

Chicken Pot Pie

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1 cup diced carrots — about 3 medium
- 1/2 cup diced celery — about 1 large stalk
- 1 1/2 teaspoons garlic powder
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1/4 cup all-purpose flour
- 2 cups low-fat milk
- 2 cups cooked and shredded boneless, skinless chicken breasts
- 1/2 cup frozen peas
- 1/2 cup diced onion
- 1 tablespoon chopped fresh thyme or dried
- 1 prepared pie crust
- 1 egg — lightly beaten with 1 tablespoon water to create an egg wash

Directions:

1. Preheat oven to 425 degrees F. Lightly coat a 9-inch pie dish with baking spray.
2. Heat a large Dutch oven over medium-high heat and add oil to the pan. Once hot, add the carrots, celery, garlic powder, salt, and pepper. Cook until the carrots begin to soften, about 3 min.
3. Sprinkle the flour over the top of the vegetables and cook 2 minutes. Slowly pour in the milk, stirring constantly. Bring to a low boil, scraping any brown bits from the bottom of the pan. Continue to let bubble until thickened, about 3 to 5 minutes. Stir in the chicken, peas, onions, and thyme. Spoon the chicken mixture into the prepared pie dish.
4. Brush the edges of the pie dish with the egg wash, then lay the dough over the top so that it overhangs the sides. Trim the overhang to a 1/2 inch larger than edge of the dish. Gently press the dough onto the sides of the dish so that it sticks, then brush all over with the remaining egg wash. With a sharp knife, cut 3 slits in the top.
5. Bake until hot and bubbly on the inside and the crust is deeply golden, about 25 minutes. Let rest a few minutes. Serve hot.

Nutrition:

Servings: 4, Serving Size: 1/4 of pot pie

Calories: 335, Fat: 18g, Protein: 8g, Carbohydrates: 41g, Fiber: 4g, Sodium: 593mg

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Ham & Spinach Quiche

Ingredients:

3 cups packed baby spinach, chopped
6 large eggs, lightly beaten
1 ½ cups low-fat milk
½ teaspoon salt
1 9-inch frozen pie crust
¼ pound sliced ham, chopped
1 ½ cups shredded parmesan cheese

Directions:

1. Line a rimmed baking sheet with foil, place it in oven and preheat to 375°F. Mist a medium skillet with cooking spray and warm it over medium heat. Cook spinach, stirring often, until wilted. Remove spinach to a paper towel-lined plate and pat dry.
2. Combine eggs, milk and salt in a large bowl and whisk until well mixed. Arrange spinach on bottom of pie crust. Scatter ham over spinach. Sprinkle cheese over ham. Pour egg mixture into shell.
3. Place quiche on baking sheet and bake until filling is set, and crust is golden, about 40 minutes. Let stand 10 minutes, slice into wedges, and serve hot.

Nutrition:

Servings: 8, Serving size: 1/8th of quiche

Calories: 298, Fat: 21g, Protein: 15g, Carbohydrates: 12g, Sodium 562mg

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Pantry Chili

Ingredients:

2 pounds lean ground beef
1 can (46 fl. Oz) tomato juice
1 can (29 Oz) tomato sauce
1 can (15 Oz) kidney beans, drained and rinsed
1 can (15 Oz) pinto beans, drained and rinsed
1 ½ cups onion, chopped
1/8 tsp ground cayenne pepper
½ tsp sugar
½ tsp dried oregano
½ tsp ground black pepper
1 tsp salt
1 ½ tsp ground cumin
¼ cup chili powder

Directions:

1. Place ground beef in a large, deep skillet. Cook over medium-high heat until evenly brown. Drain, and crumble.
2. In a large pot over high heat combine the ground beef, tomato juice, tomato sauce, kidney beans, pinto beans, onions, cayenne pepper, sugar, oregano, ground black pepper, salt, cumin and chili powder. Bring to a boil, then reduce heat to low. Simmer for 1 ½ hours. (Note: If using a slow cooker, set on low, add ingredients, and cook for 8 to 10 hours.)

