



Chicken Ricotta Stuffed Shells

Serves 8. Prep time: 30 minutes active; 1 hour, 10 minutes total.

12 ounces jumbo pasta shells	5 ounces shredded Parmesan
2 teaspoons olive oil	1 large egg
1 large onion, chopped	1 teaspoon dried oregano
2 cups spinach, chopped	2 teaspoons dried basil
2 cups shredded cooked chicken	½ teaspoon salt
15 ounces ricotta	½ teaspoon pepper
8 ounces chevre	2 cups shredded Asiago cheese
8 ounces Neufchatel	24 ounces spaghetti sauce

Preparation

Oil two 9x13-inch baking pans; set aside. Heat the oven to 375 degrees F. Bring a large pot of generously salted water to a boil. Cook pasta shells according to package directions, about 10 minutes, then drain; reserve.

Heat the olive oil in a medium sauté pan, then add the onions and sauté over medium-high heat for about 5 minutes. Add the spinach, remove from the heat and stir until the spinach wilts. Transfer to a large bowl and let cool.

When cooled, add the chicken, ricotta, chevre, Neufchatel, Parmesan, egg, oregano, basil, salt and pepper. Add half of the Asiago cheese and mix well, mashing the chevre and Neufchatel until incorporated. Transfer the mixture to a gallon-sized plastic bag and cut the corner off to make a piping bag. Pipe the filling into each shell, and place filled shells in the prepared pans.

Cover the shells completely with the sauce, and cover the pans tightly with foil. Bake for 40 minutes, then uncover and sprinkle with remaining Asiago cheese. Bake for 15 minutes longer to melt and brown the cheese.

Chicken Ricotta Stuffed Shells

Ingredient checklist

PRODUCE

- ☐ Onion
- ☐ Spinach

BULK

- ☐ Olive oil

GROCERY

- ☐ Jumbo pasta shells
- ☐ Spaghetti sauce

DAIRY/REFRIGERATED

- ☐ Ricotta
- ☐ Parmesan
- ☐ Chevre
- ☐ Egg
- ☐ Neufchatel
- ☐ Asiago cheese

MEAT/SEAFOOD

- ☐ Chicken

SPICES/SEASONINGS

- ☐ Dried oregano
- ☐ Salt
- ☐ Dried basil
- ☐ Pepper

Serving suggestion

Make two pans of delicious stuffed shells, so you can freeze one for later, or feed a crowd. Using a zip top bag as a piping bag is an easy way to fill the shells, or you can use a small spoon, if you want.

Nutritional information per serving

650 calories	39 g. carbohydrate
38 g. fat	9 g. fiber
180 mg. cholesterol	41 g. protein
1010 mg. sodium	

The nutritional values and information provided are approximations.



Grapefruit, Spinach and Edamame Salad

Serves 2. Prep time: 10 minutes.

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|---------------------------------|--|
| 1 tablespoon fresh lime juice | 4 cups spinach leaves |
| 1 tablespoon sesame oil | 2 large red or pink grapefruit, peeled and sectioned |
| 1 teaspoon soy sauce | 1 cup shelled edamame, thawed |
| 2 teaspoons grated fresh ginger | 1 large avocado |

Preparation

In a cup or small jar, combine the lime juice, sesame oil, soy sauce and fresh ginger. Whisk or shake to mix.

Spread the spinach leaves on two dinner plates, then top with grapefruit sections and sprinkle with edamame. Halve the avocado, remove the pit, and use a paring knife to slice the flesh in the shell. Use a spoon to scoop the slices out and place them on the salads.

Drizzle with dressing and serve.

Grapefruit, Spinach and Edamame Salad

Ingredient checklist

PRODUCE

- ☐ Lime
- ☐ Ginger
- ☐ Spinach
- ☐ Grapefruit
- ☐ Avocado

BULK

- ☐ Sesame oil
- ☐ Soy sauce

FROZEN

- ☐ Edamame

Serving suggestion

Break out of your salad rut and make this tangy treat, with sparkling grapefruit sections, crunchy edamame and creamy avocado. It's filling enough for a light vegetarian meal, or serve as a side for an Asian main course.

Nutritional information per serving

380 calories	45 g. carbohydrate
20 g. fat	14 g. fiber
0 mg. cholesterol	13 g. protein
230 mg. sodium	

The nutritional values and information provided are approximations.



