheese, and a second slice of bread on top.

5. Spray the preheated nonstick baking sheet with cooking spray. Place the sandwiches on the baking sheet. Bake for 10 minutes, or until the bottom of each sandwich is browned.

6. Carefully flip sandwiches, and bake for an additional 5 minutes, or until both sides are browned. Serve immediately.
Light Chicken Parmesan—Serves

INGREDIENTS

1. 1/4 c. Italian-style breadcrumbs
2. 1/4 c. Grated Parmesan
3. 4 thin-sliced chicken-breast cutlets (about 1 pound)
4. 1 pt. grape tomatoes
5. Nonstick cooking spray
6. 2 oz. part-skim mozzarella
7. 5 oz. arugula
8. 1 tbsp. red wine vinegar
9. 1 tsp. extra-virgin olive oil
10. Foil-lined baking sheet

DIRECTIONS

1. Heat oven to 425°F.
2. In a small bowl, combine 1/4 cup Italian-style breadcrumbs with 1/4 cup grated Parmesan.
3. Cut 1 pint of grape tomatoes in half. Set aside.
5. Sprinkle the chicken with 1/4 teaspoon salt. Then, top chicken with crumb mixture and press to adhere.
7. Transfer baking sheet to oven and bake until chicken is cooked and breadcrumbs are golden, about 15 minutes.
8. While chicken cooks, shred 2 ounces part-skim mozzarella.
9. Remove baking sheet from oven. Use tongs to transfer cooked tomatoes to a medium mixing bowl. Sprinkle chicken with shredded mozzarella and return to oven. Bake until cheese melts, about 5 minutes.
10. Meanwhile, toss tomatoes with 5 ounces arugula, 1 tablespoon red wine vinegar, 1 teaspoon extra-virgin olive oil, and 1/4 teaspoon salt.
11. Serve salad with chicken.
Touchdown Taco Salad – Serves 8

INGREDIENTS

1. ½ pound lean ground Beef
2. 1 ½ cups (6 ounces) shredded Cheddar cheese, divided
3. ½ cup Salsa, divided
4. 8 cups Salad greens
5. 1 cup chopped Tomato
6. 1 ½ cup Black beans

DIRECTIONS

1. Brown beef in large non-stick skillet; Remove from heat.

2. Stir in 1 cup shredded cheese and ¼ cup salsa; mix until blended.

3. Spoon onto serving platter.

4. In a large bowl, toss together salad greens, tomatoes, black beans and remaining cheese and salsa.

5. Spoon salad over meat mixture and serve.
Hamburger Buddy  
– Serves 6

INGREDIENTS

1. 3 cloves garlic, crushed and peeled
2. 2 medium carrots, cut into 2-inch pieces
3. 10 ounces white mushrooms, large ones cut in half
4. 1 large onion, cut into 2-inch pieces
5. 1 pound 90%-lean ground beef
6. 2 teaspoons dried thyme
7. ¾ teaspoon salt
8. ¼ teaspoon freshly ground pepper
9. 2 cups water
10. 1 14-ounce can reduced-sodium beef broth,
11. 8 ounces whole-wheat elbow noodles, (2 cups)
12. 2 tablespoons Worcestershire sauce
13. 2 tablespoons all-purpose flour
14. ½ cup reduced-fat sour cream
15. 1 tablespoon chopped fresh parsley, or chives for garnish

DIRECTIONS

1. Fit a food processor with the steel blade attachment. With the motor running, drop garlic through the feed tube and process until minced, then add carrots and mushrooms and process until finely chopped. Turn it off, add onion, and pulse until roughly chopped.

2. Cook beef in a large straight-sided skillet or Dutch oven over medium-high heat, breaking it up with a wooden spoon, until no longer pink, 3 to 5 minutes. Stir in the chopped vegetables, thyme, salt and pepper and cook, stirring often, until the vegetables start to soften and the mushrooms release their juices, 5 to 7 minutes.

3. Stir in water, 1 ½ cups broth, noodles and Worcestershire sauce; bring to a boil. Cover, reduce heat to medium and cook, stirring occasionally, until the pasta is tender, 8 to 10 minutes.

