



**FIREHOUSE**

**FRESH**

**HEALTHIER RECIPES DESIGNED  
TO FUEL HUNGRY FIREFIGHTERS**

**MEGAN LAUTZ, MS, RDN, CPT  
& UNIVERSITY OF MARYLAND DIETETIC INTERNS**



## HEALTHY (ISH) FOR THE WHOLE SHIFT

Cooking for a shift of 6-14 people is no easy task. Firehouse chefs have to balance different food preferences and health goals, making it a challenge to find the perfect recipe that works for the whole shift. All factors considering, healthy may not be at the top of a chef's list for dinner.

The goal of this book is to meet firefighters in the middle – providing essential nutrients without sacrificing flavor. These recipes are designed with cost and time in mind, taking the work out of planning dinner.

From a health perspective, firefighters are at high risk for heart disease and cancer. Therefore, a firefighter diet should be nutrient dense, or high in nutrients relative to calorie content. Fiber is a key nutrient in preventing both heart disease and cancer. Vegetables provide fiber, vitamins, and minerals, which is why these recipes emphasize a minimum of ½ cup vegetables per serving.

If weight loss is your goal, you may need to reduce the portions. These portions are larger than a typical dietitian would recommend. This is to accommodate those who want to maintain or gain weight, active firefighters, and busy shifts with limited time to eat. Ideally, leftovers would be available for later in the evening or lunch the next day.

Feedback is strongly encouraged. Please email Megan Lautz with comments on portions, taste, cost etc. Personal recipe suggestions are welcomed for future editions.

### **Megan Lautz, MS, RD, CPT**

Megan is a Registered Dietitian and Personal Trainer employed by OMS/FROMS. If you are interested in a free personalized nutrition/fitness consult, please email [Megan.Lautz@montgomerycountymd.gov](mailto:Megan.Lautz@montgomerycountymd.gov).

## STOVETOP/OVEN

### Pg #

- 3 Cajun Chicken Pasta
- 5 Jerk Chicken Stuffed Poblanos
- 7 Mexican Chicken Casserole
- 9 Teriyaki Chicken & Veggie Bake
- 11 Fish Tacos with Black Bean Salsa
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**Thank you University of Maryland Dietetic Intern Class of 2018 and 2019**  
for your recipe submissions, this book would not exist without you!

# ONE POT CAJUN CHICKEN PASTA

Recipe developed by Megan Lautz, MS, RDN

This pasta is a flavorful, quick recipe to satisfy almost every diet on your shift. Serve the protein and pasta separately to accommodate vegetarians or those following a low carb/keto diet. Swap out the whole wheat pasta for gluten-free pasta for those with a gluten intolerance.

Pasta has a bad reputation in the health industry, but can fit into a healthy diet in the appropriate portions. If its been a slow day, have a smaller portion than normal. If it's been a busy day, have another ½ to 1 cup serving. Enjoy at least 1-2 cups of salad or other vegetable with this dish.

## GROCERY LIST

6 people	10 people	14 people
3 lb boneless, skinless chicken breast	5 lb boneless, skinless chicken breast	7 lb boneless, skinless chicken breast
1 yellow onion	2 yellow onion	3 yellow onion
2 bell peppers	4 bell peppers	6 bell peppers
2 bags salad mix	4 bags salad mix	6 bags salad mix
2, 14.5 oz cans fire roasted diced tomatoes	4, 14.5 oz cans fire roasted diced tomatoes	6, 14.5 oz cans fire roasted diced tomatoes
4oz Neufchatel cream cheese	8 oz Neufchatel cream cheese	12 oz Neufchatel cream cheese
1lb (16oz) whole wheat penne pasta	2lb (32oz) whole wheat penne pasta	3lb (48oz) whole wheat penne pasta
1 box (32 oz), chicken broth	2 boxes (32 oz), chicken broth	3 boxes (32 oz), chicken broth
Cajun seasoning (see next page)	Cajun seasoning (see next page)	Cajun seasoning (see next page)
Optional: 1 link turkey kielbasa (+\$4 total)	Optional: 2 links turkey kielbasa (+\$8 total)	Optional: 4 links turkey kielbasa (+\$16 total)
<b>\$32 total (\$5.30 per person)</b>	<b>\$53 total (\$5.30 per person)</b>	<b>\$75 total (\$5.30 per person)</b>

Staple Items: Olive Oil



MINUTES



COST PER PERSON

# INGREDIENTS LIST

6 people	10 people	14 people
2 tbsp olive oil	4 tbsp olive oil	6 tbsp olive oil
3lb chicken breast, cubed	5lb chicken breast, cubed	7lb chicken breast, cubed
1 yellow onion diced	2 yellow onion diced	3 yellow onion diced
2 bell peppers sliced	3 bell peppers sliced	6 bell peppers sliced
1 box whole wheat/whole grain penne pasta	2 boxes whole wheat/whole grain penne pasta	3 boxes whole wheat/whole grain penne pasta
2 cans of 14.5 oz fire roasted diced tomatoes	4 cans of 14.5 oz fire roasted diced tomatoes	6 cans of 14.5 oz fire roasted diced tomatoes
1 box chicken broth	2 boxes chicken broth	3 boxes chicken broth
4 oz. Neufchatel cream cheese	8 oz. Neufchatel cream cheese	12 oz. Neufchatel cream cheese
2 Tbsp of Cajun seasoning	3 Tbsp of Cajun seasoning	4 Tbsp of Cajun seasoning

**Nutrition:** 1.5 cup (1/6<sup>th</sup> serving), 600 calories, 63g carbohydrates, 11g fat, 55g protein, 9g fiber

## DIRECTIONS

- 1) Add oil to large deep skillet or stock pot. Once heated add cubed chicken to pan and add Cajun seasoning.
- 2) Cook until the chicken gets some color (does not need to be cooked through). Add diced onions and sliced peppers. Cook until softened.
- 3) Add pasta, fire roasted tomatoes (with juices), and chicken broth to pan. Stir until combined and top with a lid until broth comes to a boil. Next, turn heat to medium and allow to simmer for 10 minutes (with lid on), stirring every few minutes.
- 4) Cook until pasta becomes tender and broth thickens. Add cream cheese in small chunks and stir until melted into pasta.
- 5) Serve with prepared salad.

**VEGETARIAN OPTION FOR PART OF THE SHIFT:** to make this dish a vegetarian option, cook all chicken and turkey kielbasa in separate pans (or eliminate entirely). Serve the pasta and chicken/kielbasa separately.

## NOTES

- It may be easier to bake or grill the chicken, then add at the end of cooking.
- Larger recipe yields require larger pans – a large stock pot will usually do the trick.
- Add turkey kielbasa for extra protein and smoky flavor (if budget allows).
- For extra spice top with hot sauce.

## CAJUN SEASONING

This recipe tastes best with the Cajun seasoning recipe below – but if you have a premade mix that will work! Double the recipe for 10 people and triple for 14 people.

2 tbsp smoked paprika	2 tsp oregano
2 tsp thyme	2 tsp garlic powder
2 tsp onion powder	½ tsp cayenne pepper
1 tsp black pepper	½ tsp salt

## WHY WHOLE WHEAT PASTA?

Whole-wheat pasta has more fiber than white pasta; this means it will keep you fuller longer than regular white pasta. Look for labels that specifically say “whole wheat” “whole grain.” Labels that simply say “wheat” may be a combination of flours. This is true for breads and other items as well. If you are unsure about making the switch, start with half wheat and half white pasta until the texture grows on you.

# JERK CHICKEN STUFFED POBLANOS

Recipe developed by Dietetic Intern Amy Sun

Stuffed peppers are a versatile way to get a serving of vegetables alongside your protein. Some people think of stuffed peppers as loaded with fatty, high-sodium ingredients like cheese and ground beef. When filled with lean protein and fresh ingredients, stuffed peppers are hearty yet heart healthy, low carb meal option. Best of all, stuffed peppers can be topped with anything you want, from a low-fat cheeses to a flavorful salsa.

With a Caribbean influenced jerk chicken and poblano peppers, this recipe adds a twist to the traditional stuffed bell peppers. Poblano peppers add a mild kick of spice. Picked onions and fruits add a burst of fresh flavor. These peppers are great served on their own, with rice and beans, or with a salad on the side.

## GROCERY LIST

6 people	10 people	14 people
4lb boneless, skinless chicken breast	7lb boneless, skinless chicken breast	10lb boneless, skinless chicken breast
1, 17 fl oz bottle jerk sauce	2, 17 fl oz bottle jerk sauce	2, 17 fl oz bottle jerk sauce
1, 20 oz can pineapple chunks	2, 20 oz can pineapple chunks	2, 20 oz can pineapple chunks
5 red onions	9 red onions	12 red onions
14 poblano peppers	24 poblano peppers	33 poblano peppers
3 limes	5 limes	7 limes
3 tomatoes	5 tomatoes	7 tomatoes
<i>Optional: mozzarella cheese, salsa</i>	<i>Optional: mozzarella cheese, salsa</i>	<i>Optional: mozzarella cheese, salsa</i>
<b>\$33 total (\$5.52 per person)</b>	<b>\$65 total (\$6.49 per person)</b>	<b>\$78 total (\$5.51 per person)</b>



PREP MINUTES



COST PER PERSON

# INGREDIENTS LIST

6 people	10 people	14 people
<b>Stuffed Pepper</b> 1 Tbsp olive oil 4lb chicken breasts, diced 1, 17 fl oz bottle low-sodium jerk sauce 1, 20 oz can pineapple chunks, chopped 5 red onions (1/4 sliced – save rest) 14 poblano peppers 3 tomatoes	<b>Stuffed Pepper</b> 2 Tbsp olive oil 7lb chicken breasts, diced 2, 17 fl oz bottle low-sodium jerk sauce 2, 20 oz can pineapple chunks, chopped 9 red onions (1/4 sliced – save rest) 24 poblano peppers 5 tomatoes	<b>Stuffed Pepper</b> 3 Tbsp olive oil 10lb chicken breasts, diced 2, 17 fl oz bottle low-sodium jerk sauce 2, 20 oz can pineapple chunks, chopped 12 red onions(1/4 sliced – save rest) 33 poblano peppers 7 tomatoes
<b>Pickled Onions</b> 5 red onions (rest 3/4: diced) 3 limes, juiced	<b>Pickled Onions</b> 9 red onions (rest 3/4: diced) 5 limes, juiced	<b>Pickled Onions</b> 12 red onions (rest 3/4: diced) 7 limes, juiced

