

Dinners

Steamed Veggie and Rice Plate

- Cut up fresh veggies and add frozen broccoli or others if desired.
- Place in microwave steamer or stovetop pot with steamer insert with $\frac{1}{4}$ cup water. Cook until tender.
- At the same time, prepare brown rice in microwave, rice cooker, or on stovetop. Make enough for two meals.
- When ready, spoon 1 cup onto plate and drizzle with 2 tsp. reduced-sodium soy sauce and 1 Tbsp. nut butter.
- Top with steamed veggies and season to taste with cumin, pepper, garlic powder, and hot sauce.

Rice Salad

- Place 1 cup cooled, cooked rice in bowl.
- Top with chopped spinach, beans, sliced peppers, tomatoes, and $\frac{1}{4}$ cup cheese and/or small scoop of plain yogurt.
- Add cubed apple if desired.
- Drizzle with olive oil and balsamic vinegar, lemon, or orange juice. Season to taste.

Bean Burritos and Salad

- Season beans with cumin and pepper.
- Place on tortilla and top with a pinch of cheese and spinach leaves.
- Warm in microwave and top with salsa, and/or small scoop of plain yogurt, and/or tomatoes and peppers. Enjoy with a simple salad or piece of fruit.

Pesto Pasta and Veggies

- Cut up fresh veggies and add frozen broccoli or others if desired.
- Place in microwave steamer or stovetop pot with steamer insert with $\frac{1}{4}$ cup water. Cook until crisp-tender.
- At the same time, prepare pasta in microwave or on stovetop.
- Top $\frac{3}{4}$ cup pasta with steamed veggies, 1–2 Tbsp. pesto, and a sprinkle of cheese.
- Refrigerate or freeze extra pasta for later use.

Pasta Salad with Hummus

- Drizzle $\frac{3}{4}$ cup pasta with olive oil and season to taste with pepper, garlic powder, and oregano.
- Mix in $\frac{1}{2}$ cup hummus and add chopped spinach, bell pepper, tomatoes, carrots, and small scoop of plain yogurt, if desired. Enjoy warm or cold.

Seasoned Egg and Veggie Scramble

- Whisk two eggs together in a microwaveable bowl.
- Add fresh or leftover veggies and 2 tsp. pesto. Cover with a wet paper towel.
- Cook on high for 30 seconds, stir, and cook for 20 more seconds. Enjoy with whole-grain toast.

“Fried” Rice

- Beat one egg in a bowl and set aside.
- Mix already-cooked rice with leftover steamed or fresh/frozen vegetables in a frying pan.
- Add a drizzle of olive oil. Stir on medium heat until veggies are crisp-tender and heated through.
- Add egg to hot pan and stir into rice/veggie mixture until firm.
- Season to taste and enjoy with beans or hummus.