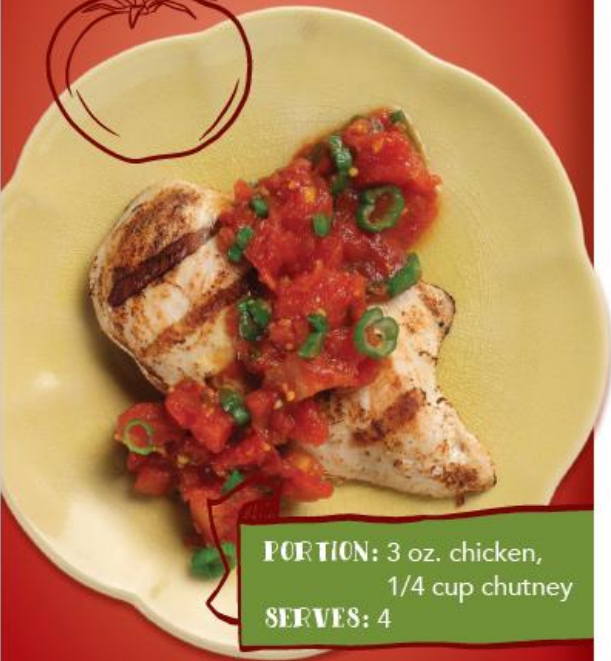


INDIAN SPICED Tomato Chutney

OVER GRILLED CHICKEN



PORTION: 3 oz. chicken,
1/4 cup chutney
SERVES: 4

INGREDIENTS

12 oz Grilled Chicken, Diced	2 Tbsp Red Wine Vinegar
1 Tbsp Olive Oil	2 Tbsp Light Brown Sugar
1/2 tsp Ginger Root, Minced	1 cup Canned Diced Tomatoes, No Salt Added, Drained
1/2 tsp Garlic Cloves, Minced	1/4 cup Green Onions, Sliced
1/8 tsp Mustard Seeds	1/8 tsp Salt
1/8 tsp Cumin Seeds	
1/8 tsp Turmeric	

METHOD

1. Heat a pan over medium heat and drizzle the olive oil. Add the aromatics (ginger, garlic, mustard seeds, cumin seeds, turmeric) into the pan and sauté until fragrant, about 2 minutes.
2. Add vinegar and brown sugar and bring to a boil until sugar is melted. Remove from heat and add the drained, diced tomatoes and scallions. Season with salt and serve over the cooked chicken.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
240	10g	1.5g	10g	26g	2g	210mg

Whole Wheat Penne

WITH TOMATO HERB SAUCE



PORTION: 1 cup pasta,
1/2 cup sauce
SERVES: 6

INGREDIENTS

1 1/2 lb Whole Wheat Penne Pasta, Cooked	1/2 tsp Crushed Red Pepper Flakes
1/4 cup Fresh Italian Parsley, Chopped	3/4 tsp Ground Black Pepper
Tomato Herb Sauce:	1/4 tsp Salt
1/2 cup Fresh Basil, Chopped	1 ea Red Onions, Cubed
1/2 cup Fresh Italian Parsley, Chopped	1/2 cup Cold Water
6 ea Plum Tomatoes	2 Tbsp Canola Oil
1 ea Garlic Cloves, Peeled	

METHOD

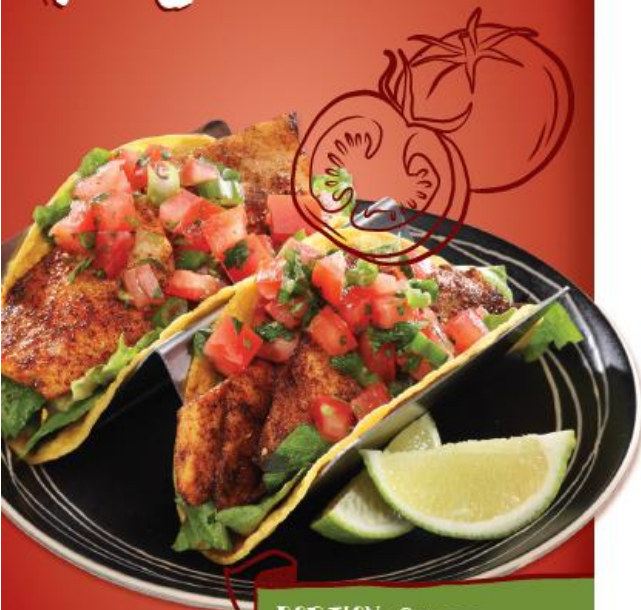
1. Prepare the pasta.
2. For the sauce, heat pan and add oil. Sauté the onion, tomato, garlic, basil, red pepper flakes and parsley. Simmer everything together for about 20 minutes. Add the salt and pepper. If the sauce is too thick, add a little water.
3. Combine thoroughly with the cooked pasta and serve sprinkled with fresh parsley.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
240	7g	0.5g	40g	8g	6g	290mg

