



Chicken Tomatillo Casserole

Serves 6. Prep time: 15 minutes active; 45 minutes total.

- | | |
|---|---|
| 1 teaspoon vegetable oil | 2 tablespoons minced cilantro |
| 1 ½ cups prepared tomatillo salsa | 1 ¼ cups shredded Mexican cheese blend, divided |
| 3 tablespoons sour cream | 12 9-inch corn tortillas |
| 1 pound cooked chicken breast, shredded | |

Preparation

Preheat the oven to 375 degrees F. Lightly oil the bottom and sides of a 9 x 13 inch casserole dish.

In a small bowl, stir together the tomatillo salsa and sour cream until smooth. Set aside. In another small bowl, mix together the chicken, cilantro and half the cheese.

Place a spoonful of the chicken mixture into each of the corn tortillas, then roll up or fold the filled tortillas and place into the casserole dish to form a single layer. Evenly pour the tomatillo-sour cream sauce over the top of the tortillas and sprinkle with the remaining shredded cheese. Bake 25 to 30 minutes until tortillas are heated through and the sauce is bubbly. Serve warm.

Chicken Tomatillo Casserole

Ingredient checklist

PRODUCE

- ☐ Cilantro

GROCERY

- ☐ Vegetable oil
- ☐ Tomatillo salsa

MEAT/SEAFOOD

- ☐ Boneless, skinless chicken breasts

REFRIGERATED/DAIRY

- ☐ Sour cream
- ☐ Shredded Mexican cheese blend
- ☐ Corn tortillas

Serving suggestion

Make a meal of this family favorite with traditional Mexican rice and beans, tortilla chips and guacamole. For an extra special version, add a half cup of finely chopped, cooked chipotle-seasoned sausage to the chicken mix. Can't find prepared tomatillo salsa? Substitute any salsa verde.

Nutritional information per serving

373 calories	14 g. fat
97 mg. cholesterol	643 mg. sodium
26 g. carbohydrate	4 g. fiber
36 g. protein	

The nutritional values and information provided are approximations.



Apple Raspberry “Nachos”

Serves 4. Prep time: 20 minutes.

1 cup frozen or fresh raspberries	¼ cup pecans, chopped
1 tablespoon maple syrup	2 tablespoons shredded coconut
½ cup chocolate chips	2 tablespoons plain or vanilla yogurt
2 large Honeycrisp apples, halved, cored and sliced thin	

Preparation

In a small pot, simmer the raspberries and maple syrup for 5 to 10 minutes, stirring frequently. Remove the raspberry sauce from the heat and pour into a small container through a fine mesh strainer to remove the seeds. (Tip: Use the back of a heavy spoon to push the raspberry sauce through the strainer.) Set aside the finished sauce.

Melt the chocolate chips either in a double boiler or by microwaving for about 3 minutes on low, in a microwave-safe bowl.

To build the nachos, spread out or overlap the apple slices on a platter or large plate. Lightly drizzle the apple slices with the melted chocolate and raspberry sauce, sprinkle pecans and coconut over the top, and serve with yogurt as a dipping sauce.

Apple Raspberry “Nachos”

Ingredient checklist

PRODUCE

- ☐ Raspberries (if using fresh)
- ☐ Honeycrisp apples

BULK

- ☐ Chocolate chips
- ☐ Pecans

GROCERY

- ☐ Maple syrup
- ☐ Shredded coconut

REFRIGERATED/DAIRY

- ☐ Plain or vanilla yogurt

FROZEN

- ☐ Raspberries (if using frozen)

Serving suggestion

Get creative with these kid-friendly dessert nachos! Toast the nuts and coconut, replace the nuts with granola or crushed graham crackers, drizzle the apples with honey or caramel sauce, top with ice cream, sprinkle with cinnamon. If you have extra raspberry sauce, swirl it into the yogurt dip.

