

A Week's Worth of Healthy Recipes

Now that you have purchased all the ingredients from the 50 dollar grocery list, grab your helpers and get started in the kitchen. Below you will find healthy recipes for each day of the week.

Monday: Whole Wheat Pasta w/ Chicken, Tomatoes, and Zucchini

Time: 25 minutes

Servings: 4-6

Equipment: cutting board, small knife, pasta pot & strainer, second pot, frying pan, stirring spoon, fork

- 3-4 T olive oil
- ½ tomato
- ½ zucchini
- 4 cloves of garlic
- 3 chicken breasts
- one package whole wheat pasta of your choice (spaghetti, bow-tie, etc.)
- red pepper & dried basil - to taste

1. Bring half pot of water to a boil and cook pasta for 8 – 10 minutes.* Strain, rinse, and return to pot.
2. Slice raw chicken into strips and boil in a second pot for 3 – 5 minutes or until cooked through. Cut one of the larger strips in half to check that the chicken is fully cooked before moving to the next step. Strain and place on clean cutting board**
3. Pull chicken strips apart with a fork until shredded.***
4. Chop zucchini and tomato (about ¼ to ½ inch) and mince garlic.
5. Heat 1-2 Tbsp. olive oil in a frying pan over medium-high heat. Toss in garlic and zucchini, lightly stirring for 2 mins, then add tomatoes. Let simmer for 2-3 more minutes. Remove from heat.
6. Pour veggie mix and 1-2 more T olive oil over pasta. Add chicken. Sprinkle in red pepper and dried basil to taste.

*Advice from Grandma's kitchen: To test if spaghetti is done, throw a noodle up at the ceiling. If it sticks briefly, then falls, your pasta is ready to eat! Or take a bite.

**Never re-use a cutting board when it has been used for raw meat until it has been thoroughly washed with soap and hot water.

***Save half the shredded chicken for Tuesday's chicken tacos.

Tuesday: Shredded Chicken Tacos

Time: 10 minutes

Servings: 4-8 tacos

Equipment: cutting board, med.-large knife, med. skillet

- ½ tomato
- ¼ head of lettuce
- 1 cup sharp cheddar cheese shredded
- cumin, paprika, cayenne pepper, chili powder*
- leftover shredded chicken from Monday night pasta (about 1-2 breasts)
- tortillas (4-8)

1. Chop lettuce and dice tomato.
2. Heat 1 Tbsp. olive oil in a skillet over medium heat.
3. Once hot, add a dash or two of each spice, and gently mix in with oil. Immediately add shredded chicken and fold into spice mixture until lightly coated (1-2 minutes).**
4. Assemble your tacos!

*I prefer roughly 1 Tbsp. cayenne pepper, 1 Tbsp. paprika, ½ Tbsp. chili powder, ½ Tbsp. cumin.

** The chicken is already fully cooked, so be sure not to leave it in the skillet too long.



Wednesday: Chili w/ Ground Turkey and Red Beans

Time: 2 – 2 ½ hours

Servings: 6-8 servings

Equipment: med.-large pot, stirring spoon, small-med. knife, cutting board

- ¼ lb. ground turkey
- 1 large onion
- 4 cloves garlic
- 1 medium tomato
- 3 cans black beans
- 1 can kidney beans
- ½ can crushed tomatoes
- 2 jalapenos
- paprika, chili powder, cayenne pepper
- shredded cheddar cheese
- canola or olive oil

1. Dice onion, garlic, tomato, and jalapeno.
2. Rinse and drain canned beans
3. Add about 3 tablespoons of oil to large pot on medium heat.
4. Add ground turkey, breaking up meat as it cooks. Be sure to flip chunks over once lightly browned so that no pink is left, but the meat is not overcooked.
5. Immediately, add onion. Wait until slightly translucent. Add the jalapenos and diced tomato. Bring down to a simmer (low heat).
6. Add crushed tomatoes and beans.
7. Stir in spices to taste (ex. 3 Tbsp. chili powder, 2 Tbsp. cayenne pepper, 1 Tbsp. paprika, 2 Tbsp. cumin).
8. Cook chili on low heat for 45 minutes - 2 hours before serving to increase flavor.
9. Add shredded cheddar cheese for garnish and enjoy.

Thursday: Ratatouille

Time: 1 hr. (45 min. cook time)

Servings: makes approx. 6-8 servings

Equipment: large cutting board, med.-large knife, large glass oven-safe dish, mandolin slicer (optional)

- Butternut squash
- 2 large tomatoes
- 2 large zucchinis
- ½ yellow onion
- 6-8 cloves garlic
- ½ can crushed tomatoes

1. Preheat oven to 350 degrees.
2. Dice onion. Thinly slice squash, tomatoes, and zucchini (roughly ¼ in. thick).*
3. Thinly coat the bottom of the glass baking tray with olive oil. Arrange sliced vegetables in rows, slightly overlapping, alternating between the squash, tomatoes, and zucchini.
4. Pour crushed tomatoes over vegetables and around the edges of the pan.
5. Add another layer of vegetables until all vegetable slices have been used.
6. Peel garlic cloves and place whole cloves throughout the pan.
7. Bake in oven for approx. 30-45 minutes, or until vegetables are slightly browned on the edges.

* If you have a mandolin slicer handy, this will make thinly slicing the vegetables easier.



Friday: Tortilla Soup with Ground Turkey

Time: 30 minutes

Servings: 4-6 servings

Equipment: med.-large pot, med. knife, stirring spoon, skillet, cutting board, spatula or fork

- ¼ lb. ground turkey
- ½ yellow onion
- 2 cloves garlic
- 1 tomato
- 2 jalapenos
- ½ can crushed tomatoes
- 1 can black beans
- 1 can kidney beans
- 4 cups vegetable stock
- 2 tortillas
- shredded cheddar cheese
- paprika, chili powder, cayenne pepper
- canola or olive oil

1. Dice onions, garlic, jalapenos, and tomatoes (larger chunks).
2. Add about a tablespoon of oil to the pot at medium heat.
3. Add onions, then garlic to pot, letting the onions become slightly translucent before adding the garlic.
4. Add jalapenos, waiting about a minute before adding the tomatoes.
5. Wait about 30 more seconds, add crushed tomatoes and broth.
6. Strain both cans of beans, then add them to pot. Add spices to taste (ex. 1 Tbsp. of each). Bring to a boil.
7. While waiting for soup to boil, add about a tablespoon of oil to a large skillet and warm at medium heat.
8. Add ground turkey to skillet, and break up meat with a spatula or fork into smaller, bite-sized pieces as turkey cooks. Add spices to taste (ex. 2 Tbsp. paprika, 1 Tbsp. chili powder, 1 Tbsp. cayenne pepper).
9. As pieces begin to brown, turn them over and cook the other side. This will take roughly 4-5 minutes depending on the heat of your stovetop. Do not overcook. Add to soup mixture.
10. Once soup has come to a boil, reduce heat and let simmer for 10 minutes.
11. Remove pot from heat and pour into serving bowls.
12. Break tortillas into small pieces and sprinkle on soup with cheddar cheese for garnish.

