

TACO PASTA SKILLET

 6 serving

 20-30 minutes



INGREDIENTS

- Spritz of cooking spray
- 1 lb ground chicken, turkey or beef
- 1 onion diced
- 1 green and red pepper diced
- 2 cloves garlic minced
- 1-2 tbs taco seasoning
- ½ tsp salt
- ¼ tsp pepper
- 1 ¾ cups water plus more as needed
- 1 cup salsa - medium or mild
- 1 can tomato sauce (8 oz)
- 1 ½ cups uncooked whole wheat pasta
- 1 can refried beans or black beans rinsed and drained, optional
- 1 cup shredded sharp cheddar

DIRECTIONS

- Spray a large skillet with cooking spray and heat to medium
- Add ground meat, onion, and peppers; cook until meat is browned and onions are translucent.
- Stir in garlic, taco seasoning, salt, and pepper; cook for 30 seconds until fragrant.
- Add water, salsa, tomato sauce, pasta, and beans.
- Reduce heat to medium-low, cover, and simmer for 12-15 minutes until pasta is al dente, stirring occasionally and adding water if it becomes dry.
- Remove from heat, mix in half the cheese, and top with remaining cheese. Serve hot with optional toppings.

SESAME CHICKEN AND BROCCOLI

 6 serving

 20-30 minutes



INGREDIENTS

- 10 oz. spaghetti or linguine pasta uncooked (whole wheat or Catelli Protein+)
- 4 cups fresh or frozen broccoli
- 1 Tbsp olive oil
- 1.5 lb chicken cut into 1-inch pieces
- 3 cloves garlic minced
- 1 Tbsp ginger grated, minced or paste
- 1 Tbsp sesame seeds
- Green onions for garnishing

Sauce:

- 1/4 cup low sodium soy sauce
- 2 Tbsp honey
- 2 Tbsp sesame oil
- 3 Tbsp rice vinegar

DIRECTIONS

- Boil water in a large pot, cook pasta for 6-7 minutes, then add broccoli for 3 minutes. Drain and set aside.
- In a bowl, mix soy sauce, honey, sesame oil, rice vinegar, and sriracha.
- Heat olive oil in a skillet, cook chicken with garlic, ginger, salt, and pepper for 5-6 minutes until cooked through.
- Add the sauce, pasta, and broccoli to the skillet, stirring to coat evenly. Top with sesame seeds and serve.

BIG MAC BURGER BOWLS

 6 serving

 20-30 minutes



INGREDIENTS

- 1 lb extra lean ground beef
- 1 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp smoked paprika
- 6 cups shredded lettuce
- 1 cup diced tomatoes
- 1/2 cup diced dill pickles
- 1/2 cup diced white onion
- 1/2 cup shredded cheddar cheese
- Optional - Baked fries, baked or roasted potatoes

Sauce

- 1/2 cup light mayonnaise
- 2 tbsp ketchup
- 1 tbsp yellow mustard
- 2 tbsp finely chopped dill pickles
- 1/2 tsp onion powder
- 1/2 tsp smoked paprika
- 1/4 tsp garlic powder

DIRECTIONS

- Make sauce: Whisk together light mayonnaise, ketchup, mustard, chopped pickles, onion powder, paprika, and garlic powder. Refrigerate until ready to use.
- Heat a large skillet over medium-high heat.
- Add ground beef and season with onion powder, garlic powder, paprika, salt, and pepper.
- Cook 6-8 minutes, breaking up with a spoon, until browned and cooked through. Drain any excess fat.
- Divide shredded lettuce among 4 bowls.
- Top each with cooked ground beef, diced tomatoes, pickles, and onion.
- Sprinkle with shredded cheese.
- Drizzle special sauce over each bowl.
- Serve with optional baked fries or baked or roasted potatoes

LAZY LASAGNA SKILLET

 6 serving

 20-30 minutes



INGREDIENTS

- 1 lb. lean or extra lean ground beef or chicken
- 1 Tbsp olive oil
- 1 medium onion diced
- 1-2 cups veggies like spinach, peppers, zucchini (optional)
- 4 cloves garlic minced
- 1 Tbsp Italian seasoning
- 1 24-oz. jar pasta sauce
- 1 24-oz jar full of water
- 8 oz. uncooked whole wheat noodles like penne or rotini
- 1 cup 1% cottage cheese
- 1/2 cup shredded mozzarella cheese

DIRECTIONS

- Heat olive oil and sauté diced onions for 1-2 minutes before adding ground beef, seasoning with salt and pepper, and cooking until no longer pink.
- Stir in veggies, cooking for 2 minutes, then add garlic and Italian seasoning.
- Mix in pasta sauce and water, bring to a boil, then add uncooked noodles, cover, and cook until pasta is soft, stirring occasionally.
- Stir in cottage cheese and sprinkle mozzarella on top, cover, and cook for 5 minutes until mozzarella is melted. Remove from heat and enjoy with a side salad or veggies.