**Nutrition:** 2 stuffed poblano halves (1/6<sup>th</sup> recipe) 570 calories, 52g carbohydrate, 11g fat , 62g protein, 10g fiber

## DIRECTIONS

- 1) Preheat oven to 400 degrees.
- 2) Halve and peel onion. Thinly slice 1/4 the onion. Cut remaining onion into 1/4" dice. Halve and juice lime. Stem poblano peppers, halve lengthwise, seed, and remove ribs. Coarsely chop pineapple. Core tomato and cut into 1/4" dice. Pat chicken breasts dry, dice and season all over with salt and pepper.
- 3) Combine sliced onion, lime juice, and a pinch of salt in a mixing bowl. Stir, then marinate at least 10 minutes. Stir every couple of minutes to marinate evenly. While onion pickles, roast poblanos.
- 4) Place poblanos on prepared baking sheet and toss with olive oil and a pinch of salt and pepper. Massage oil into poblanos, then place cut side down. Roast in hot oven until tender, but still a bit crisp, 10-12 minutes. Remove from oven. While poblanos roast, cook filling.
- 5) Place a medium pan over medium-high heat and add olive oil. Add chicken breasts to hot pan and stir occasionally until deep brown and chicken reaches a minimum internal temperature of 165 degrees, 3-4 minutes per side.
- 6) Transfer to a plate. Keep pan over medium-high heat. Add diced onion to hot pan and stir occasionally until tender, 3-5 minutes. Add chicken, pineapple, and jerk sauce and combine thoroughly. Remove from burner.
- 7) Flip poblanos to cut side up and distribute filling evenly. Roast in hot oven until poblanos are fully tender, 8-10 minutes. Top with diced tomato and pickled onion.

**MEATLESS OPTION:** consider brown rice and black beans as a vegan replacement for chicken thighs. (For 6 person recipe) Use cook 2 cups of brown rice in 4 cups of boiling or broth. Soak 1 cup of black beans the night before. Then cook about 2-3" of water above the beans. Boil for 45 minutes.

## NOTES

- Bell peppers can be a substitute for poblano peppers.

## WHAT IS JERK SAUCE?

Jerk sauce is a versatile Jamaican spice blend commonly associated with grilled or barbecued meats. There are many variations of this blend which may include ginger, garlic, allspice, pepper, thyme, nutmeg, cinnamon, paprika, and cayenne. This blend of spices adds an spicy, sweet, tangy flavor to a dish. Spices are often a good substitute for salt. USDA MyPlate recommends using different spices and seasonings in the place of salt to season dishes. Some jerk sauces may be high in sodium. Consider purchasing a low-sodium version or making your own to this spice blend is a great alternative seasoning.

# MEXICAN CHICKEN CASSAROLE

Recipe developed by Dietetic Intern Caty Saffarinia, MS

## GROCERY LIST

6 people	10 people	14 people
1, (14.5 oz) fat-free, less-sodium chicken broth	3, (14.5 oz) fat-free, less-sodium chicken broth	4, (14.5 oz) fat-free, less-sodium chicken broth
4, (4.5 oz cans) chopped green chilies	8, (4.5 oz cans) chopped green chilies	10, (4.5 oz cans) chopped green chilies
3lb skinless, boneless chicken breast	5lb skinless, boneless chicken breast	7lb skinless, boneless chicken breast
2 yellow onions	4 yellow onions	6 yellow onions
1 bunch fresh cilantro	1 bunch fresh cilantro	1 bunch fresh cilantro
1 clove garlic	2 cloves garlic	3 cloves garlic
2, (12 oz) evaporated skim milk	3, (12 oz) evaporated skim milk	4, (12 oz) evaporated skim milk
1, (8 oz) package shredded Monterey Jack cheese	2, (8 oz) package shredded Monterey Jack cheese	3, (8 oz) package shredded Monterey Jack cheese
1 block light cream cheese	1 block light cream cheese	1 block light cream cheese
2 (10 oz) cans enchilada sauce	4 (10 oz) cans enchilada sauce	6 (10 oz) cans enchilada sauce
24 (6-inch) corn tortillas	48 (6-inch) corn tortillas	60 (6-inch) corn tortillas
1 cup (4 ounces) shredded reduced-fat extra-sharp cheddar cheese	2 cup (4 oz) shredded reduced-fat extra-sharp cheddar cheese	4 cup (4 oz) shredded reduced-fat extra-sharp cheddar cheese
2 oz tortilla chips, crushed (about 12 chips)	4 oz tortilla chips, crushed (about 12 chips)	6 oz tortilla chips, crushed (about 12 chips)
Salt, pepper, cumin, chili powder, olive oil	Salt, pepper, cumin, chili powder, olive oil	Salt, pepper, cumin, chili powder, olive oil
<b>\$30 total (\$5.02 per person)</b>	<b>\$46 total (\$4.58 per person)</b>	<b>\$63 total (\$4.50 per person)</b>



**PREP MINUTES**



**COST PER PERSON**

# INGREDIENTS LIST

6 people	10 people	14 people
2 cups chicken broth	4 cups chicken broth	6 cups chicken broth
4 (4.5-ounce cans) chopped green chilies, divided	8 (4.5-ounce cans) chopped green chilies, divided	10 (4.5-ounce cans) chopped green chilies, divided
3 pounds chicken breast	5 pounds chicken breast	7 pounds chicken breast
4 tsp olive oil	8 tsp olive oil	10 tsp olive oil
2 cups chopped onion	4 cups chopped onion	6 cups chopped onion
2 Tbsp cilantro, chopped (optional)	4 Tbsp cilantro, chopped (optional)	6 Tbsp cilantro, chopped (optional)
1 clove garlic, chopped	2 cloves garlic, chopped	3 cloves garlic, chopped
2 cups evaporated skim milk	4 cups evaporated skim milk	6 cups evaporated skim milk
2 cups (8 ounces) shredded Monterey Jack cheese	4 cups (8 ounces) shredded Monterey Jack cheese	6 cups (8 ounces) shredded Monterey Jack cheese
½ cup (2 ounces) cream cheese	1 cup (4 ounces) cream cheese	1½ cup (6 ounces) cream cheese
2 (10-ounce) cans enchilada sauce	4 (10-ounce) cans enchilada sauce	6 (10-ounce) cans enchilada sauce
24 (6-inch) corn tortillas	48 (6-inch) corn tortillas	60 (6-inch) corn tortillas
1 cup (4 ounces) shredded reduced-fat extra-sharp cheddar cheese	2 cup (4 ounces) shredded reduced-fat extra-sharp cheddar cheese	4 cup (4 ounces) shredded reduced-fat extra-sharp cheddar cheese
2 ounces tortilla chips, crushed (about 12 chips)	4 ounces tortilla chips, crushed (about 12 chips)	6 ounces tortilla chips, crushed (about 12 chips)
2 tsp cumin	2 tsp cumin	2 tsp cumin
2 tsp chili powder	2 tsp chili powder	2 tsp chili powder

**Nutrition:** 1.5 cup, 554 calories, 47g carbohydrate, 17g fat (7g saturated fat), 54g protein, 5g fiber

## DIRECTIONS

- 1) Combine broth and cans 2 cans of chilies in a large skillet; bring to a boil. Add chicken; reduce heat, and simmer 15 minutes or until chicken is done, turning chicken once. Remove chicken from cooking liquid, reserving cooking liquid; cool chicken. Shred meat with two forks, and set aside.
- 2) Preheat oven to 350°F.
- 3) Heat oil in a large nonstick skillet over medium-high heat. Add 2 cans of chilies and onions; sauté 3 minutes or until soft. Add reserved cooking liquid, milk, Monterey Jack, cream cheese, enchilada sauce, salt, pepper, cumin, and chili powder; stir well. Stir in shredded chicken; cook 2 minutes. Remove from heat.
- 4) Place 8 tortillas in the bottom of a 2-quart casserole dish coated with cooking spray. Spoon 2 cups chicken mixture over tortillas. Repeat layers twice, ending with chicken mixture. Sprinkle with cheddar cheese and chips. Bake at 350°F for 30 minutes or until thoroughly heated. Let stand for 10 minutes before serving.

**MEATLESS OPTION:** To make this dish a vegetarian option, cook all chicken in separate pans (or eliminate entirely and replace with black beans for protein).

## NOTES

- It may be easier to bake or grill the chicken, then add at the end of cooking.
- Add black beans for extra protein (if budget allows).

## WHY CORN TORTILLAS?

Corn tortillas are a good source of dietary fiber. Fiber is crucial for digestive and heart health. Corn tortillas also contain magnesium, which is good for your brain, heart, and muscles. Corn tortillas are considered a whole grain, are lower in carbohydrates and have fewer calories relative to flour tortillas.



# TERYAKI CHICKEN & VEGGIE BAKE

Recipe developed by Dietetic Intern Claire Pomorski

This dish is an easy, flavorful crowd pleaser. It's loaded with nutrient dense foods like brown rice, mixed vegetables and chicken and can easily be spiced up by using Sriracha sauce or a dash of cayenne pepper. You can also add more protein to this dish by using quinoa in addition to the brown rice.

If brown rice is a no-go for your shift, white rice okay. You will lose a few grams of fiber. Consider adding an extra bag of stir fry vegetables to the mix to boost the fiber back up.

