Creamy Spinach Chicken

INGREDIENTS

- 1 lb chicken breast
- 1/2 Tbsp lemon pepper
- Vegetable-oil cooking spray
- 2 cloves garlic, minced
- 1 10-oz bag spinach
- 3/4 cup whole milk
- 1 cup mozzarella cheese
- Juice of 1/2 lemon

DIRECTIONS

1. Wash your hands and clean your preparation area. Preheat the oven to 350°F.
2. Season the chicken breast with lemon pepper. Bake the chicken at 350°F for about 30 minutes, until its internal temperature reaches 165°F.
3. While the chicken is cooking, spray a nonstick pan with vegetable oil and sauté the garlic in it over medium heat.
4. To the pan, add spinach and let it wilt down over medium-high heat.
5. Add the milk, mozzarella, and lemon juice. Bring to a simmer for a few minutes, until the cheese melts.
6. Pour the sauce over the chicken breast and serve.

Nutrition facts per serving: 220 calories, 7g total fat, 3g saturated fat, 340mg sodium, 6g total carbohydrate, 2g (7%) dietary fiber, 2g sugars (includes 0g added sugars)*, 32g protein, 25% calcium, 15% iron, and 20% potassium. Percent Daily Values are based on a 2,000-calorie diet.
Avocado Black Bean Salad

INGREDIENTS

Salad
1 fresh avocado, peeled and diced
1/2 cup red onion, chopped
2 large tomatoes, diced
1 cup low-sodium canned black beans, drained and rinsed

Dressing
Juice of 1 lime
1/8 tsp table salt
1/4 tsp ground black pepper
2 Tbsp fresh cilantro leaves, chopped

DIRECTIONS

1. Wash your hands and clean your preparation area.
2. In a salad bowl, combine the avocado, red onion, tomatoes, and black beans.
3. In a small bowl, combine the lime juice, salt, pepper, and cilantro. Mix well.
4. Pour the dressing over the vegetables and toss to combine. Serve immediately.

Nutrition facts per serving: 150 calories, 7g total fat, 1g saturated fat, 160mg sodium, 19g total carbohydrate, 8g (29%) dietary fiber, 4g sugars (includes 0g added sugars), 5g protein, 10% iron, and 15% potassium. Percent Daily Values are based on a 2,000-calorie diet.
Fried Bananas

INGREDIENTS
1 Tbsp unsalted butter
4 medium bananas, sliced into rounds
1 Tbsp packed brown sugar
2 tsp ground cinnamon

DIRECTIONS
1. Wash your hands and clean your preparation area.
2. Melt butter in a nonstick skillet. When the butter is almost completely melted, add bananas to the skillet. Move the banana slices around the skillet to prevent burning and ensure all slices are cooked evenly.
3. When all the bananas are covered in butter and begin to brown, add in the brown sugar and stir to coat.
4. When all banana slices are lightly fried and coated in sugar, top with cinnamon.
5. Serve immediately.

Nutrition facts per serving: 150 calories, 3.5g total fat, 2g saturated fat, 0mg sodium, 31g total carbohydrate, 4g (14%) dietary fiber, 18g sugars (includes 3g added sugars), 1g protein, and 10% potassium. Percent Daily Values are based on a 2,000-calorie diet.
Philly Cheesesteak Sloppy Joes

INGREDIENTS

1 lb lean ground beef (3% fat)
1 large green bell pepper, chopped
1/2 cup mushrooms, chopped
1/2 cup onion, chopped
2 Tbsp Worcestershire sauce
2 Tbsp ketchup
6 whole-wheat hamburger buns
1/3 cup shredded low-fat mozzarella (2% fat)

DIRECTIONS

1. Wash your hands and clean your preparation area.
2. In a large nonstick skillet, begin to brown the beef over medium-high heat.
3. Once the beef is mostly browned, add in the bell pepper, mushrooms, and onion. Sauté until the beef is completely cooked, vegetables are soft, and mixture reaches a temperature of 160°F.
4. Add in the Worcestershire sauce and ketchup and stir until well combined.
5. Fill each hamburger bun with the beef mixture and top with mozzarella.

Nutrition facts per serving: 300 calories, 7g total fat, 3g saturated fat, 400mg sodium, 28g total carbohydrate, 1g (4%) dietary fiber, 6g sugars (includes 1g added sugars)*, 74g protein, 15% calcium, 20% iron, and 10% potassium. Percent Daily Values are based on a 2,000-calorie diet.
Parmesan Zucchini and Corn

INGREDIENTS

1 Tbsp olive oil
1 clove garlic, minced
2 medium fresh zucchini, diced
2 cups frozen sweet corn
Juice of 1 lime
1/2 cup reduced-fat dried Parmesan cheese
1/4 cup fresh cilantro leaves, chopped

DIRECTIONS

1. Wash your hands and clean your preparation area.
2. In a nonstick skillet, heat the olive oil over medium-high heat and add in the minced garlic.
3. Once the garlic is aromatic, place the zucchini and corn into the skillet. Sprinkle the lime juice over the mixture.
4. Let the mixture cook until the zucchini has softened and the corn has begun to brown.
5. Top with Parmesan cheese and cilantro, and serve.