Salmon Veggie Packets

Serves 4. Prep time: 15 minutes active; 30 minutes total.

4 6-ounce salmon fillets

1 tablespoon olive oil

1 small red bell pepper, chopped

1 small red onion, slivered

8 large green olives, pitted and chopped

1 teaspoon dried thyme

¼ teaspoon salt

Preparation

Heat oven to 375 degrees F. Get a baking sheet with a rim to hold the packets. Cut four square sheets of parchment, about 14 inches long, then fold each corner to corner to form a triangle, and crease the paper. Open each sheet and place on the work surface.

Combine the olive oil, red pepper, onion, olives, thyme and salt.

Place a salmon fillet along the fold of each parchment square, leaving at least an inch and a half around the edge closest to you uncovered to seal the packets. Place a quarter of the veggie mixture on top of each fillet. Fold over the parchment to enclose the food. Starting at one corner of the packet, fold short sections of the edges of the parchment to crimp the edges of the packet closed.

Place the packets on the sheet pan and bake for 20 – 25 minutes, until the packets are puffed and the salmon is cooked through. Place each packet on a plate and serve so that diners can open the paper packet and release the fragrant steam at the table.

Variations: Change up this dish to suit your family's taste and incorporate seasonal veggies. Combine cauliflower florets, chopped tomato, capers, basil and olive tapenade, or try snap peas, carrot, tamari and toasted sesame oil. The key is to chop or slice the vegetables small enough so they will steam quickly inside the packets.

Salmon Veggie Packets

Ingredient checklist

PRODUCE

- ☐ Red bell pepper
- ☐ Red onion

BULK

- ☐ Olive oil

GROCERY

- ☐ Green olives

MEAT/SEAFOOD

- ☐ Salmon fillets

SPICES/SEASONINGS

- ☐ Dried thyme
 - ☐ Salt
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Serving suggestion

This is a quick weeknight dinner that cooks your veggies and salmon together, for a streamlined preparation. You can even assemble these in the morning and refrigerate them, then slide them in the oven when you get home from work.

Nutritional information per serving

400 calories	11 g. carbohydrate
17 g. fat	3 g. fiber
95 mg. cholesterol	48 g. protein
310 mg. sodium	

The nutritional values and information provided are approximations.



Kale and Chickpea Mini Frittatas

**Makes 12. Prep time: 15 minutes active;
45 minutes total.**

12 large egg whites
½ teaspoon salt
1 15-ounce can chickpeas
4 leaves kale, chopped finely

1 large tomato, chopped
¼ cup chopped fresh parsley
1 teaspoon dried thyme

Preparation

Heat the oven to 350 degrees F. Line a 12-cup muffin pan with paper liners, or grease with shortening or butter, and set aside. (The egg whites will stick if you don't line or grease the pan well.)

Whisk the egg whites and salt in a medium bowl, reserve.

Drain the chickpeas in a wire strainer and place in a large bowl. (The liquid from the chickpeas may be saved for another use.) Add the kale and tomatoes to the chickpeas. Add the parsley and thyme and mix well, then divide mixture between the muffin cups, placing the items loosely so the egg white can flow around them. Divide the egg whites between the muffin cups, about ¼ cup of egg per frittata. Tap the pan on the counter to settle the ingredients.

Bake for 25 – 30 minutes, until the eggs are set and firm. Cool on a rack before refrigerating or freezing in an airtight container or plastic freezer bag.

Kale and Chickpea Mini Frittatas

Ingredient checklist

PRODUCE

- ☐ Kale
- ☐ Tomato
- ☐ Parsley

GROCERY

- ☐ Canned chickpeas

DAIRY/REFRIGERATED

- ☐ Eggs

SPICES/SEASONINGS

- ☐ Salt
- ☐ Dried thyme

Serving suggestion

Rushed in the morning? Bake a batch of these high-protein, low-fat breakfast frittatas, and you can refrigerate them for the week, or freeze them to take with as you run out the door. You can also freeze the dozen egg yolks you won't be using in the recipe and thaw as needed for cakes and puddings.

Nutritional information per serving

60 calories	8 g. carbohydrate
.5 g. fat	2 g. fiber
0 mg. cholesterol	6 g. protein
125 mg. sodium	

The nutritional values and information provided are approximations.