TOMATO, LIME AND CILANTRO

Fish Tacos



PORTION: 2 tacos
SERVES: 4

INGREDIENTS

3 cups Medium Tomatoes, Seeded and Diced	1 1/2 tsp Ground Cumin
3/4 cup Green Onions, Sliced	4 ea Tilapia Fillet
1/4 cup, 1 Tbsp Lime Juice	1/8 tsp Salt
1 1/2 tsp Lime Zest	1/8 tsp Ground Black Pepper
1/4 cup Fresh Cilantro, Chopped	3 Tbsp Canola Oil
1/8 tsp Salt	12 ea Corn Tortilla, 6"
1/8 tsp Ground Black Pepper	1 1/2 cup Romaine Lettuce, Chopped
1 1/2 tsp Chili Powder	

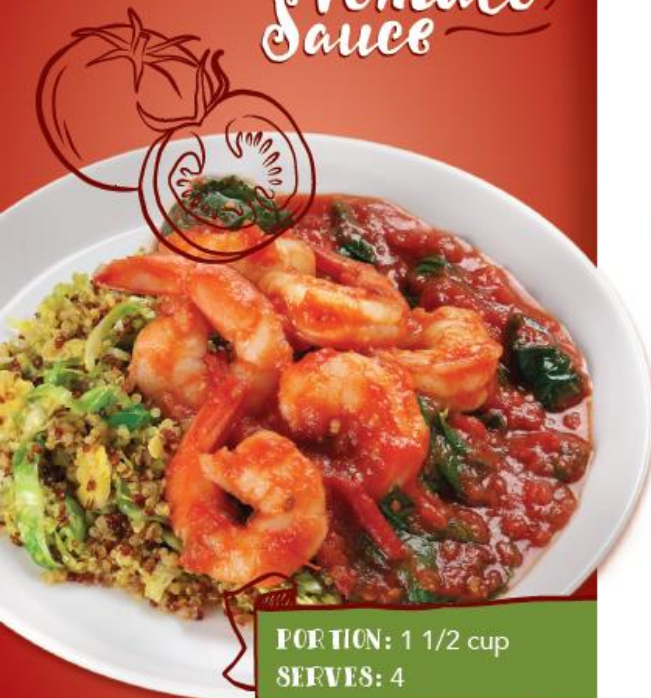
METHOD

- In a bowl combine the chopped tomatoes, cilantro, green onion, lime zest and lime juice. Season with salt and pepper.
- On a parchment lined baking tray, toss together the fish, chili powder, cumin, olive oil, salt and pepper. Place the fish in a single layer on the tray and bake for 5-8 minutes or until opaque and internal temperature reaches 165F.
- Wrap the tortillas in foil and warm for about 3 minutes in the oven. In each tortilla, add 3 Tablespoons of salsa, 2 oz. of fish and 1 Tablespoon of lettuce.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
330	11g	1.5g	32g	28g	6g	180mg

Shrimp in Tomato Sauce



PORTION: 1 1/2 cup
SERVES: 4

INGREDIENTS

1 Tbsp Minced Garlic Cloves, Fresh	1/8 tsp Ground Black Pepper
1 Tbsp Cumin Seed	2 Tbsp Canned Tomato Paste
1 Tbsp Ground Coriander	1 1/2 cup Crushed Tomatoes, No Salt Added
1 Tbsp Mustard Seeds	2 Tbsp Canola Oil
1 tsp Fennel Seeds	1/4 cup Low Sodium Vegetable Broth
1/4 tsp Ground Paprika	2 cups Baby Spinach
1/4 tsp Salt	1 lb Shrimp

METHOD

- Heat the oil in a skillet over medium high heat. When the oil is hot add the garlic, cumin seeds, coriander, mustard seeds, fennel seeds, paprika, salt and pepper and cook for 20 seconds. Stir in the tomato paste and cook for an additional 10 seconds. Stir the crushed tomatoes and vegetable broth into the skillet. Bring to a boil, then reduce heat to low and cook for 5 minutes. Turn off heat and set aside.
- Place peeled shrimp and spinach in the hot prepared tomato sauce and simmer until cooked through, about 2 minutes. Serve with rice or quinoa and vegetables such as Brussels sprouts.

Chef Tip: Homemade broth made from vegetable scraps works great in this recipe and helps reduce food waste.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
220	9.5g	1g	40g	29g	3g	295mg