



QUICK + EASY DINNERS



SKIRT STEAK TACOS

These easy skirt steak tacos are perfect dinner fare. If you're looking for a gluten-free option, swap out the soy sauce with some tamari. Marinate the meat the night before so the steak is ready to cook when you are.

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| 2 Tbsp reduced-sodium soy sauce | 12 white corn tortillas, <i>warmed</i> |
| 2 Tbsp fresh lime juice | ½ cup diced red onion |
| 2 Tbsp olive oil | ½ cup fresh cilantro, <i>chopped</i> |
| 3 garlic cloves, <i>minced</i> | 1 avocado, <i>pitted, peeled and chopped</i> |
| 2 tsp chili powder | 1 small tomato, <i>diced</i> |
| 1 tsp ground cumin | 1 lime, <i>cut into wedges</i> |
| 1 tsp dried oregano | |
| 1 Tbsp chili garlic sauce | |
| 1½ lbs skirt steak, <i>cut into 1-inch pieces</i> | |

In a large glass or ceramic bowl, combine the soy sauce, lime juice, 1 tablespoon of the oil, garlic, chili powder, cumin, oregano and chili garlic sauce. Add the steak and marinate for at least 1 hour or overnight, stirring occasionally.

In a large skillet, heat the remaining 1 tablespoon oil over medium-high heat. Add the steak and marinade, and cook, stirring often, until steak has browned and marinade has reduced, about 5 to 6 minutes, or until desired doneness.

Serve the steak in the tortillas, topped with red onion, cilantro, avocado, tomato and a squeeze of lime juice.

Yield: 6 servings | **Serving size:** 2 tacos

Nutrition Facts (per serving): Calories: 294; Fat: 18g; Saturated Fat: 4g; Cholesterol: 26mg; Sodium: 266mg; Carbohydrates: 20g; Fiber: 4g; Protein: 14g





ALMOND-CRUSTED SALMON

Eating certain foods can help your immune system stay strong as it fights viral infections like the coronavirus. This easy Almond-Crusted Salmon recipe is full of immune-building food soldiers.

2 salmon fillets (4 oz each), <i>1½-inch thick</i>	Black pepper to taste
¼ cup unsalted sliced blanched almonds	1 cup green beans, <i>trimmed and blanched</i>
1 tsp olive oil	2 cups frisée
1 tsp chopped fresh oregano	1 Tbsp low-fat plain Greek yogurt
2 garlic cloves, <i>minced</i>	½ Tbsp olive oil
1 tsp chopped fresh parsley	2 Tbsp dried cranberries
2 Tbsp fresh lemon juice	1 Tbsp fresh lemon juice
¼ tsp salt, <i>divided</i>	

Preheat oven to 400°F. Wash and pat salmon dry. With a piece of foil, make a square, lifting the sides to create a ridge on all sides. Lightly coat the foil with nonstick cooking spray. Arrange the salmon on the foil.

In a small bowl, combine almonds, oil, oregano, garlic, parsley, lemon juice, ⅓ teaspoon salt and pepper.

Top the salmon with the almond mixture, covering the top and all edges. Bake the salmon for 8 minutes. Remove from the oven and let the salmon rest for at least 5 minutes at room temperature.

Meanwhile, make the salad. In a bowl, toss all the salad ingredients. Serve the salmon with the salad. Season with the remaining ⅓ teaspoon salt and pepper to taste. Drizzle salmon with additional fresh lemon juice, if desired.

Yield: 2 servings | **Serving size:** 4 oz salmon; 1½ cups salad

Nutrition Facts (per serving): Calories: 472; Fat: 33g; Saturated Fat: 3g; Cholesterol: 66mg; Sodium: 216mg; Carbohydrates: 16g; Fiber: 4g; Protein: 26g

CHICKEN STIR-FRY

Use pre-cut chicken and vegetables and this tasty chicken stir-fry is faster than takeout. The key to a crispy stir-fry is very hot oil—your veggies will cook quickly instead of soaking up fat.