## GROCERY LIST

6 people	10 people	14 people
3lb boneless, skinless chicken breasts	5lb boneless, skinless chicken breasts	7lb boneless, skinless chicken breasts
1, (10 oz) bottle reduced sodium soy sauce	3, (10 oz) bottle reduced sodium soy sauce	4, (10 oz) bottle reduced sodium soy sauce
1, (1lb) bag brown sugar	1, (1lb) bag brown sugar	1, (1lb) bag brown sugar
1 bulb garlic	1 bulb garlic	1 bulb garlic
4 Tbsp cornstarch	½ cup cornstarch	¾ cup cornstarch
2, (12oz) bags frozen stir fry vegetables	4, (12oz) bags frozen stir fry vegetables	6, (12oz) bags frozen stir fry vegetables
1, (28 oz) box minute brown rice	1, (28 oz) box minute brown rice	2, (28 oz) boxes minute brown rice
Ground ginger	Ground ginger	Ground ginger
<i>Optional: Sriracha</i>	<i>Optional: Sriracha</i>	<i>Optional: Sriracha</i>
<b>\$23 total (\$3.89 per person)</b>	<b>\$36 total (\$3.62 per person)</b>	<b>\$49 total (\$3.50 per person)</b>



PREP MINUTES



COST PER PERSON

# INGREDIENTS LIST

6 people	10 people	14 people
3lb chicken breasts	5lb chicken breasts	7lb chicken breasts
1 cup water	2 cups water	3 cups water
1 ½ cups reduced sodium soy sauce	3 cups reduced sodium soy sauce	4 ½ cups reduced sodium soy sauce
½ cup brown sugar	1 cup brown sugar	1½ cup brown sugar
1 tsp ground ginger	2 tsp ground ginger	3 tsp ground ginger
1 tsp minced garlic	2 tsp minced garlic	3 tsp minced garlic
4 Tbsp cornstarch + 4 Tbsp water	½ cup cornstarch + ½ cup water	¾ cup cornstarch + ½ cup water
2 bags frozen stir fry vegetables	4 bags frozen stir fry vegetables	6 bags frozen stir fry vegetables
4 cups cooked brown rice	8 cups cooked brown rice	12 cup cooked brown rice

**Nutrition:** 1/6<sup>th</sup> serving, 546 calories, 65g carbohydrate, 12g fat, 45g protein, 2g fiber

## DIRECTIONS

- 1) Preheat oven to 350 and spray a non stick 9x13" pan with cooking spray.
- 2) Combine the water, soy sauce, ginger, garlic, and brown sugar in a medium sauce pan. Bring to a boil over medium heat and cook for an additional minute while boiling.
- 3) Combine cornstarch and water in a separate container to make a slurry, then add it to the boiling mixture and cook until it becomes thickened like a sauce and remove from heat.
- 4) Place chicken breasts in the pan and cover with about 1 cup of the prepared sauce. Bake for 35 minutes or until internal temperature is 165.
- 5) While chicken cooks, steam or boil the brown rice and make vegetables according to package directions.
- 6) Remove chicken from the oven, shred it using two forks and combine brown rice, vegetables, chicken and remaining sauce in the pan. Return it to the oven for 15 minutes and serve.

**MEATLESS OPTION:** To make this dish a vegetarian option, cook all chicken in separate pans. Or, purchase a pack of quick cooking quinoa to replace the rice



## WHY REDUCED SODIUM SOY SAUCE?

As you may know, the sodium in salt plays a major role in high blood pressure, also known as hypertension. The recommendation for sodium in the diet for adults and children 14 years and older is 2,300mg each day. That's a mere 1 teaspoon of table salt! Even without adding salt at the table, sodium is hiding in foods we may not even be aware of because its an inexpensive way to add flavor to packaged and restaurant food.

This recipe calls for low-sodium or reduced sodium soy sauce which typically contains on average 37% less sodium than regular soy sauce. But, fear not, the taste is barely noticeable. Reduced sodium soy sauce is brewed the same as regular soy sauce and sodium is removed after the fermentation process leaving the great and familiar soy sauce taste.

# FISH TACOS WITH BLACK BEAN SALSA

Recipe developed by Megan Lautz, MS, RDN

Fish tacos are the perfect summer dish. Tilapia cooks up in a few minutes and is a low calorie source of protein. The Citrus Black Bean Salsa is a rich, creamy side that can also be used as a vegetarian alternative. Spoon the salsa into tortillas for a filling, plant-based dinner or as lunch leftovers.

## GROCERY LIST

6 people	10 people	14 people
4lb frozen tilapia filets	8lb frozen tilapia filets	12lb frozen tilapia filets
2 bunches fresh cilantro	4 bunches fresh cilantro	6 bunches fresh cilantro
1 orange	2 oranges	3 oranges
4 limes	8 limes	12 limes
1 medium red onion	2 medium red onions	3 medium red onions
2 bell peppers (red/orange)	4 bell peppers (red/orange)	6 bell peppers (red/orange)
1 avocado	2 avocados	3 avocados
1 bag coleslaw mix	2 bags coleslaw mix	3 bags coleslaw mix
3, (15 oz) cans black beans	6, (15 oz) cans black beans	9, (15 oz) cans black beans
1, (24 oz) jar salsa	2, (24 oz) jar salsa	3, (24 oz) jar salsa
1, (16 oz) container light sour cream	2, (16 oz) containers light sour cream	3, (16 oz) containers light sour cream
Paprika, oregano, cumin, chili powder, cayenne pepper	Paprika, oregano, cumin, chili powder, cayenne pepper	Paprika, oregano, cumin, chili powder, cayenne pepper
<i>Optional: Fresh salsa (next page)</i>	<i>Optional: Fresh salsa (next page)</i>	<i>Optional: Fresh salsa (next page)</i>
<b>\$26 total (\$4.40 per person)</b>	<b>\$53 total (\$5.30 per person)</b>	<b>\$79 total (\$5.70 per person)</b>

Staple Items: Paprika, oregano, cumin, chili powder, cayenne pepper



MINUTES



COST PER PERSON

# INGREDIENTS LIST

## 6 people

### Citrus Black Bean Salsa

1 bunch cilantro  
1 orange, juiced  
1 lime, juiced  
1/3 c light sour cream  
1/2 tsp salt  
1 medium onion, diced  
2 bell peppers, diced  
1 avocado, diced  
3 cans black beans, rinsed

### Cilantro Lime Slaw

1 bunch cilantro  
1/2 c sour cream  
3 limes, juiced  
1/4 tsp cayenne powder  
1/2 tsp salt  
1 bag coleslaw mix

### Spice Rubbed Tilapia

4 lb tilapia filets  
2 Tbsp chili powder  
1 Tbsp cumin  
1/2 tsp cayenne powder  
1 tsp paprika  
1 tsp oregano

## 10 people

### Citrus Black Bean Salsa

2 bunches cilantro  
2 oranges, juiced  
2 limes, juiced  
2/3 c light sour cream  
1 tsp salt  
2 medium onions, diced  
4 bell peppers, diced  
2 avocados, diced  
6 cans black beans, rinsed

### Cilantro Lime Slaw

2 bunches cilantro  
1 c sour cream  
6 limes, juiced  
1/2 tsp cayenne powder  
1 tsp salt  
2 bag coleslaw mix

### Spice Rubbed Tilapia

8 lb tilapia filets  
4 Tbsp chili powder  
2 Tbsp cumin  
1 tsp cayenne powder  
2 tsp paprika  
2 tsp oregano

## 14 people

### Citrus Black Bean Salsa

3 bunches cilantro  
3 oranges, juiced  
3 limes, juiced  
1 c light sour cream  
1 1/2 tsp salt  
3 medium onions, diced  
6 bell peppers, diced  
3 avocados, diced  
9 cans black beans, rinsed

### Cilantro Lime Slaw

3 bunches cilantro  
1 1/2 c sour cream  
9 limes, juiced  
3/4 tsp cayenne powder  
1 1/2 tsp salt  
3 bags coleslaw mix

### Spice Rubbed Tilapia

12 lb tilapia filets  
6 Tbsp chili powder  
3 Tbsp cumin  
1 1/2 tsp cayenne powder  
3 tsp paprika  
3 tsp oregano

**Nutrition:** Tilapia, 10oz (1/6<sup>th</sup> serving), 250 calories, 0g carbohydrate, 6g fat, 50g protein, 0g fiber  
Black Bean Salad, 1 cup, 280 calories, 46g carbohydrate, 5g fat, 15g protein, 14g fiber  
Cilantro Lime Slaw, 0.25 cup, 55 calories, 9 carbohydrate, 2g fat, 2g protein, 2g fiber

## DIRECTIONS

### Citrus Black Bean Salsa

- 1) Blend cilantro, orange/lime juice, sour cream, and salt in a blender or food processor. Dice the onion, peppers and avocado. Combine diced veggies, blender mix, and beans in a bowl.

### Cilantro Lime Slaw

- 1) Blend cilantro, sour cream, lime juice, cayenne, and salt. Pour over coleslaw mix and combine.

### Spice Rubbed Tilapia

- 1) Combine spices in small bowl. Sprinkle over tilapia. Bake or pan sear until white all the way through or the fish flakes easily with a fork.

**Bake** (best for 10+): set oven to 425. Bake for 10-15 minutes.

**Pan Sear:** sear fish at medium high heat for 2-3 minutes on each side.

## FRESH SALSA

Anticipate 30 minutes of additional chopping time, small to medium dice. Makes 6-8 cups.

15 roma tomatoes  
1 mango  
1 large red onion  
1 bunch cilantro  
1/2 -1 tsp salt  
Juice of 1 lime

## IS TILAPIA HEALTHY?

Tilapia is a staple of bodybuilders during contest preparation, but is often brought up in the news due to poor farming practices. Wild caught tilapia is preferred over farmed fish, but can be hard to find. Farmed tilapia from the USA, Canada, the Netherlands, Ecuador, or Peru is next best. Avoid tilapia from China, as farming practices are most concerning in this country.

Tilapia can be a great component of a healthy diet. Tilapia is inexpensive and a great source of protein, Vitamin B12, potassium, and selenium. If you are still concerned, consider mahi mahi, flounder, halibut, or cod as an alternative when making fish tacos.

# TILAPIA & BLACK BEAN ENCHILADAS

Recipe developed by Dietetic Intern Abby Stultz

Fish is a great low-calorie source of protein, meaning you can have a large serving guilt-free! The protein from the fish and the fiber from the beans will help keep you full during your shift. Fish is loaded with omega-3 fatty acids, which are crucial for heart and brain health.

If your shift is not open to fish, shredded chicken or ground turkey is a good lean alternative. For a vegetarian option, just ditch the animal protein. Black beans provide a great source of plant-based protein. Simply add an extra can or two of beans to your grocery list.