Nutrition:

305 calories; 13.7 g fat; 25.5 g carbohydrates; 22.3 g protein; 1267mg sodium

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Shrimp Fried Rice

Ingredients:

3 tablespoons low-sodium soy sauce
2 tablespoons water
2 tablespoons rice vinegar
1 teaspoon sesame oil
1/4 teaspoon salt
1/4 teaspoon crushed red pepper
3 tablespoons vegetable oil, divided
1 1/2 pounds medium shrimp, peeled and deveined
3 large eggs, lightly beaten
2 cups finely chopped green onions
1 tablespoon fresh ginger, minced or dried powder
4 cups cooked brown rice, chilled
1 1/2 cups frozen peas and carrots, thawed

Directions:

1. Combine first 6 ingredients in a bowl.
2. Heat 1 tablespoon vegetable oil in a large nonstick skillet over medium-high heat. Add shrimp; cook 4 minutes or until done. Remove from pan; keep warm.
3. Heat 2 tablespoons vegetable oil in pan. Add eggs; stir-fry 30 seconds or until soft-scrambled, stirring constantly. Stir in onions and ginger; stir-fry 1 minute. Stir in soy sauce mixture, shrimp, rice, and peas and carrots; cook 3 minutes or until heated.

Nutrition:

Servings: 6, Serving size: 1 1/3 cups

Calories: 388, Fat: 12g, Protein: 26.1g, Carbohydrates: 42.3g, Fiber: 3.1g, Sodium:

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Tuna Salad

Ingredients:

2 cans (6 oz.) white meat tuna packed in water, drained
2 tablespoons celery, minced
2 tablespoons red onion, minced and soaked in cold water for 5 minutes, then drained
1 teaspoon flat-leaf parsley, minced
1/3 cup mayonnaise
1 tablespoon whole-grain mustard
Freshly ground black pepper
Freshly squeezed lemon juice

Directions:

1. In a small mixing bowl break up the tuna with a fork. Mix in celery, onion, and parsley. Toss with mayonnaise and mustard. Season with pepper, to taste. Add lemon juice, to taste. Stir to combine.
2. Serve on toasted whole grain bread or on washed and dried lettuce leaves.

Cook's note: Substitute 1 teaspoon Dijon mustard for the whole-grain mustard and add 2 tablespoons sweet pickle relish

Nutrition:

Servings: 4, Serving size: 1/3 cup
Calories: 191, Fat: 9.2g, Protein: 20.4g, Carbohydrates: 5.6g, Fiber: .2g,
Sodium: 480mg

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Cooking with Kitchen Staples

Pantry Staples

- ☐ Canned beans
- ☐ Canned tomatoes
- ☐ Canned tomato sauce
- ☐ Canned tomato juice
- ☐ Canned broth (chicken, veggie, etc.)
- ☐ Potatoes
- ☐ Garlic
- ☐ Onions
- ☐ Vinegars (balsamic, rice, apple cider, etc.)
- ☐ Oils (olive oil, sesame, canola, etc.)
- ☐ Dried herbs (parsley, pepper, dill, oregano, thyme, etc.)
- ☐ Minute brown rice
- ☐ Quinoa
- ☐ Canned tuna
- ☐ Quick oats

Refrigerator Staples

- ☐ Parmesan cheese
- ☐ Eggs
- ☐ Tortillas
- ☐ Lemon/lime juice
- ☐ Low-sodium soy sauce
- ☐ Ketchup
- ☐ Dijon mustard
- ☐ Milk
- ☐ Plain yogurt
- ☐ Butter
- ☐ Carrots
- ☐ Celery
- ☐ Ham Cubes

Freezer Staples

- ☐ Pie crusts
- ☐ Frozen veggies (spinach, peas, corn, etc.)
- ☐ Frozen fruit (berries, peaches, etc.)
- ☐ Chicken
- ☐ Shrimp
- ☐ Lean ground beef or ground turkey

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