



## Veggie Soup

**Serves 6, prep time: 10 minutes, cook time: 30 minutes**

### Ingredients

- 2 tablespoons olive oil
- 1 medium yellow onion, diced (or use frozen chopped onion)
- Salt & pepper to taste (add this after adding the rest of the spices)
- 1 medium carrot, diced
- 1 14.5-oz can of diced fire roasted tomatoes
- 4 garlic cloves, chopped (or use pre-minced garlic)
- 2 teaspoons dried oregano
- 2 teaspoons dried thyme
- ¼ teaspoon red pepper flakes (use a little bit of cayenne if you don't like red pepper flakes)
- 4 cups low-sodium vegetable broth
- 2 bay leaves
- 1 cup halved cherry tomatoes
- 1 cup chopped green beans (could use frozen or canned, just rinse before adding)
- 1 zucchini, diced
- 1 15-oz can chickpeas, drained and rinsed
- 1 ½ cups of kale
- Lemon juice to taste

### Directions

1. Heat olive oil in large pot over medium heat. Add onion and cook until translucent. Add the carrot and cook for 2 more minutes.
2. Add canned tomatoes, garlic, oregano, thyme & red pepper flakes (or cayenne if using). Stir in broth & bay leaves. Bring to a boil, then reduce the heat to simmer and cook, covered, for 20 minutes.
3. Stir in the cherry tomatoes, green beans, zucchini, chickpeas, cover and cook for 10-15 more minutes, until the green beans are tender.
4. Stir in the kale, add salt and pepper to taste.
5. Enjoy!

# Mediterranean Meal Prep Bowl

**4 servings, 30 minutes prep time (10 minutes prep; 20 minutes cook time)**

## Ingredients:

- 1 cup quinoa, uncooked
- 1 15-oz can chickpeas
- 1 carton of cherry tomatoes, halved
- ½ red onion, chopped
- ¼ cup kalamata olives, pitted and halved
- ¼ - ½ cup of hummus (your favorite flavor)
- Lemon, juice to taste
- Salt & pepper, to taste

## Directions:

1. Add 2 cups of water to a medium-sized pot & bring to a steady boil. Add 1 cup of quinoa to boiling water, then turn down heat & cover the pot. Let simmer at lower heat for about 15-20 minutes or until the quinoa can be fluffed with a fork or spoon.
2. While the quinoa is cooking, chop ½ red onion, halve the cherry tomatoes, dice the cucumber and halve the kalamata olives. Divide each equally among 4 bowls or 4 food containers (if making for meal prep).
3. Rinse and drain the can of chickpeas, add equal amounts of chickpeas to the 4 bowls or food containers.
4. Once the quinoa is cooked, allow it to cool for 5-10 minutes before adding it to each bowl or food container.
5. Add the hummus (about 1 tablespoon) to each of the 4 bowls or food containers.
6. Sprinkle lemon juice, salt and pepper to taste on top of each bowl or food container. Enjoy!

# Chicken Waldorf Salad Lettuce Wraps

**4 servings, 20-25 minutes (10 minutes prep time & 10 minute cook time)**

## Ingredients:

- 1 lb boneless, skinless chicken (or use rotisserie chicken to save time)
- 1/3 cup low-fat, plain Greek yogurt
- 1 lemon (or 1-2 tbsp lemon juice)
- 1/2 teaspoon Dijon mustard
- 2 apples diced
- 4 celery sticks, diced
- 1/2 lb red grapes, diced
- 1 small package of chives
- 1 head of lettuce
- 1 tbsp of olive oil
- 1 tsp honey
- 1/4 cup walnuts, chopped
- 1/4 tsp of salt and pepper

## Directions:

1. If cooking chicken: Dice or chop chicken & season with salt and pepper.
2. Heat skillet on medium heat. Add 1 tbsp of olive oil to the skillet. Cook chicken until done, 4-6 minutes per side.
3. In a large bowl, whisk low-fat, plain Greek yogurt, lemon juice, honey, Dijon mustard, salt and pepper together.
4. Chop, dice or halve grapes, apples and chives. Add all to the large bowl with the dressing.
5. Add the cooked chicken to the bowl & mix together. Add this mixture to lettuce to create the lettuce wraps & enjoy!