



5

Dinner Recipes to Avoid Takeout



Chicken Egg Roll in a Bowl

SERVINGS: 4

PREP TIME: 15 MIN

COOK TIME: 30 MIN

Ingredients

- 2 carrots, shredded
- 3 garlic cloves, pressed or minced
- 6 scallions, chopped
- 1 Tbs ginger, grated or minced
- 1 lb cabbage, shredded
- 2 cups red cabbage, shredded
- 1 1/2 lb ground chicken
- 2 Tbs avocado oil
- 2 Tbs toasted sesame oil
- 1/4 cup coconut aminos

Directions

Prep

1. Prepare vegetables according to instructions.

Make

1. Preheat an iron skillet, wok, or other skillet. Add avocado and chicken and stir fry over medium heat until chicken is broken up and cooked through.
2. Remove chicken from skillet and set aside.
3. Add sesame oil to the pan and add garlic, scallions, cabbage, red cabbage, and carrots, and stir-fry until softened. Add coconut aminos to deglaze the pan and stir to coat the vegetables.
4. Add chicken and stir to incorporate.
5. Serve with additional scallions, hot sauce, or fresh herbs if desired.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	523	Total Fat 32.6g	50%	Total Carbohydrates 19g	6%
		Saturated Fat 7.1g	35%	Dietary Fiber 5g	21%
		Trans Fat 0.1g		Total Sugars 10g	
		Cholesterol 182mg	60%	Protein 43g	
		Sodium 443mg	19%		
Vitamin D 0mcg 0% · Calcium 128mg 12% · Iron 3mg 15% · Potassium 1704mg 36%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Teriyaki Salmon with Broccoli

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 35 MIN

Ingredients

- 4 cups broccoli, cut into florets
- 1 1/2 lb salmon fillets
- 1 cup teriyaki sauce, low-sodium [for marinade]
- 2 Tbsp sesame oil
- 2 Tbsp sesame seeds
- 1/4 tsp salt, to taste

Directions

Prep

- **Marinate the Salmon:** Place the salmon fillets in a shallow dish or a resealable plastic bag. Pour the teriyaki sauce over the salmon, ensuring each fillet is well coated. Let it marinate in the refrigerator for about 10 minutes.

Make

- While the salmon is marinating, wash the broccoli florets and cut them into bite-sized pieces. Heat 1 tablespoon of sesame oil in a large pan over medium heat. Add the broccoli and a pinch of salt. Sauté the broccoli until it is crisp-tender, about 5-7 minutes, adding water as needed. Keep it warm while you cook the salmon.
- Remove the salmon from the marinade (discard the marinade - about 25% of the marinade will be absorbed and is accounted for in the nutrition facts). Heat the remaining tablespoon of sesame oil in a skillet over medium heat. Once hot, place the salmon fillets skin-side down in the skillet. Cook the salmon for about 4-5 minutes on the skin side, until the skin is crispy.
- Carefully flip the salmon fillets to the other side. Cover the skillet with a lid to allow the salmon to cook through, about 3-4 more minutes, depending on the thickness of the fillets. Place the cooked salmon on a plate, alongside the sautéed broccoli. Sprinkle sesame seeds over the salmon for garnish.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories 504 per serving	Total Fat	30.4g	46%	Total Carbohydrates	15g 5%
	Saturated Fat	5.4g	27%	Dietary Fiber	6g 22%
	Trans Fat	0.0g		Total Sugars	5g
	Cholesterol	107mg	35%	Protein	43g
	Sodium	634mg	27%		
		Vitamin D 22mcg 222% · Calcium 132mg 13% · Iron 3mg 14% · Potassium 1170mg 24%			

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Chickpea, Sweet Potato & Spinach Curry

SERVINGS: 4

PREP TIME: 20 MIN

COOK TIME: 40 MIN

Ingredients

- 1 onion, chopped
- 3 cloves garlic, minced
- 1 Tbs ginger, grated
- 1 sweet potato, peeled and diced
- 2 Tbs cilantro, chopped
- 2 Tbs parsley, chopped
- 2 Tbs scallions, chopped
- 1 lime, zested and juiced
- 2 Tbs coconut oil
- 1 Tbs cumin seeds
- 1 tsp garam masala
- 1 tsp curry powder
- 1 14-oz can chickpeas, drained and rinsed
- 14 oz tomatoes, diced, canned
- 1 14-ounce can coconut milk
- 1 tsp red chili paste
- 1 5-ounce bag baby spinach

Directions

Prep

1. Prepare onion, garlic, ginger, sweet potato, cilantro, parsley, scallions, and lime as directed.

Make

1. In a large saucepan, add the coconut oil, cumin seeds, garam masala, curry powder, garlic, ginger, and onion. Cook for 3 to 5 minutes, or until the onion is soft and translucent.
2. Add the sweet potato, chickpeas, tomatoes with their juices, coconut milk and red chili paste. Stir to combine, cover, and simmer over medium heat for 20 to 30 minutes, until the potatoes are fork tender.
3. Stir in the spinach and cook until wilted. Season with salt and black pepper to taste. Right before serving stir in chopped herbs and lime zest and juice, and serve with your favorite grain and a dollop of yogurt.

