

One Week of Easy Recipes for the Whole Family



Monday

Artichoke, Tomato & Chicken Bowls

Original Recipe

Ingredients (Original)

- 2 Tbsp. olive oil, divided
- 4 skinless, boneless chicken breasts (about 1½ lb. total)
- 1 pt. cherry tomatoes
- 1 (6-oz.) jar marinated artichoke hearts, drained
- ½ cup Greek vinaigrette, divided
- 2 (8–8.8 oz.) pouches microwavable brown rice + whole grain blend

Instructions (Original)

1. Preheat oven to 400°F. In a 10-inch ovenproof skillet heat 1 Tbsp. of the oil over medium-high. Season chicken with salt and black pepper. Cook chicken in hot oil until browned on bottom, about 4 minutes. Turn chicken and transfer skillet to oven. Bake until done (165°F), about 6 minutes. Remove from skillet; cover and keep warm. Wipe out skillet.
2. In the same skillet heat remaining 1 Tbsp. of oil over medium-high. Cook tomatoes in hot oil until they begin to char and release their juices, about 5 minutes. Remove from heat; stir in artichoke hearts and ¼ cup of the vinaigrette.
3. Heat rice/grain blend according to package directions; divide among four bowls. Slice chicken; arrange in bowls with tomato mixture. Drizzle with remaining vinaigrette.



Healthier Version

Ingredients (Healthy Version)

- 1 Tbsp. olive oil
- 4 chicken cutlets
- Cherry tomatoes
- Rinsed artichoke hearts
- ¼ cup vinaigrette + 2 Tbsp. lemon juice
- Cauliflower rice or quinoa

Instructions (Healthy Version)

1. Cook chicken in minimal oil; finish in oven.
2. Char tomatoes with no extra oil; add artichokes + vinaigrette/lemon mixture.
3. Serve over cauliflower rice or quinoa.

Tuesday

Chicken Fajita Sheet-Pan Quesadillas

Ingredients (Original)

- ¼ cup salted butter, melted, divided
- 1 (12-oz.) pkg. frozen fire-roasted peppers and onions, thawed, drained, and patted dry
- 2½ cups shredded cooked chicken
- 1 (14.75-oz.) can fire-roasted corn, drained
- ¼ cup chopped fresh cilantro
- 2 Tbsp. fresh lime juice
- 2 to 3 tsp. fajita seasoning
- 8 (10-inch) flour tortillas (burrito-size)
- 4 cups shredded Mexican-style four-cheese blend (16 oz.), divided
- Sour cream, shredded lettuce, pico de gallo, guacamole, and/or lime wedges

Instructions (Original)

1. Preheat oven to 425°F. Brush an 18×13-inch baking pan with 2 Tbsp. of the melted butter. In a large bowl combine next six ingredients (through the fajita seasoning).
2. Arrange two tortillas along one long edge of prepared pan, overlapping tortillas slightly with half of each hanging over the rim; repeat along other long edge. Arrange one tortilla at each short edge, overlapping other tortillas slightly with half of each tortilla hanging over the rim. Place one tortilla in center of pan to completely cover bottom of pan. Sprinkle 2 cups of the cheese over tortillas. Spoon chicken mixture over cheese; sprinkle chicken mixture with remaining 2 cups cheese.
3. Place remaining tortilla on center top of filling; fold in overhanging tortilla portions to enclose filling, pressing down firmly. Brush tops of tortillas with remaining 2 Tbsp. melted butter. Place another 18×13-inch baking pan on top; press lightly.

4. Bake 20 minutes. Remove top baking pan. Bake, uncovered, until tortillas are golden brown and crisp, 3 to 5 minutes more. Let stand 5 minutes. Cut into eight pieces. Serve with toppings.



Healthier Version

Ingredients (Healthy Version)

- Olive oil spray
- Rotisserie chicken breast only
- Whole-wheat tortillas
- Reduced-fat cheese
- Low-sodium fajita seasoning
- Rinsed fire-roasted corn

Instructions (Healthy Version)

1. Spray pan lightly instead of butter.
2. Use whole-wheat tortillas and reduced-fat cheese.
3. Assemble and bake as directed.
4. Serve with Greek yogurt instead of sour cream.