For a low carb alternative, switch to low carb tortillas or zucchini. Use a vegetable peeler to make thin, long ribbons of zucchini to use as the enchilada “tortillas.”

## GROCERY LIST

6 people	10 people	14 people
2, (4 oz) bag Tilapia filets	3, (4 oz) bag Tilapia filets	4, (4 oz) bag Tilapia filets
3 boxes Spanish rice	4 boxes Spanish rice	5 boxes Spanish rice
3, (15 oz) cans black beans	4, (15 oz) cans black beans	5, (15 oz) cans black beans
2, (8 oz) bags shredded Monterey Jack cheese	4, (8 oz) bags shredded Monterey Jack cheese	6, (8 oz) bags shredded Monterey Jack cheese
3, (28 oz) cans red enchilada sauce	4, (28 oz) cans red enchilada sauce	6, (28 oz) cans red enchilada sauce
1 bag 10inch tortillas	2 bags 10inch tortillas	4 bags 10inch tortillas
Salt, pepper, olive oil	Salt, pepper, olive oil	Salt, pepper, olive oil
<b>\$39 total (\$6.50 per person)</b>	<b>\$61 total (\$6.10 per person)</b>	<b>\$66 total (\$4.70 per person)</b>



PREP MINUTES



COST PER PERSON

# INGREDIENTS LIST

6 people	10 people	14 people
2, (4 oz) bag Tilapia filets	3, (4 oz) bag Tilapia filets	4, (4 oz) bag Tilapia filets
5 Tbsp olive oil	7 Tbsp olive oil	10 Tbsp olive oil
7 ½ cups cooked Spanish rice	11 ¾ cups cooked Spanish rice	15 cups cooked Spanish rice
4 ½ cups black beans, drained and rinsed	6 ½ cups black beans, drained and rinsed	9 cups black beans, drained and rinsed
5 cups shredded Monterey Jack cheese	7 ½ cups shredded Monterey Jack cheese	10 ½ cups shredded Monterey Jack cheese
8 ¾ cups red enchilada sauce	13 cups red enchilada sauce	18 cups red enchilada sauce
10 flour tortillas	15 flour tortillas	21 flour tortillas

**Nutrition:** 1.5 Enchilada; 1000 calories (750 cal for one), 96g carbohydrate, 47g fat, 67g protein. \*\*to reduce calories, cut cheese in half\*\*

## DIRECTIONS

- 1) Preheat oven to 375 degrees.
- 2) Cook rice using instructions on packaging.
- 3) While rice is cooking, heat olive oil in a small pan, season tilapia filets with salt and pepper, fry in pan until completely cooked & remove from heat.
- 4) Use a fork and break tilapia into small, flakey pieces.
- 5) In the center of each tortilla, distribute fish, black beans, rice and a little bit of cheese.
- 6) Roll tortillas and place side by side in a baking pan or over-safe dish.
- 7) Pour enchilada sauce over top of tortillas and sprinkle remaining cheese on top.
- 8) Bake for 25 minutes and serve.
- 9) \*Optional\* Garnish with cilantro

**VEGETARIAN OPTION FOR PART OF THE SHIFT:** to make this dish a vegetarian option, replace chicken with black beans and pinto beans. Roll 1-2 enchiladas separately and mark tortilla.

## WHY FISH INSTEAD OF CHICKEN?

Fish is a great substitute for fatty meats because it contains heart healthy unsaturated fats, like omega-3s. Other meat products like beef, pork, lamb, whole fat dairy are typically high in saturated fats, which is thought to raise cholesterol. The American Heart Association recommends eating 2 servings of fish per week to maintain healthy cholesterol levels and ultimately lower your risk for developing heart disease or stroke.



# TURKEY & BLACK BEAN TACOS

Recipe developed by Dietetic Intern Kira Bursaw

Many health conscious individuals swap lean ground turkey for ground beef and tacos, but have you tried adding some beans into the mix? Adding black beans to your taco mix provides additional plant-based protein and an additional 3-5 grams of fiber per serving. Pinto beans are another good option to add to the mix. If your shift is new to adding beans to their tacos, start off with ½ can per pound of turkey. Work up to 1 can of beans per pound of turkey.

## GROCERY LIST

6 people	10 people	14 people
3lb ground turkey (<85% lean) 3, (15 oz) cans black beans 1, (15 oz) can tomato sauce 1, (6 oz) can tomato paste 2 packets low sodium taco seasoning 2, 10 count packages of whole wheat tortillas 1, 3-pack romaine hearts 2 large tomatoes 2 bags salad mix <i>Optional: avocado, light sour cream, red onion, shredded cheese</i>	5lb ground turkey (<85% lean) 5, (15 oz) cans black beans 1, (15 oz) can tomato sauce 1, (6 oz) can tomato paste 2 packets low sodium taco seasoning 2, 10 count packages of whole wheat tortillas 1, 3-pack romaine hearts 3 large tomatoes 4 bags salad mix <i>Optional: avocado, light sour cream, red onion, shredded cheese</i>	7lb ground turkey (<85% lean) 7, (15 oz) cans black beans 2, (15 oz) cans tomato sauce 2, (6 oz) can tomato paste 3 packets low sodium taco seasoning 3, 10 count packages of whole wheat tortillas 1, 3-pack romaine hearts 7 large tomatoes 5 bags salad mix <i>Optional: avocado, light sour cream, red onion, shredded cheese</i>
<b>\$31 total (\$5.22 per person)</b>	<b>\$49 total (\$4.90 per person)</b>	<b>\$66 total (\$4.70 per person)</b>



PREP MINUTES



COST PER PERSON

# INGREDIENTS LIST

6 people	10 people	14 people
3lb ground turkey	5lb ground turkey	7lb ground turkey
3 cans black beans	5 cans black beans	7 cans black beans
1 cup tomato sauce	2 cups tomato sauce	2.5 cups tomato sauce
3 Tbsp tomato paste	5 Tbsp tomato paste	7 Tbsp tomato paste
3 Tbsp taco seasoning	5 Tbsp taco seasoning	7 Tbsp taco seasoning
12 whole wheat tortillas	20 whole wheat tortillas	28 whole wheat tortillas
1 romaine heart, chopped	2 romaine hearts, chopped	2 romaine hearts, chopped
2 large tomatoes, diced	4 large tomatoes, diced	7 large tomatoes, diced

**Nutrition:** 2 tacos, 775 calories, 78g carbohydrate, 25g fat, 63g protein, 13g fiber

## DIRECTIONS

- 1) Sauté the meat in a large skillet over medium high heat, breaking up the meat and stirring until no longer pink. Drain any excess liquid and return to the burner.
- 2) Add beans, tomato sauce, tomato paste and seasoning and continue to cook stirring regularly until the liquid has mostly evaporated and the meat is coated in the tomato and seasoning. Remove from heat.
- 3) Chop lettuce and dice tomatoes, placing in individual serving dishes.
- 4) Lay out any additional toppings and serve with a chipotle based side salad or as a taco salad. Enjoy!

**MEATLESS OPTION:** consider Textured Vegetable Protein (TVP) as a vegan replacement for ground meat. Use 1/3 lb of TVP and 1 1/3 cups of boiling water or broth. Place dry TVP in a bowl and pour boiling water or broth over the granules. Stir and let sit for 5 to 10 minutes. Use as directed in the recipe.

## NOTES

- Consider Fresh Express's Chipotle Cheddar chopped salad kit, which is a good tex mex salad option
- Buy extra romaine lettuce for a taco salad option.



## HOW DO BEANS LOWER CHOLESTEROL?

High cholesterol is a common concern for firefighters. A daily serving of beans can help! Just  $\frac{3}{4}$  cup of beans per day can help lower LDL (“bad”) cholesterol by 5% in 6 weeks. Beans are high in soluble fiber. Soluble fiber can reduce the absorption of cholesterol into your bloodstream. Oatmeal, apples, pears, and Brussels sprouts are other good sources of soluble fiber. The fiber and protein in beans also helps keep you full, which is important after a busy day of running calls.

If gas or stomach discomfort occurs after eating beans, consider taking Beano before eating. Beano contains an enzyme that helps with the digestion of beans, and must be taken before eating to work effectively.



# TURKEY & VEGETABLE BOLOGNESE

Recipe developed by Dietetic Intern Michelle Guarnieri

This is a great recipe for hiding vegetables in the sauce. Carrots are a naturally sweeter vegetable that can help cut the acidity in a tomato based sauce. Use a food processor or box grater to shred into small, inconspicuous pieces.

It can be easy to over do pasta based dinners. If you are trying to lose weight, the primary concern is overdoing the calories and not the carbohydrates alone. Use a measuring cup to prevent overserving. The more active you are, the more carbohydrates you can get away with. A dinner sized serving of pasta can be between ½ to 2 cups pasta. Consider eating the salad first to help fill you up (ideally 1-2 cups salad).

