

Flat out dinners

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Sun Dried Tomato & Salmon Pasta

4 servings
15 minutes

Ingredients

278 grams Whole Wheat Penne (dry)
30 milliliters Extra Virgin Olive Oil (divided)
454 grams Salmon Fillet
3 Garlic (clove, minced)
1/2 Yellow Onion (medium, diced)
41 grams Sun Dried Tomatoes (drained, chopped)
500 milligrams Italian Seasoning
118 milliliters Chicken Broth
113 grams Plain Greek Yogurt
Sea Salt & Black Pepper (to taste)
3 grams Basil Leaves (chopped)

Directions

1. Cook the pasta according to the package directions. Drain and set aside.
2. Heat half of the oil in a pan over medium-high heat. Cook the salmon for three minutes per side. Remove from the pan.
3. Add the remaining oil to the pan. Add the garlic, onions, sun dried tomatoes, and Italian seasoning and cook for three to five minutes, or until the onions become translucent.
4. Add the chicken broth and stir, cooking over medium-low heat for three to five minutes. Remove from heat.
5. Whisk in the yogurt until combined. Add the pasta, sea salt, and pepper. Stir to combine. Break the salmon into larger pieces and add it back to the pan. Stir again until everything is combined. Top with basil, divide evenly between plates, and enjoy!



15 Minute Prawn Puttanesca

4 servings
15 minutes

Ingredients

- **255 grams** Whole Wheat Linguine
- **454 grams** Prawns (large, peeled, deveined)
- Sea Salt & Black Pepper (to taste)
- **30 milliliters** Extra Virgin Olive Oil
- **3** Garlic (cloves, chopped)
- **4** Anchovy (fillets, whole)
- **484 grams** Crushed Tomatoes (from the can)
- **17 grams** Capers
- **17 grams** Pitted Kalamata Olives (chopped)
- **15 grams** Parsley (chopped)

Directions

1. Cook the pasta according to the directions on the package. Drain and set aside.
2. Pat the prawns dry and season with salt and pepper.
3. Meanwhile, heat a casserole pot over medium-low heat. Once warm, add the oil. Add the garlic and anchovies and cook for one minute. Add the prawns and cook for about two minutes per side, until bright pink and cooked through. Remove the shrimp with a slotted spoon and set aside.
4. Add the tomatoes with their juices, capers, and olives to the pot and bring to a low simmer. Cook for about five to eight minutes, until slightly thickened. Remove from the heat, add the pasta and the prawns back in and toss to combine. Top with parsley and enjoy!



Chicken & Veggie Quesadillas

2 servings
15 minutes

Ingredients

- **2** Whole Wheat Tortilla (large)
- **85 grams** Cheddar Cheese (grated)
- **227 grams** Chicken Breast, Cooked (shredded)
- **40 grams** Red Onion (thinly sliced)
- **87 grams** Salsa
- **2 stalks** Green Onion (chopped)
- **4 grams** Cilantro (chopped)
- **1/2** Jalapeno Pepper (thinly sliced, optional)

Directions

1. Heat a large non-stick skillet over medium heat. Add the tortilla to the skillet and top with grated cheese, leaving a small border around the edges. Cover with a lid and let it cook for one to two minutes until the cheese is melted.
2. Add the shredded chicken breast to half the tortilla and top with red onion, salsa, green onion, cilantro, and jalapeno pepper.
3. Fold the tortilla in half and gently press down. Cook for two to three minutes per side or until browned and crispy. Let the quesadilla cool slightly and then cut into wedges. Enjoy!



Tofu Broccoli Pasta

2 servings
15 minutes

Ingredients

125 grams Whole Wheat Penne (dry)
182 grams Broccoli (chopped into florets)
119 milliliters Water (reserved from cooking pasta)
30 milliliters Tamari
2 grams Garlic Powder
30 milliliters Extra Virgin Olive Oil (divided)
170 grams Tofu (extra-firm, pressed, cubed)
9 grams Nutritional Yeast
400 milligrams Herbes de Provence

Directions

1. Cook the pasta according to the package directions, adding the broccoli to the last two minutes of cooking. Reserve pasta water and drain.
2. In a small bowl, mix the tamari and the garlic powder to combine.
3. Meanwhile, heat half of the oil in a large pan over medium heat. Add the tofu and the tamari mixture. Cook, stirring, until the tofu has browned on all sides, about five to seven minutes. Remove from the heat.
4. Add the cooked pasta and broccoli to the pan along with the remaining oil, nutritional yeast, and Herbes de Provence. Stir to combine then stir in the reserved pasta water one tablespoon at a time until your desired consistency is reached.
5. Divide evenly between bowls and enjoy!



Black Bean Tacos

3 servings
15 minutes

Ingredients

10 milliliters Extra Virgin Olive Oil
344 grams Black Beans (cooked)
8 grams Taco Seasoning
6 Corn Tortilla (small)
36 grams Sour Cream
49 grams Salsa
43 grams Cheddar Cheese (shredded)
1 Avocado (sliced)

Directions

1. Heat the oil in a large pan over medium heat. Once hot, add the black beans and taco seasoning. Mix well until the beans are coated. Heat for three to five minutes, stirring often.
2. Divide the beans evenly between the tortillas and top with the sour cream, salsa, cheese, and avocado. Enjoy!



Meal Prep Chicken & Cilantro Lime Quinoa

2 servings
15 minutes

Ingredients

85 grams Quinoa (uncooked)
4 grams Cilantro (chopped)
9 milliliters Lime Juice (to taste)
750 milligrams Sea Salt (to taste)
80 grams Arugula (packed)
2 Carrot (small, chopped)
227 grams Chicken Breast, Cooked (sliced)
1 stalk Green Onion (sliced)

Directions

1. Cook the quinoa according to the package directions and let cool.
2. Toss the quinoa with cilantro, lime juice, and salt.
3. Divide the arugula, quinoa, carrots, and chicken between containers. Garnish with green onions and enjoy!



Lentil & Zucchini Couscous Bowl

2 servings
15 minutes

Ingredients

87 grams Couscous (uncooked)
15 milliliters Extra Virgin Olive Oil
1/2 Yellow Onion (medium, sliced)
1 Zucchini (medium, chopped)
3 grams Cumin
198 grams Lentils (cooked)
59 milliliters Vegetable Broth (warm, divided)
62 grams Hummus
60 grams Baby Spinach
2 grams Cilantro (chopped)

Directions

1. Cook the couscous according to the package directions. Set aside.
2. Heat the oil in a pan over medium-high heat. Add the onion and cook, stirring, until starting to brown, about four minutes. Add the zucchini and cook for two more minutes or until tender.
3. Add the cumin, lentils, and half of the broth. Stir to combine and cook for one more minute or until heated through.
4. In a small bowl, mix the hummus with the remaining broth.
5. Divide the couscous, lentils, and spinach into each bowl. Top with the hummus dressing and cilantro. Enjoy!