Wednesday

Pan-Seared Salmon Bowls

Original Recipe

Ingredients (Original)

- 3 Tbsp. olive oil, divided
- 4 (6-oz.) skinless salmon fillets
- Salt and black pepper
- 2 lemons
- 2 (8- to 8.8-oz.) pouches microwavable quinoa
- 2 cups sliced English cucumber
- 1 cup purchased tzatziki sauce

Instructions (Original)

1. In a 10-inch nonstick skillet heat 1 Tbsp. of the olive oil over medium-high. Season salmon with salt and black pepper. Cook salmon in hot oil, turning once, until fish flakes easily, 6 to 8 minutes.
2. Remove 1 tsp. zest and 2 Tbsp. juice from one lemon. Cut remaining lemon into wedges.
3. Heat quinoa according to package directions; divide among four bowls. Top with salmon, cucumber, tzatziki sauce, and lemon zest. Drizzle with lemon juice and remaining 2 Tbsp. oil. Serve with lemon wedges.



Healthier Version

Ingredients (Healthy Version)

- 1–2 Tbsp. olive oil (use less if desired)
- Wild salmon
- Cauliflower rice or quinoa blend
- Light tzatziki or Greek yogurt
- Fresh lemon

Instructions (Healthy Version)

1. Cook salmon in minimal olive oil.
2. Zest and juice lemon.
3. Assemble bowls with cauliflower rice or quinoa and light tzatziki.

Thursday

Beef & Veggie Ramen

Original Recipe

Ingredients (Original)

- 1 lb. ground beef
- 1 green onion, thinly sliced (white and green parts divided)
- 2 (3-oz.) pkg. ramen noodles (flavor packets discarded)
- 2½ cups water
- 1 (12-oz.) pkg. frozen stir-fry vegetable medley
- 3 Tbsp. hoisin sauce
- 2 Tbsp. reduced-sodium soy sauce
- 1 Tbsp. sriracha sauce
- 1 Tbsp. packed brown sugar
- 1 Tbsp. chopped fresh cilantro
- ½ tsp. five-spice powder
- ¼ tsp. ground ginger
- 2 tsp. toasted sesame seeds

Instructions (Original)

1. In a 10-inch skillet cook ground beef and white part of green onion over medium until browned; drain off fat.
2. Add noodles, the water, and frozen vegetables to beef mixture. Bring to boiling; reduce heat. Cook, uncovered, until noodles are tender, 3 to 5 minutes.
3. Meanwhile, for sauce, in a small bowl combine next seven ingredients (through ginger); stir until well combined.
4. Add sauce to noodle mixture. Heat through. To serve, top with green part of green onion and sesame seeds.

Healthier Version

Ingredients (Healthy Version)

- Lean ground turkey
- Whole-grain ramen or brown rice ramen
- Low-sodium broth (instead of water)
- Low-sodium soy sauce and low-sugar hoisin
- Extra vegetables
- Fresh cilantro
- Sesame seeds

Instructions (Healthy Version)

1. Cook lean turkey with white part of green onion; drain any excess liquid.
2. Add whole-grain ramen and low-sodium broth; simmer with vegetables until noodles are tender.
3. Mix low-sodium sauces, spices, and cilantro.
4. Combine with noodle mixture and top with sesame seeds and onion greens.



Friday

Upside-Down Pizza Casserole

Original Recipe

Ingredients (Original)

- 1 lb. lean ground beef
- 1 (5-oz.) pkg. miniature pepperoni slices or chopped pepperoni (optional)
- $\frac{3}{4}$ cup chopped green bell pepper
- 1 (15-oz.) can tomato sauce
- 1 (4-oz.) can sliced mushrooms, drained
- 1 (2.25-oz.) can sliced pitted ripe olives, drained
- $\frac{1}{4}$ cup water
- 1 tsp. Italian seasoning, crushed
- 1 cup shredded mozzarella cheese (4 oz.), divided
- 1 (7.5-oz.) pkg. (10) refrigerated biscuits

Instructions (Original)

1. Preheat oven to 400°F. In a 6-qt. ovenproof pot cook and stir beef, pepperoni (if using), and bell pepper over medium-high until browned. Drain off fat.
2. Stir in tomato sauce, mushrooms, olives, water, and Italian seasoning. Heat through. Sprinkle with $\frac{3}{4}$ cup of the cheese. Cut each biscuit into four wedges; arrange wedges around edge of pot. Sprinkle top with remaining $\frac{1}{4}$ cup cheese.
3. Bake, uncovered, until biscuits are golden brown, 15 to 18 minutes.