## GROCERY LIST

6 people	10 people	14 people
1 lb bag carrots	1 lb bag carrots	1 lb bag carrots
1 medium onion	2 medium onions	3 medium onions
1 garlic bulb	1 garlic bulb	1 garlic bulb
2 bags frozen bell peppers	3 bags frozen bell peppers	4 bags frozen bell peppers
3lb ground turkey (<85% lean)	5lb ground turkey (<85% lean)	7lb ground turkey (<85% lean)
2 jars spaghetti sauce	3 jars spaghetti sauce	4 jars spaghetti sauce
1, (16 oz) box whole grain spaghetti	2, (16 oz) boxes whole grain spaghetti	3, (16 oz) box whole grain spaghetti
2 bags salad mix	4 bags salad mix	5 bags salad mix
<i>Optional: parmesan cheese</i>	<i>Optional: parmesan cheese</i>	<i>Optional: parmesan cheese</i>
<b>\$31 total (\$5.12 per person)</b>	<b>\$48 total (\$4.82 per person)</b>	<b>\$66 total (\$4.70 per person)</b>
	<i>Staple Items: Olive oil, oregano</i>	



MINUTES



COST PER PERSON

# INGREDIENTS LIST

6 people	10 people	14 people
3 Tbsp olive oil	5 Tbsp olive oil	7 Tbsp olive oil
1 cup carrots, shredded	1.5 cup carrots, shredded	2 cup carrots, shredded
0.5 cup onions, finely diced	1 cup onions, finely diced	1.5 cup onions, finely diced
2 cups frozen peppers	3 cups frozen peppers	5 cups frozen peppers
1 Tbsp minced garlic	2 Tbsp minced garlic	3 Tbsp minced garlic
3lb ground turkey	5lb ground turkey	7lb ground turkey
2 Tbsp oregano	3 Tbsp oregano	5 Tbsp oregano
2 jars spaghetti sauce	3 jars spaghetti sauce	4 jars spaghetti sauce
1 boxes whole grain spaghetti	2 boxes whole grain spaghetti	3 boxes whole grain spaghetti

**Nutrition:** 1/6<sup>th</sup> recipe, 800 calories, 108g carbohydrate, 22g fat, 60g protein, 14g fiber

## DIRECTIONS

- 1) Heat the oil in a large skillet or stock pot over medium-high heat. Once oil is simmering, add in the carrots, onion, celery and bell pepper. Cook until the vegetables soften and then add in half of the garlic and let cook for 30 seconds or until fragrant.
- 2) Transfer cooked veggies to a bowl and then add the ground turkey to the heated skillet (you may need to add a bit more oil or cooking spray), crumbling with a wooden spoon.
- 3) Season the meat with oregano, salt, pepper, and the rest of the garlic. Cook the meat until browned and then combine the veggies with the meat.
- 4) Pour the sauce over the meat and veggie mixture and stir until combined. Let cook for 5-7 minutes to let veggies and meat soak up the sauce and the flavors to develop. Reduce heat to low, cover, and keep hot while you continue with the recipe.
- 5) While meat and veggies are cooking, cook pasta according to package instructions. Divide the pasta onto plates, top with the turkey Bolognese and garnish with parmesan cheese and parsley, if using.

**MEATLESS OPTION:** consider Textured Vegetable Protein (TVP) as a vegan replacement for ground meat. Use 1/3 lb of TVP and 1 1/3 cups of boiling water or broth. Place dry TVP in a bowl and pour boiling water or broth over the granules. Stir and let sit for 5 to 10 minutes. Use as directed in the recipe.

## NOTES

- If most of the shift is low carb, consider spaghetti squash or Banza chickpea pasta (lower carb, high protein pasta).

## DIY SPAGHETTI SAUCE

Have time to make a homemade sauce? Choose no salt added products. Sautee onions and garlic, then add remaining ingredients. Simmer on low 30 min.

1/4 c chopped onions	3 Tbsp diced garlic
8 Tbsp tomato paste	15 oz tomato sauce
1 1/2 tsp sugar	1 1/2 tsp oregano
2 tsp dried basil	1/8 tsp red pepper flakes
1 1/2 c water	

## WHAT IS TEXTURED VEGETABLE PROTEIN (TVP)?

TVP is a soybean based protein that is low in fat and high in protein. Many people automatically associate soy with tofu, and tofu with a slimy, inconsistent texture. TVP resembles ground beef in texture and absorbs seasonings well. TVP does well in chili, tacos, and tomato sauces. Those who still choose to eat meat can incorporate TVP into their diet on “Meatless Mondays” or religious holidays like Lent.

# CROCKPOT CHICKEN CACCIATORE

Recipe developed by Dietetic Intern Leslie MacManus

A slow cooker is great for busy people. It allows for one-step preparation to an entire balanced meal. The gist behind a slow cooker is that you place all the meal's ingredients in the slow cooker and turn the dial to whichever cooking style you prefer (low or high). You can then go about your day and come home hours later to a fully cooked meal ready to eat! Give a slow cooker a try with this chicken cacciatore recipe.

## GROCERY LIST

6 people	10 people	14 people
3lb boneless, skinless chicken thighs	5lb boneless, skinless chicken thighs	7lb boneless, skinless chicken thighs
2 bell peppers	4 bell peppers	5 bell peppers
1, (8oz) container baby Bella mushrooms	2, (8oz) container baby Bella mushrooms	3, (8oz) container baby Bella mushrooms
2 garlic cloves	3 garlic cloves	5 garlic cloves
1, (28 oz) can crushed tomatoes	2, (28 oz) can crushed tomatoes	3, (28 oz) can crushed tomatoes
1 can chicken broth	2 cans chicken broth	2 cans chicken broth
2, (3.55 oz) container capers	3, (3.55 oz) container capers	5, (3.55 oz) container capers
1, (16 oz) pack Linguine	1, (16 oz) pack Linguine	2, (16 oz) pack Linguine
Salt, pepper, oregano, red pepper flakes	Salt, pepper, oregano, red pepper flakes	Salt, pepper, oregano, red pepper flakes
<b>\$34.40 total (\$5.73 per person)</b>	<b>\$53.18 total (\$5.32 per person)</b>	<b>\$73.24 total (\$5.23 per person)</b>



PREP MINUTES



COST PER PERSON

# INGREDIENTS LIST

6 people	10 people	14 people
3lb boneless, skinless chicken thighs	5lb boneless, skinless chicken thighs	7lb boneless, skinless chicken thighs
2 bell peppers, chopped	4 bell peppers, chopped	5 bell peppers, chopped
8 oz (1 cup) baby Bella mushrooms, sliced	16 oz (2 cups) baby Bella mushrooms, sliced	24 oz (1.5cups) baby Bella mushrooms, sliced
2 garlic cloves, minced	3 garlic cloves, minced	5 garlic cloves, minced
1, (28 oz) can crushed tomatoes	2, (28 oz) can crushed tomatoes	3, (28 oz) can crushed tomatoes
½ cup chicken broth	1 cup chicken broth	1 cup chicken broth
1 tsp dried oregano	1 ¾ tsp dried oregano	2 tsp dried oregano
¼ tsp red pepper flakes	½ tsp red pepper flakes	¾ tsp red pepper flakes
1/3 cup capers	½ cup capers	¾ cup capers
8oz Linguine, cooked	13oz Linguine, cooked	18oz Linguine, cooked
Kosher salt	Kosher salt	Kosher salt
Freshly ground black pepper	Freshly ground black pepper	Freshly ground black pepper

**Nutrition:** 1/6<sup>th</sup> of recipe, 517 calories, 44g carbohydrate, 17g fat, 49g protein, 7g fiber

## DIRECTIONS

- 1) Season chicken on both sides with salt and pepper and place in a slow cooker.
- 2) Add peppers, mushrooms, garlic, tomatoes, and broth, then season with oregano, red pepper flakes, salt and pepper.
- 3) Cover and cook on low for 6 to 8 hours or on high for 3 to 4 hours, until chicken is cooked through.
- 4) Remove chicken from slow cooker and stir capers into sauce.
- 5) Serve chicken over cooked pasta with sauce.



## BENEFITS OF CHICKEN

Chicken and other poultry have been popular substitutes for red meat due to the lower saturated fat content. When it comes to poultry, some people prefer the dark meat in chicken thighs over white meat in chicken breast, as it can be more flavorful and tender. Cooking the chicken thighs with the skin on will help to keep the chicken moist, while removing it before eating will reduce the total calories and fat content.

## KEEP IT SAFE

As with any type of poultry, food safety is still important! Be sure to wash your hands with soap and water before and after handling the raw chicken. If you bought frozen chicken for your dish, thaw it in the refrigerator on the bottom shelf. Ensure the chicken is cooked to an internal temperature of 165 degrees Fahrenheit – even in a slow cooker. Lastly, proper storage of leftovers is part of food safety. Leftovers should be refrigerated within two hours of being cooked and reheated to 165 degrees Fahrenheit. It is recommended to eat leftovers within three to four days.

# CROCKPOT SALSA VERDE CHICKEN

Recipe developed by Dietetic Intern Moira Cain

This delicious chicken dish only has eight ingredients in it and prep takes five minutes. Dump all the ingredients into a crock pot and let it go for four to five hours. Once the hours have passed, you'll have delicious shredded and saucy chicken to eat!

The fajita veggies suggested here are a dupe for the veggies at Chipotle. Plus they are a great way to get micronutrients into your diet! They can be made in fifteen minutes in a skillet.

Brown rice is a great addition, as it has more fiber than white rice does. Brown rice still has the bran on the outside, which adds more micronutrients including magnesium and selenium. The fiber lowers the glycemic index of the food, meaning that it is less likely to cause a drop in blood sugar later in the day.

## GROCERY LIST

6 people	10 people	14 people
3lb boneless, skinless chicken thighs	5 lb boneless, skinless chicken thighs	7lb boneless, skinless chicken thighs
1, 6 count chicken bouillon cubes	1, 6 count chicken bouillon cubes	2, 6 count chicken bouillon cubes
2 limes	3 limes	4 limes
1 head garlic	2 heads garlic	2 heads garlic
1 bunch cilantro	1 bunch cilantro	1 bunch cilantro
2, 16 oz jar tomatillo salsa	2, 16 oz jar tomatillo salsa	3, 16 oz jar tomatillo salsa
1, 2 lb bag brown rice	1, 2 lb bag brown rice	2, 2 lb bag brown rice
2 green bell peppers	5 green bell peppers	7 green bell peppers
1 large red onion	3 large red onion	4 large red onion
Oregano, cumin	Oregano, cumin	Oregano, cumin
<b>\$39 total (\$7.03 per person)</b>	<b>\$54 total (\$5.68 per person)</b>	<b>\$74 total (\$5.58 per person)</b>



PREP MINUTES



COST PER PERSON

# INGREDIENTS LIST

6 people

## FOR VERDE CHICKEN:

3 lb chicken thighs  
3 chicken bouillon cubes  
¾ tsp ground cumin  
Juice from 2 limes  
5 cloves garlic, minced or pressed  
1/3 cup fresh cilantro (measured prior to chopping), chopped finely  
18 oz tomatillo salsa  
1 ½ cups brown rice

## FOR FAJITA VEGGIES:

¼ cup olive oil  
2 large green peppers, sliced  
1 large red onion, thinly sliced  
½ tsp dried oregano  
½ tsp salt

10 people

5lb chicken thighs  
5 chicken bouillon cubes  
1 ¼ tsp ground cumin  
Juice from 3 limes  
8 cloves garlic, minced or pressed  
2/3 cup fresh cilantro (measured prior to chopping), chopped finely  
30 oz tomatillo salsa  
2 ½ cups brown rice

½ cup olive oil  
5 large green peppers, sliced  
2 ½ large red onion, thinly sliced  
1 ¼ tsp dried oregano  
1 ¼ tsp salt

14 people

7lb chicken thighs  
7 chicken bouillon cubes  
1 ¾ tsp ground cumin  
Juice from 4 limes  
11 cloves garlic, minced or pressed  
¾ cup fresh cilantro (measured prior to chopping), chopped finely  
42 oz tomatillo salsa  
3 ½ cups brown rice

¾ cup olive oil  
7 large green peppers, sliced  
3 ½ large red onion, thinly sliced  
1 ¾ tsp dried oregano  
1 ¾ tsp salt

**Nutrition:** 1/6<sup>th</sup> of recipe (8 oz chicken, ½ cup rice, ½ cup veggies), 460 calories, 22g carbohydrate, 22g fat, 41g protein, 3g fiber

## DIRECTIONS

### Verde Chicken:

1. Place chicken thighs in the bottom of the slow cooker.
2. Add all other ingredients on top.
3. Cook on high for 4 hours (or medium for 6, low for 8)
4. 30 minutes prior to serving, start cooking brown rice.
5. Break apart chicken and serve with rice.

