

WHAT'S FOR SUPPER?

Cider Glazed Chicken & Apples

MAKES 4 SERVINGS
Preparation time: 20 mins

This delicious fall dish is quick and easy to make.

2 T. butter or olive oil, divided
1 lb. boneless, skinless chicken thighs
salt
2 medium-large apples, sliced
1 c. apple cider
1 T. honey
1 tsp. cornstarch

1. Warm 1 T. butter in a skillet. Sprinkle the chicken with salt on both sides, then cook over medium-high heat for 4-5 minutes on each side, until nicely browned. Remove from pan, set aside, and keep warm.
2. Add the remaining 1 T. butter to the pan. Add the apples and cook for 2 minutes per side, until they are just tender, but not falling apart. Remove from pan and keep them warm with the chicken.
3. Combine the cider, honey and cornstarch in a small mixing bowl. Mix well.
4. Pour the cider mixture into the pan and bring to a boil. Simmer for 5-6 minutes, scraping the browned bits of chicken and apple into the liquid, until the mixture has reduced and thickened.
5. Plate the chicken and apples and pour the sauce over them.

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MENU SUGGESTION: Serve with cooked dark leafy greens, such as kale or collards.

NUTRITION TIP:

Apples are one of our best sources of an antioxidant called *quercetin*, which protects the heart and strengthens the immune system.

DAIRY-FREE/GLUTEN-FREE

SHOPPING LIST

PRODUCE

- 2 medium-large apples
- 8 oz. apple cider

BULK/GROCERY

- cornstarch
- honey

MEAT/SEAFOOD

- 1 lb. boneless skinless chicken thighs

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WHAT'S FOR SUPPER?

Green Pizza

MAKES 4 SERVINGS
Total Preparation time: 25 mins

Omit the pickled hot peppers if you prefer things on the mild side.

2 c. small broccoli florets, gently packed
2 c. chopped chard leaves, gently packed
1 10- to 12-inch pre-baked pizza crust, any kind, or 2 smaller gluten-free crusts
6 oz. mozzarella cheese, grated
¼ c. pickled hot peppers, sliced
¼ c. thinly sliced red onions
¼-½ tsp. red pepper flakes
4 oz. Parmesan cheese, grated

1. Steam the broccoli for 3-4 minutes. Add the chard to the cooking broccoli and continue steaming 2 more minutes, or until it wilts.
2. Spread the mozzarella cheese evenly over the pizza crust(s).
3. Spread the cooked broccoli and chard evenly over the pizza(s). Spread the pickled peppers, onions and red pepper flakes over the pizza(s). Top with the Parmesan cheese.
4. Bake according to directions on pizza crust package.

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MENU SUGGESTION: Serve with roasted lemon chicken.

NUTRITION TIP:

Broccoli and chard are both good sources of vitamin K, which is needed for healthy bones and blood. Vitamin K is a fat-soluble vitamin, so serving broccoli and chard with full fat cheeses is a good idea!

VEGETARIAN/GLUTEN-FREE OPTION

SHOPPING LIST

PRODUCE

- 1 bunch broccoli
- 1 bunch chard
- 1 small red onion

GROCERY/BULK

- pickled hot peppers

DAIRY

- 6 oz. mozzarella cheese
- 4 oz. Parmesan cheese

FREEZER

- 1 10- to 12-inch pre-baked pizza crust, any kind, or 2 smaller gluten-free crusts

HERBS/SPICES

- red pepper flakes

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WHAT'S FOR SUPPER?

Grilled Turkey & Brie Sandwiches

MAKES 4 SERVINGS
Total Preparation time: 35 mins

If you don't have leftover turkey, use packaged sliced deli turkey.

2 tsp. olive oil
1 medium yellow onion, sliced
8 slices pumpernickel bread *gluten-free bread will work also
1 c. cranberry sauce
7-8 oz. cooked turkey, sliced
8 oz. brie cheese, sliced
1-2 T. butter

1. Warm oil in a skillet. Add onions with a pinch of salt, and sauté, covered, over medium heat for 15 minutes, stirring occasionally, until onions are browned.
2. Assemble the sandwiches: spread the cranberry sauce evenly over 4 slices of bread. Then add, in order, the turkey, caramelized onions, and brie.
3. *To grill the sandwiches in a skillet:* warm the butter over medium heat in a large skillet. Place 2 of the sandwiches in the pan and cover. Heat for 3-4 minutes, until the cheese begins to melt and the bread begins to brown. Top with the remaining bread and flip. Cook for 2 more minutes, until lightly browned. Repeat with the remaining sandwiches.
4. *To use a Panini press:* lightly butter the outside of each sandwich before putting it in the Panini press. Press until golden brown on both sides and the cheese is melted.

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MENU SUGGESTION:

Serve with steamed broccoli.

NUTRITION TIP:

Cranberries are rich in *anthocyanins*, powerful antioxidants that protect cells in the brain and the heart from damage.

GLUTEN-FREE OPTION

SHOPPING LIST

PRODUCE

- 1 medium yellow onion

GROCERY/BULK

- 1 9-oz. jar cranberry sauce

DAIRY

- 8 oz. brie cheese
- butter

MEAT/SEAFOOD

- 7 oz. packaged deli turkey (or leftover turkey)

BAKERY

- pumpernickel or gluten-free bread

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WHAT'S FOR SUPPER?

Southwest Roasted Tofu & Vegetables

MAKES 4 SERVINGS
Total Preparation time: 60 mins

Omnivores can replace the tofu with pork or chicken if desired. Add the optional jalapeño pepper for more heat.

1 lb. carrots, sliced into $\frac{1}{3}$ inch rounds
3 T. olive oil, divided
 $\frac{3}{4}$ tsp. salt, divided
 $\frac{1}{2}$ rounded tsp. chili powder
 $\frac{1}{2}$ rounded tsp. cumin
1 lb. firm tofu, cubed
1 poblano pepper, sliced
8 cloves garlic, halved

OPTION:

1 jalapeño pepper, seeded and minced

1. Preheat oven to 400°F.
2. Place carrots in a baking dish, drizzle with 1 T. olive oil, and sprinkle with $\frac{1}{4}$ tsp. salt. Using your hands, toss to make sure carrots are evenly coated with oil, and then arrange carrots in a single layer in the pan.
3. Roast carrots, uncovered, for 20 minutes.
4. In a mixing bowl, combine 2 T. olive oil, the chili powder, cumin and remaining $\frac{1}{2}$ tsp. salt. Mix well.
5. Add the cubed tofu to the oil and spice mixture. Using your hands, toss the tofu to evenly coat.
6. Stir the poblano pepper, garlic and jalapeño, if using, into the tofu mixture. Make sure the ingredients are all well coated with oil.
7. Add the tofu mixture to the cooking carrots and stir. Continue roasting for 30 more minutes, until the carrots and peppers are tender, stirring once during cooking.

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MENU SUGGESTION:

Serve with polenta or brown rice.

NUTRITION TIP:

Carrots are one of our best sources of carotenes, antioxidants that help protect our cells, especially the ones in our lungs, from cancer.

VEGAN/GLUTEN-FREE/DAIRY-FREE

SHOPPING LIST

PRODUCE

- 1 lb. carrots
- 1 poblano pepper
- garlic
- OPTION: 1 jalapeño pepper

GROCERY/BULK

- olive oil
- 1 lb. firm tofu

HERBS/SPICES

- chili powder
- ground cumin

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