Healthier Version

Ingredients (Healthy Version)

- Lean ground turkey
- Turkey pepperoni or omit
- No-salt-added tomato sauce
- Rinsed olives
- Part-skim mozzarella
- Whole-wheat biscuits or reduced quantity

Instructions (Healthy Version)

1. Cook turkey and peppers; drain well.
2. Add low-sodium tomato products, mushrooms, and olives.
3. Sprinkle lightly with cheese and top with whole-wheat biscuits; bake as directed.

Saturday

Fried Rice Bowls

Original Recipe

Ingredients (Original)

- 5 slices bacon
- 2 (8- to 8.8-oz.) pouches microwavable jasmine rice
- 6 eggs, divided
- 1 cup frozen mixed vegetables
- ¼ cup sliced green onions
- 2 Tbsp. reduced-sodium soy sauce
- 1 Tbsp. vegetable oil
- Black pepper
- Sriracha sauce (optional)

Instructions (Original)

1. In a large skillet cook bacon until crisp. Transfer to paper towels; reserve 2 Tbsp. drippings in skillet.
2. Increase heat to medium-high. Add rice to hot drippings; cook and stir until heated through and lightly browned, 3 to 4 minutes. Push rice to one side.
3. Add 2 lightly beaten eggs to the other side; cook and stir until scrambled. Stir into rice.
4. Stir in vegetables, green onions, and soy sauce. Cook and stir until heated. Season with pepper.
5. In another skillet heat vegetable oil over medium-high. Break remaining 4 eggs into skillet; cook until whites are set.
6. Divide rice among bowls. Crumble bacon on top. Add a fried egg to each bowl. Drizzle with sriracha.



Healthier Version

Ingredients (Healthy Version)

- Turkey bacon
- Brown rice or cauliflower rice
- Egg whites + whole eggs
- Extra vegetables
- Low-sodium soy sauce
- Olive oil spray (instead of vegetable oil)

Instructions (Healthy Version)

1. Cook turkey bacon; set aside.
2. Brown cauliflower rice or brown rice lightly.
3. Scramble egg whites; mix into rice.
4. Add vegetables and reduced-sodium soy sauce; cook until heated.
5. Fry eggs using olive oil spray.
6. Assemble bowls with rice, turkey bacon, vegetables, and fried egg.

Sunday

Creamy Tomato & Sausage Rigatoni

Original Recipe

Ingredients (Original)

- 3 cups reduced-sodium chicken broth
- 1 (24-oz.) jar chunky tomato pasta sauce
- ¼ to ½ tsp crushed red pepper (optional)
- 12 oz. dried rigatoni pasta
- 1 cup chopped red bell pepper (1 medium)
- 1 lb. bulk Italian sausage
- 1 (5-oz.) pkg. fresh baby spinach
- ⅓ cup heavy cream
- ½ cup grated Parmesan cheese
- ¼ cup fresh basil, chopped

Instructions (Original)

1. Preheat oven to 425°F. In a 3-qt. baking dish combine broth, pasta sauce, crushed red pepper (if using), pasta, and bell pepper. Crumble sausage evenly over mixture (do not stir). Cover tightly with foil.
2. Bake 25 minutes. Stir mixture. Cover and bake 25 minutes more or until pasta is tender.
3. Stir in spinach, cream, and Parmesan. Let stand 15 minutes before serving. Top with basil.

Healthier Version

Ingredients (Healthy Version)

- No-salt-added chicken broth
- No-sugar marinara
- Whole-wheat or chickpea pasta
- Chicken sausage
- Fresh spinach
- Half-and-half instead of heavy cream
- Reduced Parmesan
- Fresh basil

Instructions (Healthy Version)

1. Combine broth, marinara, crushed red pepper, whole-wheat pasta, and bell pepper in baking dish. Add chicken sausage on top.
2. Bake covered, stirring halfway through, until pasta is tender.
3. Stir in spinach, lighter dairy, and reduced Parmesan. Let stand and top with basil.



