

healthy family meals

easy recipes celebrating flavors around the world



BREAKFAST

Mixed Fruit Crepes
Shakshouka

LUNCH

Greek Chicken Bowls
Sweet Kale Fried Rice

DINNER

Easy Chicken Curry
Chicken & Apple
Enchiladas



shopping list



Join us on a Mission for Nutrition. It's easy! Use this shopping list to map out your five registered dietitian-approved meals this week. You can even double up on ingredients if you want leftovers or meals to freeze. Find more than 500 recipes on healthyfamilyproject.com or follow us on social for inspiration!

from our partners

crispygreen



Crispy Green®
Crispy Fruit

EAT SMART



Eat Smart®
Sweet Kale Salad



Envy™ & Jazz™
Apples

nature
fresh
farms



Nature Fresh Farms™
Ombre Cherry Tomatoes™

REAL SWEET



RealSweet®
Sweet Onions

TRUE MADE
FOODS



True Made Foods®
Veggie Ketchup

other items needed

PRODUCE

Banana
Cilantro
Cucumber
Jalapeño
Minced garlic
Strawberries
Pre-made crepes

MEAT & DAIRY

Chicken breast
Coconut Vanilla Yogurt
Eggs
Feta cheese
Shredded cheese
Tzatziki sauce

GROCERY

Apple cider vinegar
Black Olives
Brown sugar
Cumin powder
Enchilada sauce
Olive (or cooking) oil
Rice wine vinegar
Tortillas
White or brown rice



Mixed Fruit Crepes

INGREDIENTS

- 1 pre-made crepe
- 1 single serving package of Crispy Green® Crispy Fruit Tangerines
- 1 strawberry, greens removed & sliced thin
- 1 banana, sliced
- 2.5 oz. toasted coconut vanilla yogurt (half small container)

DIRECTIONS

1. In a small bowl mix yogurt & fruit.
2. Gently lay down one crepe.
3. Place the yogurt mixture in center, fold up edges.
4. Top with dollop of yogurt & any extra fruit.
5. Sprinkle with cinnamon & powdered sugar if desired.



Did you know? Although smaller than the size of Texas, France is the most-visited country in the world!



Shakshouka

INGREDIENTS

- 2 c. whole Nature Fresh Farms™ Ombré Cherry Tomatoes™
- 1/2 sweet onion, diced
- 1 c. water
- Olive Oil spray or 1 tsp cooking oil
- 2 tsp apple cider vinegar
- 1 tsp brown sugar
- 1 tsp cumin powder
- 1/4 tsp sea salt
- 4 eggs

DIRECTIONS

1. Heat oil in a cast-iron skillet. Add onion & cook until translucent.
2. Add water, vinegar, sugar, cumin powder & salt. Mix to combine.
3. Add tomatoes, bring to a boil, let simmer over low heat until thickened, approx 30-40 mins.
4. Crack eggs on top of tomato sauce & cover skillet with lid.
5. Cook over low heat until egg whites are set & the yolks are slightly cooked, but still runny.



Shakshouka is a dish of North African origin & popular today in the Middle East.



Tomatoes

Seasonality

Tomatoes are available year round.

Health Benefits

Tomatoes are an excellent source of Vitamins A, C, K and also Lycopene. They have potassium which helps control blood pressure, maintain nerve function, and help muscle control.

How to Select the Perfect Tomato

Look for plump, heavy tomatoes with smooth skins. They should be free of bruises, blemishes, or deep cracks, although fine cracks at the stem ends of ripe tomatoes do not affect flavor.

How to Store Tomatoes

Store tomatoes at room temperature. Never in the refrigerator. Always store them stem-side-up to avoid bruising.

Sweet Onions

Health Benefits

Sweet onions are an excellent source of cancer-fighting antioxidants, vitamin C, folate, and fiber.

How to Store

Because sweet onions have a higher water and sugar content than most yellow or white onions, they can bruise easily. The best way to prevent this from happening is to store them in a cool, dry place & separated from each other.

Caramelize Without the Sugar! There's no need to add sugar to your sweet onions - they are sweet enough on their own! Just cook them low & slow for about 20 minutes with a little bit of olive oil or butter.





Greek Chicken Bowls

INGREDIENTS

- 1 c. cooked white or brown rice
- 1 grilled chicken breast, sliced
- 1 RealSweet® onion, sliced
- 1 c. cherry tomatoes
- 1 cucumber, cut into quarters
- 1/2 c. black olives
- 1 Tbsp feta cheese
- 2 Tbsp Tzatziki Sauce

DIRECTIONS

1. Place rice & chicken in a bowl (warm if desired).
2. Top with sweet onions, tomatoes, cucumbers & black olives.
3. Sprinkle feta cheese.
4. Drizzle Tzatziki sauce.



Did you know? The Olympic Games originated in ancient Greece more than 3,000 years ago in a city called Olympia. The first modern Olympics took place in 1896 in Athens, Greece.