### Fajita Veggies:

1. In a large skillet, heat the oil over medium-high heat until shimmering. Add the peppers, onions, oregano, and salt.
2. Heat until slightly softened but still tender-crisp, about 7 minutes. Remove from heat and serve.

**MEATLESS OPTION:** If there are members of the shift who do not eat meat, try using tofu instead of chicken. Black or Pinto beans would be a good replacement as well.

## NOTES

- May require 2 slow cookers for larger shifts.
- This chicken could also be served on whole grain tortillas, or cauliflower rice for added vegetables



## WHY IS CHICKEN BETTER FOR YOU?

Chicken is a great option for those who want to eat meat. It is high in protein, which helps maintain muscle mass. It is also low in LDL cholesterol, which is the “bad” kind of cholesterol. Eating leaner meats, like chicken, will lower your LDL cholesterol levels and reduce risk of heart disease. Chicken is a great source of Selenium, which is a mineral that has been shown to fight cancer. Selenium also has a positive effect on the incidence of inflammatory diseases, cardiovascular diseases and neurological diseases.

# CROCKPOT THAI PEANUT CHICKEN

Recipe developed by Dietetic Intern Alexis Mateer

This is a no-fuss, easy Thai dish delivering subtle, sweet peanut flavor. The crockpot will do all the cooking for you—that's what makes this recipe so simple. Serve chicken over brown rice, noodles, or in large lettuce leaves for a lettuce wrap version of the recipe. To make vegetarian, try substituting textured vegetable protein (TVP) for the chicken. Larger shifts may require two or more crockpots to fit everything.

## GROCERY LIST

6 people	10 people	14 people
3lb boneless, skinless chicken breast	5lb boneless, skinless chicken breast	7lb boneless, skinless chicken breast
2 red bell peppers	3 red bell peppers	4 red bell peppers
1 yellow bell pepper	2 yellow bell peppers	3 yellow bell peppers
2 white onion	3 white onion	4 white onion
1 16oz jar chunky peanut butter	1 16oz jar chunky peanut butter	1 16oz jar chunky peanut butter
1 4.5oz container lime juice	1 4.5oz container lime juice	1 4.5oz container lime juice
1 32oz container chicken broth	1 32oz container chicken broth	1 32oz container chicken broth
1 10fl.oz bottle all-purpose soy sauce	1 10fl.oz bottle all-purpose soy sauce	1 10fl.oz bottle all-purpose soy sauce
1 12oz container honey	1 12oz container honey	1 12oz container honey
1lb bag diced/chopped peanuts	1lb bag diced/chopped peanuts	1lb bag diced/chopped peanuts
Pick one: 1lb bag brown rice, 1 head of lettuce, 2 14oz box rice noodles	Pick one: 1lb bag brown rice, 1 head of lettuce, 3 14oz box rice noodles	Pick one: 2 1lb bag brown rice, 1 head of lettuce, 4 14oz box rice noodles
<i>Optional: 1 bunch fresh cilantro</i>	<i>Optional: 1 bunch fresh cilantro</i>	<i>Optional: 1 bunch fresh cilantro</i>
<b>\$30 total (\$4.91 per person)</b>	<b>\$38 total (\$3.77 per person)</b>	<b>\$45 total (\$3.20 per person)</b>



PREP MINUTES



COST PER PERSON

# INGREDIENTS LIST

6 people	10 people	14 people
2 red bell peppers, sliced	3 red bell peppers, sliced	4 red bell peppers
1 yellow bell pepper, sliced	2 yellow bell peppers, sliced	3 yellow bell peppers
2 white onions, chopped	3 white onion, chopped	4 white onions. chopped
3lb chicken breast	5lb chicken breast	7lb chicken breasts
¾ cup chunky peanut butter	1 ¼ cup chunky peanut butter	1 ¾ cup peanut butter
1 ½ Tbsp. lime juice	2 ½ Tbsp. lime juice	3 ½ Tbsp. lime juice
¾ cup chicken broth	1 ¼ cup chicken broth	1 ¾ cup chicken broth
1/3 cup soy sauce	2/3 cup soy sauce	¾ cup & 2 Tbsp. soy sauce
3 Tbsp. honey	1/3 cup honey	½ cup honey
Choose one: 2 ½ cup uncooked rice, 24oz uncooked rice noodles, 6 large lettuce leaves	Choose one: 4 ½ cup uncooked rice, 36oz uncooked rice noodles, 10 large lettuce leaves	Choose one: 6 ½ cup uncooked rice, 56oz uncooked rice noodles, 14 large lettuce leaves
1/3 cup crushed/chopped peanuts	2/3 cup crushed/chopped peanuts	¾ cup crushed/chopped peanuts
1/3 cup cilantro, chopped (optional)	2/3 cup cilantro, chopped (optional)	¾ cup cilantro, chopped (optional)

**Nutrition:** 1 serving (½ pound of the Thai peanut chicken) contains 569 calories, 23g carbohydrates, 27g fat, 61g protein, 4g fiber. If paired with rice or noodles, nutrient amounts will increase.

## DIRECTIONS

- 1) Place peppers and onion at bottom of crock pot. This will act as a “stand” for the chicken so it does not dry out.
- 2) Place the chicken on top.
- 3) In a bowl, mix together peanut butter, lime juice, chicken broth, soy sauce, and honey. Pour sauce over chicken.
- 4) Cook on high for 3-4 hours or for 6 hours on low. When 15 minutes of cooking time remain, shred chicken with two forks. Cover and continue cooking for remainder of time. If choosing rice or noodles as serving option, cook the rice or noodles on stove top in water. If using lettuce leaves, wash under cold water.
- 5) Remove chicken from crock pot and serve over brown rice, noodles, or in large lettuce leaves for lettuce wraps.
- 6) Top with peanuts and, if desired, cilantro.

**VEGETARIAN OPTION FOR PART OF THE SHIFT:** to make this dish a vegetarian option, replace chicken with TVP and chicken broth with vegetable broth. Add dry TVP straight to crock pot, stir into sauce to completely wet.

## NOTES

- Serving options include: large lettuce leaves, brown rice, or noodles
- Lettuce leaves could be romaine, iceberg, green leaf, or butter and are a great low carb option.
- If noodles are chosen as the serving option, in the store look for uncooked rice noodles. You may find them in packages labeled “Stir-Fry Rice Noodles”.
- To cut sodium in this recipe, use low-sodium soy sauce
- Larger recipe yields require larger crock pots, or use of multiple crock pots
- To make the peanut sauce spicy try adding some red pepper flakes, sriracha, or diced jalapenos.

## WHY BROWN RICE?

Brown rice has more fiber than white pasta; this means it will keep you fuller longer than regular white rice. If you are unsure about making the switch from white to brown rice, try starting with half brown and half white rice until the texture/flavor grows on you.



# TURKEY & BEAN CHILI

Recipe developed by Captain Larry Murray (21B)

Chili is a great way to cut back on animal protein and load up on plant based protein. Beans are high in fiber and can help reduce cholesterol. No time? Toss all ingredients into a slow cooker and simmer for 1-3 hours (after cooking turkey on the stove top). For larger stations, this may require two large slow cookers. Otherwise, this recipe comes together quickly on the stovetop in 30 minutes or less.

## GROCERY LIST

6 people	10 people	14 people
2, (15.5 oz) cans black beans	5, (15.5 oz) cans black beans	7, (15.5 oz) cans black beans
2, (15.5 oz) cans red beans	5, (15.5 oz) cans red beans	7, (15.5 oz) cans red beans
2, (15.5 oz) cans kidney beans	5, (15.5 oz) cans kidney beans	7, (15.5 oz) cans kidney beans
2, (10 oz) cans diced tomatoes with green chiles	5, (10 oz) cans diced tomatoes with green chiles	7, (10 oz) cans diced tomatoes with green chiles
2, (14.5 oz) cans diced tomatoes	5, (14.5 oz) cans diced tomatoes	7, (14.5 oz) cans diced tomatoes
2, (6 oz) cans tomato paste	4, (6 oz) cans tomato paste	7, (6 oz) cans tomato paste
1, (25 oz) can tomato sauce	2, (25 oz) can tomato sauce	3, (25 oz) can tomato sauce
3 lb ground turkey (85% lean)	5 lb ground turkey (85% lean)	7 lb ground turkey (85% lean)
1, (8 oz) bag shredded cheese	1, (8 oz) bag shredded cheese	2, (8 oz) bag shredded cheese
2 boxes cornbread mix	4 boxes cornbread mix	4 boxes cornbread mix
1, (15 oz) can sweet creamed corn	2, (15 oz) can sweet creamed corn	2, (15 oz) can sweet creamed corn
1 half gallon skim milk	1 half gallon skim milk	1 half gallon skim milk
1 dozen eggs	1 dozen eggs	1 dozen eggs
2 bags salad mix	4 bags salad mix	5 bags salad mix
<i>Optional: avocado, light sour cream</i>	<i>Optional: avocado, light sour cream</i>	<i>Optional: avocado, light sour cream</i>
<b>\$37 total (\$6.22 per person)</b>	<b>\$66 total (\$6.66 per person)</b>	<b>\$59 total (\$6.70 per person)</b>

