



## **FAMILY FRIENDLY MEAL IDEAS AND RECIPES**

### **BREAKFAST IDEAS**

- Oatmeal with fresh berries, bananas, apples or nuts seasoned with cinnamon, honey or maple syrup
- yogurt parfait: plain yogurt mixed with fresh fruit or fruit preserves and granola
- eggs: scrambled, hardboiled, omlette, etc!
- hearty smoothies
- homemade granola

### **LUNCH IDEAS**

- tomato soup with melted cheese sandwich on whole wheat bread
- hummus sandwich in pita bread
- peanut butter with jelly sandwich on whole wheat
- chicken noodle soup with veggies
- turkey avocado sandwich

### **SNACK IDEAS**

- cut veggies (carrots cucumbers, etc) with hummus or dressing for dipping
- cut fruit (apples, bananas, etc) with peanut or almond butter
- homemade smoothie with greek yogurt and fresh fruit
- rice cakes with cheese or hummus or guacamole
- dried fruit/raisins and/or nuts

### **DINNER IDEAS AND RECIPES**

Lebanese "stuffing": Spiced rice with ground meat  
Whole roasted chicken with roasted potatoes and asparagus  
Quick turkey bolognes with spaghetti or zoodles  
Chicken vegetable soup with quinoa or pasta  
"Popeyes": Spinach and ground chicken  
Roasted salmon with rice and broccoli  
Basic filet mignon with oven sweet potato fries

Lebanese "stuffing": Spiced rice with ground meat

*Ingredients:*

- 2 Tbsp olive oil

- 1 onion, finely chopped
- 1 lb ground beef (grass fed preferable)
- about 2 tsp ground cinnamon
- about 2 tsp allspice
- 1/2 tbsp salt/pepper
- 2 cups rice
- 1 tbsp butter
- 3 cups chicken broth (water can be used as a substitute)

*Method:*

- warm the olive oil and sauté the onion for about 5 minutes or until golden and fragrant
- mix in the ground meat and season with cinnamon, allspice, salt and pepper. Stir well to break up chunks and season evenly
- cook meat over medium high heat until cooked through, about 6-8 minutes, stirring occasionally
- add rice and butter to the pot holding the cooked meat, and stir well for about 2 minutes
- add in the broth (or water) and bring the liquid to a boil
- add additional seasoning if desired
- lower the heat and cover the pot and cook the rice mixture over low heat for about 20 minutes
- remove pot from heat source and let sit covered for 5 minutes before removing lid
- fluff rice up with a fork and mix before serving

Whole roasted chicken with roasted potatoes and asparagus

*Ingredients:*

For the chicken:

- 1 roasting chicken (4-6lbs, preferably organic)
- 1 tsp salt/pepper
- 1 bunch of thyme, rinsed
- 2 garlic cloves, peeled
- 1 lemon, cut into quarters
- 1/2 tsp grated lemon rind
- 1 tbsp olive oil

For the potatoes:

- 1 bag of small red or white potatoes, cut into halves
- 1/4 cup olive oil
- 1 clove garlic, peeled and crushed
- 1 tsp salt
- 1 tsp pepper
- 1 tsp dried oregano

For the asparagus:

- 1 bunch of asparagus
- 1 tbsp olive oil
- 1 tsp salt/pepper

*Method:*

For the chicken:

- preheat oven to 425
- rinse chicken and pat it dry (remove giblets from the cavity) and arrange in deep roasting pan
- sprinkle salt and pepper around the chicken and inside the cavity
- stuff the inside with the thyme
- rub the exterior with a garlic clove, then place both cloves into the cavity
- sprinkle ½ the lemon rind around the exterior and put the rest into the cavity
- drizzle the exterior of the chicken with the olive oil
- roast for about 1 ½ hours, basting chicken with the juices it produces a few times throughout the cooking process

For the potatoes:

- arrange in baking dish
- put the crushed garlic into the olive oil and mix well
- liberally coat the potatoes with the garlic-olive oil mixture
- season with salt pepper and oregano and roast for about 45 minutes-1 hour (also at 425), mixing a couple times while roasting

For the asparagus:

- cut off the rough bottom 2 inches of the asparagus and arrange on lined baking sheet
- drizzle with olive oil and season with salt/pepper
- roast (also at 425) for about 25 minutes

Quick turkey bolognes with spaghetti or zoodles

*Ingredients:*

- 1 tbsp olive oil
- 1 small onion, finely chopped
- 1/4 cup of chopped carrots (small approximately 1cm cubes)
- 1 clove garlic, peeled and crushed
- 1 lb ground turkey (preferably organic)
- 1 tsp salt/pepper
- 1 tsp oregano
- 1 bay leaf
- 1 16oz can diced tomatoes and their juices\*
- 1 tps tomato paste\*
- 1 tbsp chopped fresh basil leaves\*
- \*alternatively use Rao's marinara sauce for a short cut
- 1 pack of pasta of your choice OR zoodles
- 1 tbsp copped fresh parsley

*Method:*

- warm the olive oil and cook the onion and carrots for about 5 minutes, or until onions are golden and fragrant
- add in the crushed garlic and cook another 30 seconds
- mix in the turkey and use spoon to break up chunks as it cooks
- season the turkey with salt/pepper and oregano and add in bay leaf

- allow turkey to cook through, about 5-7 minutes
- if making fresh sauce, add in tomatoes, paste, and basil and bring liquids to a boil, then lower heat and simmer over low heat for about 20 minutes
- if using Rao's sauce, pour as much sauce as desired into the cooked turkey to complete your bolognes
- cook pasta or zoodles (quick sauté in olive oil if you prefer them softened) and serve with the bolognes sauce and garnish with the parsley