Nutritional information per serving

146 calories	5 g. fat
0 mg. cholesterol	5 mg. sodium
19 g. carbohydrate	3 g. fiber
2 g. protein	

The nutritional values and information provided are approximations.

Garlic Basil Ratatouille

Serves 6. Prep time: 30 minutes.

- | | |
|--|---|
| 2 tablespoons olive oil | 1 small eggplant, stem removed, cut into ½-inch cubes |
| 1 yellow onion, diced | 1 14.5-ounce can Muir Glen Diced Tomatoes |
| 1 red or green bell pepper, seeded and diced | ⅓ cup minced fresh basil |
| 3 tablespoons minced garlic | 2 tablespoons pine nuts |
| 1 small zucchini, diced | Salt and black pepper to taste |
| 1 small yellow squash, diced | |

Preparation

In a large soup pot, heat the olive oil over medium-high heat. Sauté the onion, bell peppers and garlic for a few minutes. Add the zucchini, yellow squash, eggplant and diced tomatoes (with juice) and bring to a simmer. Cover the pot and simmer on low for 10 to 15 minutes, stirring frequently. When the eggplant and squash are tender, stir in the basil and pine nuts, and taste for salt and black pepper. Remove from heat and serve warm.

Garlic Basil Ratatouille

Ingredient checklist

PRODUCE

- ☐ Yellow onion
- ☐ Garlic
- ☐ Yellow squash
- ☐ Basil
- ☐ Red or green bell pepper
- ☐ Zucchini
- ☐ Eggplant

BULK

- ☐ Pine nuts

GROCERY

- ☐ Olive oil
- ☐ Muir Glen Diced Tomatoes

SPICES/SEASONINGS

- ☐ Sea salt
- ☐ Black pepper

Serving suggestion

Serve this delicious vegetable stew over cooked couscous or nutty brown rice sprinkled with shredded or flaked Manchego cheese, and a side of garlic green beans. Use fire-roasted instead of plain diced tomatoes for a smoky, outdoor flavor!

Nutritional information per serving

169 calories	7 g. fat
0 mg. cholesterol	59 mg. sodium
24 g. carbohydrate	8 g. fiber
6 g. protein	

The nutritional values and information provided are approximations.



Shaved Kale Salad

Serves 4. Prep time: 20 minutes active; 45 minutes total.

- | | |
|--------------------------------|--|
| 1 bunch kale | 1 tablespoon minced garlic |
| 1 ½ tablespoons olive oil | 3 tablespoons sliced almonds |
| 1 tablespoon lemon juice | 2 tablespoons raisins, roughly chopped |
| 2 tablespoons balsamic vinegar | Salt and black pepper to taste |
| 1 teaspoon Dijon mustard | |

Preparation

Wash one large bunch of kale and remove the thick center stems from the leaves. Slice the kale into very thin strips and set aside.

In a small bowl, whisk together the olive oil, lemon juice, vinegar, mustard and garlic.

In a large salad bowl, toss the shredded kale with the dressing, almonds and raisins. Season to taste with salt and pepper. Let the salad sit for at least 15 and up to 30 minutes before serving.

Shaved Kale Salad

Ingredient checklist

PRODUCE

- ☐ Kale
- ☐ Garlic
- ☐ Lemon

BULK

- ☐ Almonds
- ☐ Raisins

GROCERY

- ☐ Olive oil
- ☐ Dijon mustard
- ☐ Balsamic vinegar

SPICES/SEASONINGS

- ☐ Sea salt
- ☐ Black pepper

Serving suggestion

This slaw-like kale salad is a sweet, tangy and crunchy accompaniment to roasted pork or chicken. Wrap some in lavash with curried rice and pan-fried seitan for an on-the-go meal.

Nutritional information per serving

151 calories	9 g. fat
0 mg. cholesterol	110 mg. sodium
15 g. carbohydrate	3 g. fiber
5 g. protein	

The nutritional values and information provided are approximations.