

# 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

- 4.5 lbs Lean Meat  
(1.5 lbs salmon, chicken breast, etc. per marinade)
- 1 lb 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/>

### Garlic and Herb Marinade

- 1/2 cup olive oil
- 1/4 cup fresh lemon juice
- 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!

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### 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

#### Directions

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
- ¼ cup chopped parsley
- ½ cup chopped green onions
- ½ cup dried cranberries (optional)

#### Dressing

- ½ cup extra virgin olive oil
- ⅓ cup apple cider vinegar
- ¼ 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/](http://www.theendlessmeal.com/best-kale-salad-dressing/)



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