### Chicken vegetable soup with quinoa or pasta

#### *Ingredients:*

- 2 tbsp olive oil
- 1 onion, finely chopped
- 1/2 cup chopped celery
- 1/2 cup chopped carrots
- 2-3 bone-in chicken breasts, skin removed (preferably organic)
- 1/2 tsp of salt & 1/2 tsp pepper
- 1/2 tsp allspice
- 6 cups low-sodium chicken broth (preferably organic)
- 1 bay leaf
- 1/2 cup frozen peas, thawed
- 1 zucchini chopped into 1/2 inch cubes
- 1/2 cup cherry tomatoes, halved
- 1/2 cup sliced cremini or baby bella mushrooms
- 1/2 cup green beans – fresh or thawed frozen- cut into 1/2 inch pieces
- 1/4 cup frozen corn, thawed
- 1/2 cup chopped swiss chard (or any dark/leafy greens you prefer)
- juice of 1-2 lemons
- optional add ins: 1/2 cup cooked quinoa or 1/2 cup cooked spaghetti diced or any other small shaped pasta

#### *Method:*

- saute the onions, carrots and celery in olive oil, approximately 5 minutes or until onions are soft and fragrant
- add in chicken, and season with salt/pepper and allspice, and mix about 2 minutes
- add in broth and bay leaf, and bring broth to a boil. Once boiling, cover and cook over medium-low heat for about 15-20 minutes, or until chicken is cooked through
- remove chicken and allow to cool
- while chicken cools, add in the remaining vegetables and season with more salt pepper and all spice. If vegetables aren't completely covered with liquid and soup is too chunky, add in additional broth or water
- again raise heat until liquid boils, then cover and lower heat and cook for an additional 20 minutes or until vegetables are soft
- while veggies cook, remove chicken from bones and cut into small pieces
- when vegetable are cooked through, add back in chicken to warm
- add in cooked quinoa or spaghetti
- add in lemon juice just before serving

### "Popeyes": Spinach and ground chicken

#### *Ingredients:*

- 1lb lean ground chicken (or lean preferably grass-fed ground beef)
- 1 Tbsp olive oil
- 1 yellow onion finely chopped
- 2 tsp allspice
  - 1/2 tsp salt/pepper
  - 2-3 16oz bags frozen spinach
  - 1 garlic clove, crushed
- 1 bay leaf
- 1 bunch fresh cilantro thoroughly washed, picked, and chopped
- juice of 1-2 lemons
- optional: 1 cup cooked rice (preferably brown rice)

#### *Method:*

- Saute onion in olive oil about 3-4 minutes
- Cook ground chicken (or lean beef) in oil over high heat about 10 minutes, seasoning with 1 tsp allspice and salt/pepper, stirring frequently to break up clumps and spread seasoning
- When meat is cooked, add in bags of frozen chopped spinach
- When spinach begins to wilt, add in garlic, bay leaf, 1 tsp allspice & s/p, and 1/2 bunch of cleaned/chopped cilantro
- Cook on medium heat about 1/2 hour
- before serving stir in another 1/2 bunch of washed/chopped cilantro and juice of 1-2 lemons
- serve over or mixed into rice

### Roasted salmon with rice and broccoli

#### *Ingredients:*

For the salmon:

- 4 salmon filets (preferably wild caught)
- 4 tbsp low sodium Tamari or soy sauce
- 1 garlic clove, peeled and crushed
- 1/4 cup olive oil
- juice of 1 lemon
- 1/2 tsp pepper
- optional: 1/2 tsp diced fresh ginger

For the rice and broccoli:

- 2 cups rice
- 1/2 tsp salt
- 3 cups water
- 1 head of broccoli, cut into small florets
- 1 tsp salt and pepper
- 1 tbsp olive oil

#### *Method:*

For the salmon:

rinse and pat dry salmon filets, and place into a large bowl or ziplock for marinating

-mix together Tamari (or soy sauce), garlic, olive oil, lemon juice, and pepper (and ginger if using) to create marinade

-pour ½ of marinade over fish and marinate in fridge for about 1 hour

-heat oven to 425

-arrange salmon filets on baking tray lined with nonstick foil or parchment paper

-bake for about 12-14 minutes or until cooked through

-pour remaining marinade over salmon just before serving

For the rice and broccoli:

-bring water rice and salt to a boil, then lower heat and cover pot and cook rice over low heat for 20 minutes if making white rice, 40 minutes if making brown rice.

Allow rice to sit off of heat source with cover still on for 5 minutes when cooking is complete, then remove cover and fluff up with a fork before serving

-arrange broccoli florets on a baking sheet lined with nonstick foil

-season with salt/pepper and drizzle with olive oil

-bake (also at 425) for about 20-25 minutes

### Basic filet mignon with oven sweet potato fries

#### *Ingredients:*

For the filet mignon:

-4 filet mignons (look for pieces that are cut wide but not too thick in depth)

-good steak seasoning (I like “Bosari” sold at Whole Foods)

For the sweet potatoes:

-2 sweet potatoes, peeled and cut into fry shaped strips

-2 tbsp olive oil

-1/2 tsp salt/pepper

#### *Method:*

For the filet mignon:

-preheat oven to 375

-arrange filet on baking tray lined with nonstick foil

-season generously with steak rub

-bake for about 15-18 minutes, depending on thickness of pieces and how well done you like it

-allow steak to rest for 5 minutes before cutting into it

For the sweet potatoes:

-arrange sliced sweet potato pieces on baking dish lined with nonstick foil

-toss with the olive oil and mix to coat evenly

-season with the salt and pepper

-bake at 450 for about 25-30 minutes