Staple Items: Chili powder, cumin, garlic powder



**PREP MINUTES**



**COST PER PERSON**

# INGREDIENTS LIST

6 people	10 people	14 people
2 cans black beans	5 cans black beans	7 cans black beans
2 cans red beans	5 cans red beans	7 cans red beans
2 cans kidney beans	5 cans kidney beans	7 cans kidney beans
2 cans diced tomatoes with green chiles	5 cans diced tomatoes with green chiles	7 cans diced tomatoes with green chiles
2 cans diced tomatoes	5 cans diced tomatoes	7 cans diced tomatoes
2 cans tomato paste	5 cans tomato paste	7 cans tomato paste
1 can tomato sauce	2 cans tomato sauce	3 cans tomato sauce
3lb lean ground turkey	5lb lean ground turkey	7lb lean ground turkey
1 Tbsp Chili powder	1.5 Tbsp Chili powder	2 Tbsp Chili powder
1 Tbsp Cumin	1.5 Tbsp Cumin	2 Tbsp Cumin
1 Tbsp Garlic Powder	1.5 Tbsp Garlic Powder	2 Tbsp Garlic Powder

**Nutrition:** Chili 2 cups (1/6<sup>th</sup> serving), 675 cal, 142g carbohydrate, 17g fat, 96g protein, 9g fiber

## DIRECTIONS

- 1) First brown the ground turkey in a pan until fully cooked. If time allows all chili ingredients can be added to slow cooker and cooked at least 1 hour or more.
- 2) Otherwise, add all chili ingredients, including the browned turkey, and seasonings to a pot and bring to a simmer. Add water if soupier texture is desired.
- 3) Let simmer on low for at least 30 minutes (the longer it simmers the better the flavor).
- 4) Serve with prepared salad and corn bread mix and top with toppings of choice.

**CORNBREAD:** follow box instructions and add sweet creamed corn to batter if desired

**MEATLESS OPTION:** consider Textured Vegetable Protein (TVP) as a vegan replacement for ground meat. Use 1/3 lb of TVP and 1 1/3 cups of boiling water or broth. Place dry TVP in a bowl and pour boiling water or broth over the granules. Stir and let sit for 5 to 10 minutes. Use as directed in the recipe.

## NOTES

- It is not necessary to buy reduced sodium beans. Rinsing and draining the beans (time permitting) using a strainer reduces up to 2/3 of the sodium
- Prices shown are based on Safeway with use of a shoppers card for discounts
- Eggs and milk may not be necessary to purchase as these are staple items and may already be in fridge reducing total cost
- Spices not included in grocery list
- Sweetened cream corn is to add to corn bread and may be removed



## HOW DO BEANS LOWER CHOLESTEROL?

High cholesterol is a common concern for firefighters. A daily serving of beans can help! Just ¾ cup of beans per day can help lower LDL (“bad”) cholesterol by 5% in 6 weeks. Beans are high in soluble fiber. Soluble fiber can reduce the absorption of cholesterol into your bloodstream. Oatmeal, apples, pears, and Brussels sprouts are other good sources of soluble fiber. The fiber and protein in beans also helps keep you full, which is important after a busy day of running calls.

If gas or stomach discomfort occurs after eating beans, consider taking Beano before eating. Beano contains an enzyme that helps with the digestion of beans, and must be taken before eating to work effectively.

# CROCKPOT SLOPPY JOES

Recipe developed by Dietetic Intern Jacqueline Choffo

Have a few people on your shift that avoid vegetables like the plague? These sloppy joes hide at least 1/3 cup vegetables per serving. A bagged salad mix is usually the easiest side option, but consider fresh corn on the cobb or green beans in the summer months.

This recipe can be cooked stovetop or in a slow cooker. Larger shifts may require two slow cookers to fit everything. If you have time, try the homemade sloppy joe sauce. If not, the store-bought version is fine. Note that both the store-bought and the homemade version of the sauce can be high in sugar. The goal of this recipe is to make the classic sloppy joe a bit lower in fat and sneak some extra veggies (fiber) in.

## GROCERY LIST

6 people	10 people	14 people
3 lbs of lean ground turkey (at least 90/10)	5 lbs of lean ground turkey (at least 90/10)	7 lbs of lean ground turkey (at least 90/10)
1 medium onion	2 medium onions	3 medium onions
1 lb bag carrots	1 lb bag carrots	1 lb bag carrots
2 small zucchinis	3 small zucchinis	4 small zucchinis
2 small yellow squashes	3 small yellow squashes	4 small yellow squashes
2, (15 oz) cans sloppy joe sauce	3, (15 oz) cans sloppy joe sauce	5, (15 oz) cans sloppy joe sauce
1 container of chili powder	1 container of chili powder	1 container of chili powder
1 package of whole wheat kaiser buns	2 package of whole wheat kaiser buns	2 package of whole wheat kaiser buns
1 package of cheddar cheese slices	1 package of cheddar cheese slices	2 package of cheddar cheese slices
1 container of bread and butter pickles	1 container of bread and butter pickles	1 container of bread and butter pickles
2 bags salad mix	4 bags salad mix	5 bags salad mix
<i>Optional: coleslaw, avocado</i>	<i>Optional: coleslaw, avocado</i>	<i>Optional: coleslaw, avocado</i>
<b>\$39 total (\$6.50 per person)</b>	<b>\$60 total (\$6.00 per person)</b>	<b>\$80 total (\$5.70 per person)</b>



PREP MINUTES



COST PER PERSON

# INGREDIENTS LIST

6 people	10 people	14 people
3 lbs lean ground turkey	5 lbs lean ground turkey	7 lbs lean ground turkey
1 medium onion, grated	2 medium onions, grated	3 medium onions, grated
¾ cup carrot, grated	1 ¼ cup carrot, grated	2 cups carrot, grated
2 small zucchinis, grated	3 small zucchinis, grated	4 small zucchinis, grated
2 small yellow squash, grated	3 small yellow squash, grated	4 small yellow squash, grated
2 cans sloppy joe sauce	3 cans sloppy joe sauce	4 cans sloppy joe sauce
1 Tbsp chili powder	2 Tbsp chili powder	3 Tbsp chili powder
6 -12 whole grain buns	10-16 whole grain buns	14-20 whole grain buns
6 slices cheddar cheese	10 slices cheddar cheese	14 slices cheddar cheese

**Nutrition:** 1 sandwich (1/6<sup>th</sup> serving), 575 cal, 52 carbohydrate, 29g fat, 57g protein, 5g fiber

## DIRECTIONS

- 1) Turn crockpot to high and set aside
- 2) In a large, non-stick skillet, brown ground turkey over medium-high heat. While turkey is browning, grate onion, carrot, zucchini and yellow squash using a food processor, or by hand with a large box grater.
- 3) Once turkey is browned, drain fat and liquid well. Place into crockpot and sprinkle with chili powder.
- 4) Replace non-stick skillet to heat. Place grated vegetables into hot pan and sprinkle with pepper. Sauté until the water from the vegetables has evaporated and vegetables are tender (about 7 minutes).
- 5) Pour cooked vegetables over meat in the crockpot.
- 6) Pour sloppy joe sauce over vegetables and turkey in the crockpot. Stir to coat everything evenly.
- 7) Cover and cook 3-4 hours, stirring occasionally. Serve over slightly toasted buns or lettuce wraps.

**LOW CARB OPTION:** spoon slightly cooled sloppy joe onto a butter lettuce leaf or romaine lettuce heart.

**MEATLESS OPTION:** consider Textured Vegetable Protein (TVP) as a vegan replacement for ground meat. Use 1/3 lb of TVP and 1 1/3 cups of boiling water or broth. Place dry TVP in a bowl and pour boiling water or broth over the granules. Stir and let sit for 5 to 10 minutes. Use as directed in the recipe.

## NOTES

- May require 2 slow cookers for larger shifts.
- If salad and sandwich do not seem like enough, consider the following as sides:
  - Corn on the cobb
  - Sautéed green beans
  - Fresh fruit: watermelon, fresh peaches, strawberries, blueberries

## DIY SLOPPY JOE SAUCE

Have time to make a homemade sauce? Combine the following and allow to simmer 5 minutes before adding to the crockpot.

¾ c ketchup	1 Tbsp Worcestershire sauce
1 Tbsp brown sugar	½ tsp garlic powder
½ tsp onion powder	½ tsp garlic salt
1 tsp Dijon mustard	

## CAN I SUBSTITUTE LEAN GROUND BEEF?

Absolutely, in moderation! Keep in mind the **American Heart Association recommends no more than 18 oz red meat per week, or roughly 2.5 oz per day.** If you and most of your shift are already limiting red meat, go ahead and opt for a lean red meat every other shift. Choose at least 95% lean ground beef. The primary concern with red meat is the saturated fat content, which may raise LDL or “bad” cholesterol. Another concern is the rest of the diet and exercise routine. Diet high in red meat are associated with higher sugar intakes, lower fiber intakes, and less exercise. You may have a little more wiggle room if you focus on fruits and vegetables, limit added sugar, and exercise regularly.

# CROCKPOT CHICKEN QUINOA SOUP

Recipe developed by Dietetic Intern David Cover

This is a recipe that packs a huge nutritional punch. This soup is high in lean protein while providing an abundance of the healthy carbohydrates needed to fuel your workouts.

This is an easy dinner to make when you have both time and budget constraints. Chop up the vegetables and toss all the ingredients into a slow cooker for 4-5 hours and that's it! With less than \$5 per person and 10 minutes of prep you can enjoy this delicious meal! When preparing this recipe for a large number of people, two large slow cookers may be required.