Note: Store in an airtight container in the fridge for 3 days, or in the freezer for up to 1 month.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Calories per serving 353	Total Fat 21.3g	32%	Total Carbohydrates 36g
	Saturated Fat 16.9g	84%	Dietary Fiber 10g	38%
	Trans Fat 0.0g		Total Sugars 8g	
	Cholesterol 0mg	0%	Protein 9g	
	Sodium 388mg	16%		
	Vitamin D 0mcg 0% · Calcium 138mg 13% · Iron 5mg 27% · Potassium 821mg 17%			

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Ultimate Minestrone Soup

SERVINGS: 8

PREPPING TIME: 15 MIN

COOKING TIME: 45 MIN

Ingredients

- 1 lb. pasta, whole-grain, elbow (gluten-free if necessary)
- 4 cloves garlic, minced
- 1 medium onion, chopped
- 4 Medium carrots, peeled and chopped
- 4 Ribs celery, chopped
- 1 Small zucchini, chopped
- 1 cup parsley, chopped
- 14 oz tomatoes, fire-roasted, canned (1)
- 1 Sprig thyme, fresh (1 Teaspoon Dried Thyme)
- 2 Tbs olive oil
- 2 bay leaves
- 6 cups vegetable broth, low sodium
- 1 1/2 cups white beans, canned, drained and rinsed
- 2 Tbs pesto Optional
- 1/2 tsp red pepper flakes Optional
- black pepper, to taste
- salt, to taste

Directions

Prep

- Cook pasta and set aside. You will stir pasta in after the soup has cooked.
- Chop all vegetables according to directions.

Make

- Heat the oil in a large pot over medium-high heat. Add the garlic and onion. Cook, stirring frequently, for 1-2 minutes, or until softened.
- Add the carrots and celery. Continue cooking for 5 minutes
- Add tomatoes, thyme, bay leaves, and broth. Simmer for 20 minutes or until vegetables are tender.
- Add the beans, zucchini, and parsley—season with salt and pepper to taste [and hot pepper if desired].
- Stir in pasta and serve topped with some pesto.

Nutrition Facts

Calories 278
per serving

Amount/serving	% Daily Value*
Total Fat 9.3g	14%
Saturated Fat 0.9g	4%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 439mg	19%

Amount/serving	% Daily Value*
Total Carbohydrates 40g	13%
Dietary Fiber 7g	26%
Total Sugars 5g	
Protein 9g	

Vitamin D 0mcg 0% · Calcium 93mg 9% · Iron 4mg 20% · Potassium 531mg 11%

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Chicken Sheet Pan Stir-Fry

SERVINGS: 2

PREPPING TIME: 15

COOKING TIME: 45 MIN

Ingredients

- 1 bell pepper, red, chopped
- 1 bell pepper, orange, chopped
- 2 large carrots, sliced
- 2 scallions
- 1 cup broccoli, chopped
- 12 oz chicken breast, chopped (about 2-3 chicken breasts)
- 2 Tbsp tamari Or low-sodium soy sauce
- 1 tsp garlic, minced
- 2 tsp maple syrup
- 2 tsp ginger, grated
- 2 tsp olive oil

Directions

Prep

- Preheat oven to 375°.
- Chop peppers, carrots, green onions, broccoli, and chicken.
- Mince garlic and ginger.
- In a small bowl, mix together tamari, garlic, maple syrup, and ginger.

MAKE

- On a lined sheet pan, cook chicken for about 15 minutes.
- After chicken has cooked a little, then add in the veggies and sauce mixture to the same pan as the chicken.
- Pour sauce mixture over all veggies and chicken.
- Bake for 20 minutes or until chicken is cooked through with internal temperature of 165°F.

Nutrition Facts

Calories **371**
per serving

Amount/serving	% Daily Value*
Total Fat 8.0g	12%
Saturated Fat 1.4g	6%
Trans Fat 0.0g	
Cholesterol 97mg	32%
Sodium 1158mg	50%

Amount/serving	% Daily Value*
Total Carbohydrates 33g	11%
Dietary Fiber 5g	20%
Total Sugars 19g	
Protein 43g	

Vitamin D 0mcg 0% · Calcium 116mg 11% · Iron 4mg 19% · Potassium 1157mg 24%

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