Nutrition facts per serving: 140 calories, 6g total fat, 2g saturated fat, 160mg sodium, 18g total carbohydrate, 2g (7%) dietary fiber, 4g sugars (includes 0g added sugars), 5g protein, 10% calcium, and 10% potassium. Percent Daily Values are based on a 2,000-calorie diet.
Frozen Peach Pie

INGREDIENTS

- 1 (16 oz) package frozen, unsweetened, sliced peaches, partially thawed
- 2 Tbsp honey
- 2 tsp cinnamon
- 3/4 cup low-fat vanilla yogurt
- 6 shortbread cookies, crumbled
- 1 Tbsp toasted coconut

DIRECTIONS

1. Place peaches, honey, cinnamon, and yogurt in blender and blend until smooth or of desired "chunkiness."
2. Place about 1 tablespoon of crumbled cookies in each of 6 small glasses. Pour 1/2–3/4 cup of peach mixture into each glass, then sprinkle remaining cookie crumbles on top. Divide coconut equally and sprinkle on top.

Nutrition facts per serving: 140 calories, 3.5g total fat, 1.5g saturated fat, 55mg sodium, 26g total carbohydrate, 1g (4%) dietary fiber, 16g sugars (includes 6g added sugars)*, 2g protein, and 14% vitamin A. Percent Daily Values are based on a 2,000-calorie diet.
Pan-Seared Fish

INGREDIENTS

2 Tbsp olive oil
1 lb Pacific cod filet
4 cloves garlic, minced
1 lb fresh asparagus spears, trimmed
1 Tbsp dried rosemary
Juice of 1 lemon

DIRECTIONS

1. Wash your hands and clean your preparation area.
2. In a nonstick skillet, heat the olive oil. Gently place the fish in the skillet. Cook for about 3 minutes on medium-high and flip.
3. Once the fish is flipped, add the garlic and the asparagus. Sprinkle with rosemary and lemon juice.
4. Continue to move the asparagus so it does not burn. Cook for about 5 minutes, until the fish reaches an internal temperature of 145°F.

Nutrition facts per serving: 170 calories, 8g total fat, 1g saturated fat, 350mg sodium, 7g total carbohydrate, 3g (11%) dietary fiber, 2g sugars (includes 0g added sugars), 20g protein, 15% iron, and 10% potassium. Percent Daily Values are based on a 2,000-calorie diet.
Marinated Tomatoes

INGREDIENTS

- 6 large tomatoes, cut into wedges
- 8 fresh basil leaves, chopped
- 1/4 cup fresh green onions, sliced
- 3 Tbsp olive oil
- 1/3 cup red-wine vinegar
- 1/2 tsp garlic salt
- 1/8 tsp ground black pepper

DIRECTIONS

1. Wash your hands and clean your preparation area.
2. Place the wedged tomatoes into a bowl.
3. In a smaller bowl, combine the rest of the ingredients.
4. Pour the dressing over the tomatoes, cover, and marinate in the fridge for at least 30 minutes before serving.

Nutrition facts per serving: 140 calories, 11g total fat, 1.5g saturated fat, 260mg sodium, 11g total carbohydrate, 3g (11%) dietary fiber, 7g sugars (includes 0g added sugars), 3g protein, and 15% potassium. Percent Daily Values are based on a 2,000-calorie diet.
Tropical Parfait

INGREDIENTS

1 box nonfat, sugar-free cheesecake pudding mix
8 oz frozen nonfat whipped topping, thawed
16 oz pineapple tidbits in juice
1/2 cup sweetened coconut flakes
2 cups graham cracker crumbs

DIRECTIONS

1. Wash your hands and clean your preparation area.
2. In a large bowl, combine the pudding mix, whipped topping, and pineapple tidbits and juice. Stir until well combined.
3. Let sit in the refrigerator for at least 30 minutes and up to 24 hours.
4. Over medium heat in a nonstick skillet, toast the coconut, stirring frequently and removing from the skillet as soon as desired level of toasting is achieved.
5. Top the pudding with toasted coconut and the graham cracker crumbs. Serve.

Nutrition facts per serving: 200 calories, 3.5g total fat, 1.5g saturated fat, 170mg sodium, 37g total carbohydrate, 1g (4%) dietary fiber, 17g sugars (includes 0g added sugars)*, and 2g protein. Percent Daily Values are based on a 2,000-calorie diet.