4. Whisk flour with the remaining ¼ cup broth in a small bowl until smooth; stir into the hamburger mixture. Stir in the sour cream. Simmer, stirring often, until the sauce is thickened, about 2 minutes. Serve sprinkled with parsley (or chives), if desired.
Peanut Noodles with Shredded Chicken & Vegetables – Serves 6

**INGREDIENTS**

1. 1 pound boneless, skinless chicken breasts
2. ½ cup smooth natural peanut butter
3. 2 tablespoons reduced-sodium soy sauce
4. 2 teaspoons minced garlic
5. 1 ½ teaspoons chile-garlic sauce, or to taste
6. 1 teaspoon minced fresh ginger
7. 8 ounces whole-wheat spaghetti
8. 1 12-ounce bag fresh vegetable medley, such as carrots, broccoli, snow peas

**DIRECTIONS**

1. Put a large pot of water on to boil for cooking pasta.

2. Meanwhile, place chicken in a skillet or saucepan and add enough water to cover; bring to a boil. Cover, reduce heat to low and simmer gently until cooked through and no longer pink in the middle, 10 to 12 minutes. Transfer the chicken to a cutting board. When cool enough to handle, shred into bite-size strips.

3. Whisk peanut butter, soy sauce, garlic, chile-garlic sauce and ginger in a large bowl.

4. Cook pasta in the boiling water until not quite tender, about 1 minute less than specified in the package directions. Add vegetables and cook until the pasta and vegetables are just tender, 1 minute more. Drain, reserving 1 cup of the cooking liquid. Rinse the pasta and vegetables with cool water to refresh. Stir the reserved cooking liquid into the peanut sauce. Add the pasta, vegetables and chicken; toss well to coat. Serve warm or chilled.
Six Herb Linguine

**INGREDIENTS**

1. Salt and pepper
2. 2 tsp. extra virgin olive oil
3. 2 medium shallots
4. 2 cloves garlic
5. 8 fresh sage leaves
6. 1 tbsp. fresh oregano leaves
7. 1 tsp. fresh rosemary
8. 1/2 c. lower-sodium chicken broth
9. 1/2 c. dry white wine
10. 12 oz. linguine
11. 1/2 c. packed fresh basil leaves
12. 1/4 c. loosely packed fresh flat-leaf parsley leaves
13. 1/4 c. snipped fresh chives
14. 2 oz. parmesan cheese

**DIRECTIONS**

1. Heat covered 6-quart pot of water to boiling on high. Add 1 teaspoon salt.
2. Meanwhile, in 10-inch skillet, heat oil on medium. Add shallots; cook 2 minutes, stirring frequently. Add garlic, sage, oregano, rosemary, and 1/4 teaspoon each salt and freshly ground black pepper. Cook 1 minute, stirring. Add broth and wine. Heat to boiling on high. Reduce heat to medium; cook 5 minutes or until reduced by half, stirring. Remove from heat.
3. While sauce cooks, add pasta to boiling water; cook as label directs. Finely chop basil and parsley; set aside. Reserve 1/4 cup pasta cooking water. Drain pasta and return to saucepot. Stir in wine mixture along with chives, basil, parsley, and reserved pasta water. Toss until well combined.
Parmesan-Crusted Tilapia – Serves 4

**INGREDIENTS**

1. ½ cup panko (Japanese breadcrumbs)
2. 2 ounces grated fresh Parmesan cheese (about ½ cup)
3. ¼ teaspoon kosher salt
4. ¼ teaspoon freshly ground black pepper
5. 2 large eggs, lightly beaten
6. 4 6-ounce tilapia fillets
7. 2 tablespoons canola oil, divided
8. 8 lemon wedges

**DIRECTIONS**

1. Combine first 4 ingredients in a shallow dish; place eggs in another shallow dish. Rinse fillets and pat dry with paper towels. Dip fillets in egg; dredge in panko mixture.