## GROCERY LIST

6 people	10 people	14 people
5 lb chicken breast package	5 lb chicken breast package	2, 5 lb chicken breast packages
1, (16 oz) quinoa package	1, (16 oz) quinoa package	1, (16 oz) quinoa package
3 lb bag of sweet potatoes	2, 3lb bag of sweet potatoes	2, 3lb bag of sweet potatoes
2, (15.25 oz) can of black beans	3, (15.25 oz) can of black beans	5, (15.25 oz) can of black beans
2, (14.5 oz) can of diced tomatoes	3, (14.5 oz) can of diced tomatoes	5, (14.5 oz) can of diced tomatoes
0.5 medium yellow onion	1 medium yellow onion	1.5 medium yellow onions
1 garlic bulb	1 garlic bulb	1 garlic bulb
2 packets chili seasoning mix	3 packets chili seasoning mix	4 packets chili seasoning mix
2, (32 oz) container of chicken broth	3, (32 oz) container of chicken broth	4, (32 oz) container of chicken broth
<i>Optional: tortilla strips</i>	<i>Optional: tortilla strips</i>	<i>Optional: tortilla strips</i>
<b>\$25 total (\$4.10 per person)</b>	<b>~ \$31 total (\$3.06 per person)</b>	<b>~ \$45 total (\$3.19 per person)</b>



PREP MINUTES



COST PER PERSON

# INGREDIENTS LIST

6 people	10 people	14 people
3 lbs chicken breast	5 lbs chicken breast	7 lbs chicken breast
1 cup quinoa	1.5 cup quinoa	2.5 cups quinoa
2 lbs sweet potato	3.5 lbs sweet potato	4.5 lbs sweet potato
2 cans black beans	3 cans black beans	5 cans black beans
2 cans diced tomatoes	3 cans diced tomatoes	5 cans diced tomatoes
1 diced medium yellow onion	1.5 diced medium yellow onion	2.5 diced medium yellow onion
2 tsp minced garlic	4 tsp minced garlic	5 tsp minced garlic
2 packets chili seasoning mix	3 packets chili seasoning mix	4 packets chili seasoning mix
7 cups chicken broth	10 cups chicken broth	13 cups chicken broth

**Nutrition:** 2 cups (1/6<sup>th</sup> serving), 540 cal, 44g carbohydrate, 5g fat, 69g protein, 10 g fiber

## DIRECTIONS

- 1) Add chicken breast to the slow cooker
- 2) Add rinsed quinoa to the slow cooker
- 3) Chop the sweet potatoes in to cubes and add to the slow cooker
- 4) Drain and rinse black beans and add to the slow cooker
- 5) Add drained diced tomatoes to the slow cooker
- 6) Add minced garlic, diced yellow onion, and chili seasoning mix to the slow cooker
- 7) Add chicken broth to the slow cooker
- 8) Cook on high for 4-6 hours until chicken is cooked
- 9) Once chicken is finished cooking, remove from slow cooker, shred the chicken, and add back into the slow cooker to mix together
- 10) Add tortilla strips as desired for a crunchy topping

**MEATLESS OPTION:** Consider the use of Tofu or Textured Vegetable Protein (TVP) as a vegan replacement for meat. Add tofu or TVP into the slow cooker for the last 30 minutes of cooking.

**TVP Preparation:** Use 1/3 lb of TVP and 1 1/3 cups of boiling water or broth. Place dry TVP in a bowl and pour boiling water or broth over the granules. Stir and let sit for 5 to 10 minutes.

## NOTES

- Never consume poultry that is raw or undercooked. Always ensure the internal temperature of the cooked chicken is 165F using a cooking thermometer.
- Since this recipe is so quick and easy to prepare, it can be prepared early in the day and placed into the slow cooker when appropriate.
- Larger recipes may require the use of two large slow cookers.
- If you like a little extra spice, top the soup with red pepper flakes or hot sauce after it is cooked.

## ARE MEATLESS OPTIONS AS GOOD AS CHICKEN?

Both tofu and TVP are soy based proteins that are low in saturated fat and high in protein, while providing substantially less calories per serving compared to traditional meat options. In addition to this, many of these meat alternatives are nutrient dense. They are a great source of calcium, iron, phosphorus, and manganese. Both tofu and TVP can be prepared to resemble common meat products and both readily absorb the seasonings and sauces they are cooked in. Consider the addition of meatless alternatives in future cooking, they are an easy and nutritious add on to cooking that does not significantly alter the texture of meals.

# CROCKPOT BUTTERNUT SQUASH SOUP

Recipe developed by Dietetic Intern Rachell Burgos

This dish is a delicious, easy to make recipe. This hearty meal will provide you with the energy necessary to best perform during your shift while also experiencing a variety of flavors and textures. For those who desire a vegetarian option, skip the chicken and eat the soup as is. This pasta is also safe for those with dairy intolerances.

This fall and winter must-have recipe can fit into your healthy diet in the appropriate portions. During slower days, enjoy it in a smaller portion than normal. During busier day, have another ½ to 1 cup serving. Enjoy at least 1-2 cups of salad or other vegetable with this dish.

## GROCERY LIST

6 people	10 people	14 people
1.5 lbs boneless skinless chicken breasts	2.5 lbs boneless skinless chicken breasts	3 lbs boneless skinless chicken breasts
1, (16 oz) bag quinoa	1, (16 oz) bag quinoa	1, (16 oz) bag quinoa
1 small butternut squash	1.5 small butternut squash	2 small butternut squash
1, (15.25 oz) can kidney beans	1.5, (15.25 oz) can kidney beans	2, (15.25) oz can kidney beans
1, (15 oz) can corn	1.5, (15 oz) can corn	2, (15 oz) can corn
1, (14.5 oz) can petite diced tomatoes	1.5, (14.5 oz) can petite diced tomatoes	2, (14.5 oz) can petite diced tomatoes
1, (9 oz) minced garlic	1, (9 oz) minced garlic	1, (9 oz) minced garlic
1 packet fajita seasoning	2 packets fajita seasoning	2 packets fajita seasoning
1, (32 oz) container chicken broth	1, (32 oz) container chicken broth	2, (32 oz) container chicken broth
Salt and pepper to taste	Salt and pepper to taste	Salt and pepper to taste
<i>Optional: fresh parsley</i>	<i>Optional: fresh parsley</i>	<i>Optional: fresh parsley</i>
<b>\$16.43 total (\$2.74 per person)</b>	<b>\$25.46 total (\$2.55 per person)</b>	<b>\$32.87 total (\$2.35 per person)</b>



HOURS



COST PER PERSON

# INGREDIENTS LIST

6 people	10 people	14 people
1.5 lbs chicken breasts	2.5 lbs chicken breasts	3.5 lbs chicken breasts
0.5 cup quinoa	0.75 cup quinoa	2 cups quinoa
1 small butternut squash	1.5 small butternut squash	2 small butternut squash
1 can kidney beans	1.5 cans kidney beans	2 cans kidney beans
1 can corn	1.5 cans corn	2 cans corn
1 can petite diced tomatoes	1.5 cans petite diced tomatoes	2 cans petite diced tomatoes
2 tsp minced garlic	3 tsp minced garlic	4 tsp minced garlic
1 packet fajita seasoning mix	1.5 packet fajita seasoning mix	2 packet fajita seasoning mix
4 cups chicken broth	6 cups chicken broth	8 cups chicken broth
Salt and pepper to taste	Salt and pepper to taste	Salt and pepper to taste

**Nutrition:** 1.5 cup, 385 calories, 51g carbohydrates, 5.8g fat, 32g protein, 8.6g fiber

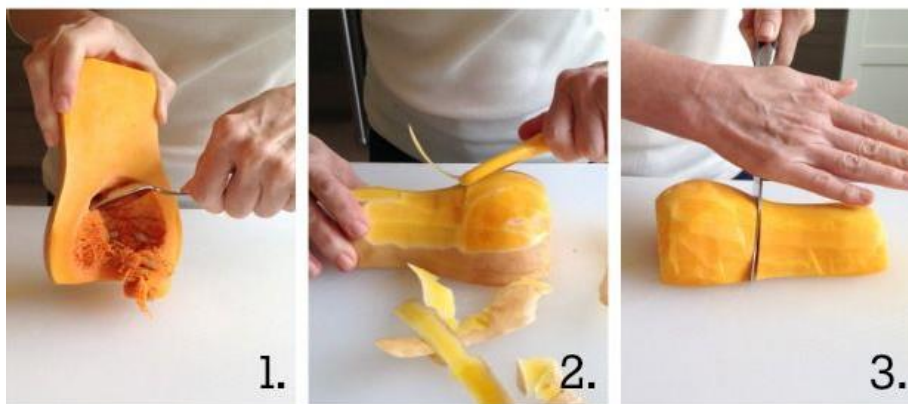
## DIRECTIONS

- 1) Remove fat from chicken. Rinse the quinoa to remove the bitter saponin coating.
- 2) Peel, seed, and chop the butternut squash into small bite-sized pieces.
- 3) Rinse and drain the kidney beans and corn.
- 4) Lightly grease your slow cooker with nonstick spray. Add in the chicken, quinoa, chopped squash, kidney beans, corn, undrained tomatoes, garlic, and fajita seasoning packet.
- 5) Pour in the chicken broth and give everything a good stir.
- 6) Cover and cook on high for 3-4 hours or until the quinoa is cooked through and the squash is very tender.
- 7) Remove some of the squash and mash it with a potato masher and then put it back in the soup. This makes it a bit heartier.
- 8) Add some salt and pepper to taste and any other seasonings desired. Garnish with fresh parsley if desired.

**VEGETARIAN OPTION FOR PART OF THE SHIFT:** to make this dish a vegetarian option, cook the chicken and in separate pans (or eliminate entirely). Serve the soup and chicken separately.

## NOTES

- Larger recipe yields require larger pans – a large stock pot will usually do the trick.
- For quicker prep time, buy pre-cubed butternut squash (if budget allows).
- Add fire roasted petite diced tomatoes for a kick (if budget allows).
- For extra spice top with hot sauce.
- Feel free to use chicken bouillon cubes dissolved in boiling water instead of chicken broth if already on hand.



## WHY BUTTERNUT SQUASH?

Butternut squash is an orange winter squash with the great ability to be added into both sweet and savory dishes. Other than its' amazing flavor, butternut squash is packed with fiber, antioxidants, vitamins and minerals. Incorporating it can be easy! Roast it and add eggs for a filling breakfast, shave it thinly and add it to your favorite salads, or mash it, add salt, milk and cinnamon as a side dish.