Sweet Kale Fried Rice

INGREDIENTS

- 1 package (12 oz) Eat Smart® Sweet Kale Salad Kit
- 1/4 sweet onion, diced
- Olive oil spray
- 1 1/2 Tbsp vegetable oil
- 1 garlic clove, minced
- 1/2 tsp salt
- 1/2 tsp ground black pepper
- 2 c. white rice, cooked
- 1 Tbsp rice wine vinegar

DIRECTIONS

1. Remove dressing & toppings from salad kit. Set aside.
2. Spray large skillet or wok with olive oil spray & add garlic & onions.
3. Cook for approximately 1-2 minutes until onions are translucent & the garlic is fragrant.
4. Add kale salad mix, salt & pepper to skillet.
5. Over medium-high heat, sauté kale mixture until tender. (3-5 minutes)
6. Remove kale mixture from skillet. Set aside.
7. Add cooking oil and cooked rice to skillet & sauté for 13 to 15 minutes, stirring occasionally. The rice should be a little brown, "fried" when done.
8. Drizzle rice vinegar over rice & add cooked sweet kale salad mixture to skillet, mix well.
9. Add salad toppings, drizzle dressing & serve.

what's in season for *march*



- Apples
- Artichokes
- Avocados
- Asparagus
- Bananas
- Beets
- Bok Choy
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Greens
- Kiwi
- Leeks
- Lemons & Limes
- Mango
- Mushrooms
- Parsnips
- Pears
- Pineapples
- Potatoes
- Rutabagas
- Strawberries (FL)
- Sweet Onions
- Tomatoes
- Turnips

meal planning tips

1 keep a list of your family's favorite, easy-to-make recipes

2 set a day and time to meal plan each week

3 use time-saving appliances like a slow cooker, food processor, or instant pot

4 plan a leftover night to help cleanup any extras in the fridge

5 always use a list when you shop to stay on track & get in and out quickly



Easy Chicken Curry

INGREDIENTS

- 4 chicken breasts
- $\frac{3}{4}$ sweet onion, thinly sliced
- 5 mini sweet peppers, sliced
- 2 cloves garlic
- 1 Tbsp curry powder
- 2 Tbsp True Made Foods® Veggie Ketchup
- 1 can lite coconut milk
- 2 c. cooked rice
- Red pepper flakes if desired

DIRECTIONS

1. Brown chicken, remove from heat & cut into thin strips.
2. Sauté onion, garlic & peppers under slightly tender, about 5 min.
3. Add curry powder, ketchup, coconut milk & red pepper flakes.
4. Add browned chicken & stir well.
5. Cover & cook until chicken is cooked through.
6. If sauce needs to thicken, leave lid off for a few minutes.
7. Serve over rice.



According to the Guinness World Records, the largest curry ever made weighed more than 33,000 pounds!



Chicken Apple Enchiladas

INGREDIENTS

- ½ sweet onion, diced
- 1 jalapeño, diced
- 1 Envy™ or Jazz™ apple, diced
- 2 c. cooked shredded chicken
- 8 flour tortillas
- 6 oz. shredded Mexican blend cheese
- 1 can red enchilada sauce
- Cilantro if desired

DIRECTIONS

1. Cook onions in a skillet until translucent. Add jalapeño & apple & sauté 2-3 minutes.
2. Add chicken & mix well. Remove from heat.
3. Layout tortillas & sprinkle cheese on each. Add chicken apple mixture & roll. Put in a baking dish & cover with enchilada sauce. Bake at 350 for 20 minutes or until heated throughout and top with the remainder of cheese.



The word **enchilada** means to season or decorate with chili.

A wire basket containing several red and yellow apples. The basket is made of thin metal wires and is filled with apples of various colors, including red, yellow, and a mix of red and yellow. The apples are arranged in a way that they are visible through the basket's structure.

Apples

Health Benefits

Apples are extremely rich in important antioxidants, flavanoids, and dietary fiber. The phytonutrients and antioxidants in apples may help reduce the risk of developing certain diseases.

Selection Tips

Pick up the apple and gently press a small area of the fruit's skin. It should be firm to the touch. Avoid apples that are noticeably soft, discolored, or indent easily after you press the skin.

How to Store

If storing apples in the fridge, place them inside a crisper drawer and lay a slightly dampened paper towel on top of the apples.

Before You Eat

Carefully wash apples even if you do not plan on eating the skin. Use lemon juice on apple slices to keep them from browning.



5 TIPS TO SAVE MONEY ON PRODUCE

(without clipping coupons)

- ✓ **Make a list & stick to it.** When buying fresh produce, remember that some items have a short shelf life. Limiting your purchases to items on your list will help with your grocery bill & food waste.
- ✓ **Buy local when you can.** Transportation cost is one of the biggest factors in the price of produce. Choose local when it is available.
- ✓ **Know your produce department.** The front or feature table of your produce department (often the one you see as soon as you walk in) usually has the best deals. Don't forget to also check out the end caps on each produce aisle, as they usually will have seasonal items displayed.
- ✓ **Become friends with your produce manager.** Throughout the week, a "hot buy" may come into the store that didn't make it in time to be included in the weekly ad. This happens with items at the end of their season or if the crop is doing well. Chat with your produce manager and he may tell you what just came in at a great deal.
- ✓ **Stock up on seasonal produce.** Although we can generally buy any produce item at any time of year, it is not always affordable to do so. Knowing a little about when your favorite item is in-season will save you money & you'll be eating it when it tastes the best.

MARCH 17

St. Patrick's
Day



NATURALLY-GREEN FOODS

to celebrate with

Having fun in the kitchen is a great way to introduce kids to new fruits & veggies. Celebrate St. Patrick's day by creating a challenge to see how many of these naturally green foods they are willing to try. Make sure to note which ones they liked for future snack & meal time ideas.



Broccoli



Green Grapes



Spinach



Kiwi



Green Beans



Green Lentils



Apples



Edamame



Cucumber



Green Olives



Brussels Sprouts



Celery



Asparagus



Lettuce



Sugar Snap Peas



Avocado



*Find more fun recipes featuring colorful
fruits & veggies at healthyfamilyproject.com*



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