# **HEALTHY EATING**

### **TASTY RECIPES**

### **PANTRY**

- □ Olive Oil
- Dijon Mustard
- Balsamic Vinegar
- □ Apple Cider Vinegar
- ☐ Salt & Pepper
- ☐ Minced Garlic
- Minced Ginger
- ☐ Soy Sauce
- ☐ Rice Vinegar
- Honey
- □ Sriracha Hot Sauce
- Lemon Juice
- ☐ Lime Juice
- Panko Breadcrumbs
- Dried Cranberries

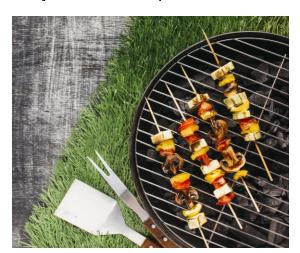
### FRESH PRODUCE

- Basil
- Parsley
- □ Cilantro
- □ Zucchini
- □ Carrot
- Red Cabbage
- □ Kale
- ☐ Green Onions
- □ Broccoli Stalks

### **MEAT**

- (1.5 lbs Lean Meat (1.5 lbs salmon, chicken breaset. per marinade)
- 1 Ib Ground Turkey

Grilling can be a great way to make clean, simple meals. It lends itself to minimal prep and very little clean-up.



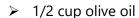
# Asian Ginger Grill Marinade

- ➤ 1/3 cup soy sauce
- > 1/4 cup rice vinegar
- 2 tbsp honey
- 2 tbsp sesame oil
- > 2 tsp minced garlic
- > 1 tbsp grated ginger
- 1/2 tsp ground pepper

Nutritional Information Per Serving: Cal. 80 | Fat: 5.3g | Carb. 7.9 g | Protein 1.3g Sodium 803mg

Source: https://www.allrecipes.com/recipe/136518/asian-ginger-grill-marinade/







- 2 tbsp balsamic vinegar
- 1 tbsp honey
- > 4 tsp minced garlic
- 2 tbsp fresh basil chopped
- > 1 tbsp fresh parsley chopped
- > 2 tsp salt
- > 1/2 teaspoon pepper

Nutritional Information Per Serving: Cal. 133 | Fat: 14g | Carb. 3.4g | Protein 0.2g Sodium 582 mg

Source: https://www.theseasonedmom.com/garlic-herb-salmon-marinade/

# Sriracha Lime Marinade



- > 1/2 cup sriracha hot sauce
- 2 tsp lime zest
- > 1/3 cup lime juice
- > 1/4 cup olive oil
- ➤ 1/4 cup honey
- 1 tsp ground black pepper
- 3 tbsp fresh cilantro chopped

Nutritional Information Per Serving: Cal.119 | Fat: 8.4g | Carb. 12.9 g | Protein 0.1 g Sodium 4 mg

Source: https://www.averiecooks.com/grilled-sriracha-lime-chicken/

### **Helpful Hints**

- ✓ Make multiple marinades while your ingredients are out and store them in mason jars.
- ✓ Freeze your protein in a marinade.
- ✓ Stock up on a few oils, juices and vinegars. The marinating possibilities are endless!





# **HEALTHY EATING**

## **TASTY RECIPES**

# **Crowd-Pleasing Turkey Burgers**

Makes 6 Burgers

### Ingredients

1lb ground turkey

½ cup grated carrot

½ cup grated zucchini

1 pkg low sodium onion soup mix

1 cup panko breadcrumbs

1 egg



- 1. Combine panko breadcrumbs and package of onion soup mix.
- 2. Add grated carrot, zucchini, ground turkey, and egg to the mixture.
- 3. Roll even parts of the mixture into balls, then flatten to form patties.
- 4. Grill until thoroughly cooked.

Nutritional Information Per Burger: Cal: 239 | Fat: 10g | Carb: 15.2g | Sodium: 249mg | Protein 24g



### Kale and Broccoli Slaw

Makes 8 Servings

### **Ingredients**

1 cup finely chopped kale, ribs removed

1 cup grated carrots

1 cup grated broccoli stalks

1 cup grated red cabbage

1/4 cup chopped parsley

1/2 cup chopped green onions

1/2 cup dried cranberries (optional)

### **Dressing**

1/2 cup extra virgin olive oil

1/3 cup apple cider vinegar

1/4 cup honey

2 tsp balsamic vinegar

1 tsp Dijon mustard

1 tbsp minced garlic



#### **Directions**

- 1. In a large bowl, combine all salad ingredients.
- 2. Whisk all dressing ingredients together in a measuring cup.
- 3. Combine salad and dressing and refrigerate for at least one hour.

Nutritional Information for Slaw: Cal: 26 | Fat: 0.1g | Carb: 5.4g | Sodium: 24mg | Protein 1.5 g Nutritional Information for Dressing (per 1 tbsp): Cal: 63 | Fat: 5.6g | Carb: 3.7g | Sodium: 14.8mg | Protein: 0g

Source for dressing: www.theendlessmeal.com/best-kale-salad-dressing/

Photos by Freepik