2. Heat a large nonstick skillet over medium heat. Add 1 tablespoon oil; swirl to coat. Add half of fillets to pan. Cook 2 to 3 minutes on each side or until fish flakes easily when tested with a fork. Wipe pan with paper towels. Repeat procedure with remaining oil and fillets. Serve with lemon wedges.
**Couscous Salad with Chickpeas, Tomatoes and Mint – Serves 4**

**DIRECTIONS**

1. In a large bowl, combine the couscous and water, cover tightly with plastic wrap and let stand until the water is absorbed and the couscous is tender, about 10 minutes. Fluff with a fork.

2. Add the scallions, chickpeas, tomatoes, mint, lemon juice, oil, salt, and pepper (12 turns on pepper mill) to the bowl and toss.

**INGREDIENTS**

1. 1 cup whole-wheat couscous
2. 1¼ cups very hot tap water
3. 4 scallions (white and light green parts), sliced
4. 15 Ounce can chickpeas, drained and rinsed
5. 1 cup grape tomatoes, halved
6. ¼ cup fresh mint leaves, torn
7. 3 tablespoons fresh lemon juice
8. 2 tablespoons extra virgin olive oil
9. ½ teaspoon kosher salt
10. ¼ teaspoon freshly ground black pepper
"BBQ" Salmon & Brussels Bake

INGREDIENTS

1. 2 tbsp. brown sugar
2. 1 tsp. garlic powder
3. 1 tsp. onion powder
4. 1 tsp. smoked paprika
5. 1 1/4 lb. Brussels sprouts
6. 1 side of salmon, about 3 1/2 pounds

DIRECTIONS

1. Preheat oven to 450°F. Line 2 large rimmed baking sheets with foil.
2. In a small bowl, stir together 2 tablespoons brown sugar, 1 teaspoon garlic powder, 1 teaspoon onion powder, 1 teaspoon smoked paprika, and 2 tablespoons olive oil.
3. Trim and halve 1 1/4 pounds Brussels sprouts. Place sprouts on one baking sheet and toss with 1 tablespoon olive oil, 1/4 teaspoon salt, and 1/4 teaspoon pepper. Roast sprouts for 5 minutes. While sprouts roast, get your salmon ready.
4. Cut 1 side of salmon into 10 fillets. Arrange fillets skin-side-down on the other baking sheet. Brush the spice rub all over salmon, and sprinkle salmon with 1 teaspoon salt.
5. Stir Brussels sprouts and return to oven. Add salmon to oven and roast until sprouts are tender and salmon is just cooked through, about 15 minutes.
6. Serve salmon with Brussels sprouts. Use a scissor to snip chives on top, if desired.
Pineapple Turkey Meatballs  
– Serves 4

INGREDIENTS

1. 1 pound ground turkey
2. 1 green onion
3. ½ cup fresh pineapple
4. 1 egg
5. ¼ teaspoon salt
6. Dash pepper
7. ½ cup plain bread crumbs
8. 1 teaspoon vegetable oil
9. 2 tablespoons ketchup
10. ½ cup water
11. Cooked spaghetti
12. Steamed broccoli

DIRECTIONS

1. Place the ground turkey in a bowl and preheat the oven to 425F. Chop the green onion and add to the turkey along with the salt, dash of pepper, egg, and plain bread crumbs. Stir the mixture until the egg is incorporated.

2. Now it’s time to get messy! Cover a sheet pan with a length of tinfoil and invite the family to roll small rounds to create the meatballs. Place on the pan leaving a bit of space between each. You should end up with around 12 to 14 meatballs.

3. Pop the meatballs in the oven and set the timer for 20-minutes.

4. This is a great recipe for budding chefs, perfect for honing beginning knife skills. Your child can use a butter knife to help dice the pineapple. If you don’t have fresh, canned is just as good. Add the diced pineapple to a medium sauté pan when finished.

5. While the meatballs are baking, heat the oil in the medium-sized sauté pan over low heat along with the diced pineapple. Enlist your child to squeeze out, measure, and add the ketchup to the mixture along with measuring and carefully adding the water. Give things a stir and let simmer.

6. Boil quick-cooking pasta and steam a head of broccoli while things are baking and simmering.

7. Before serving, toss the meatballs in the pineapple sauce, then place on top of the hot pasta with a side of broccoli!