- 1 cup reduced-sodium chicken broth
- 1½ Tbsp fresh lemon juice
- 1 Tbsp soy sauce
- 1 garlic clove, *minced*
- 2 tsp cornstarch
- 1 Tbsp olive oil or canola oil
- 2 boneless, skinless chicken breast halves (4 oz each), *cut into strips*
- 1 cup broccoli florets
- ½ large red bell pepper, *cut into 1-inch strips*
- ½ large yellow bell pepper, *cut into 1-inch strips*
- 1 yellow onion, *sliced*
- Black pepper to taste
- 2 cups cooked brown rice

In a small bowl, whisk together chicken broth, lemon juice, soy sauce, garlic and cornstarch.

Heat oil in skillet over medium-high heat until hot. Add chicken strips and sauté, stirring, for 3 minutes, or until browned. Add broccoli, bell peppers, and onion and sauté, stirring, for 3 to 4 minutes, or until onion is softened.

Stir in broth mixture and cook, stirring occasionally, for about 3 minutes, or until sauce thickens. Serve over brown rice. Season to taste with black pepper.

Yield: 4 servings | **Serving size:** ½ cup stir-fry; ½ cup rice

Nutrition Facts (per serving): Calories: 245; Fat: 5g; Saturated Fat: 1g; Cholesterol: 33mg; Sodium: 414mg; Carbohydrates: 32g; Fiber: 3g; Protein: 18g





HEALTHY FETTUCCINE ALFREDO

Here's a creamy Alfredo sauce that isn't loaded with fat. This quick, easy pasta recipe makes any meal special. Fettuccine or linguine works best to hold the rich Alfredo sauce.

- ½ lb whole grain fettuccine
- 2 Tbsp unsalted butter
- 2 Tbsp olive oil
- 1 tsp minced garlic
- ½ cup skim milk
- ¼ cup grated Parmesan cheese
- ½ Tbsp all-purpose flour
- 2 Tbsp water
- Black pepper to taste
- ¼ cup cooked peas

Prepare fettuccine according to package directions and drain in a colander.

While fettuccine is cooking, make the Alfredo sauce: In a medium saucepan, melt butter over medium heat. Add oil and garlic and sauté until slightly golden. Add milk, a little at a time, stirring constantly. Stir in cheese, a little at a time, stirring constantly.

In a small cup, mix flour with water until smooth. Add to milk mixture. Stir constantly until sauce thickens. When sauce thickens, immediately remove from heat. (If sauce is too thick, add an additional 2 tablespoons milk and stir.) Add pepper and peas and stir. Toss cooked pasta with sauce and serve immediately.

Yield: 4 servings | **Serving size:** 1 cup

Nutrition Facts (per serving): Calories: 313; Fat: 15g; Saturated Fat: 3g; Cholesterol: 37mg; Sodium: 209mg; Carbohydrates: 29g; Fiber: 7g; Protein: 12g

ARUGULA RICOTTA PIZZA

No need to call for delivery when you can make these delicious flatbread pizzas at home. With just a few ingredients you can have a healthy, high protein, high fiber pizza in minutes.

- 4 whole grain flatbreads
- ½ cup part-skim ricotta cheese
- 1 cup cherry tomatoes (assorted colors), *halved*
- 2 Tbsp white balsamic vinegar
- 1 Tbsp olive oil
- ⅛ tsp salt
- 1 tsp fresh lemon juice
- 1 cup baby arugula
- 1 Tbsp balsamic glaze
- Black pepper to taste

Preheat oven to 425°F.

Arrange flatbreads on 2 baking sheets. Cover each flatbread with a layer of the ricotta cheese and the tomatoes. Bake for about 10 minutes, or until the cheese is melted.

In a small bowl, whisk together the white balsamic vinegar, oil, salt and lemon juice. In a bowl, toss the arugula with the dressing.

Top the pizza with the arugula and a drizzle of the balsamic glaze. Season with black pepper to taste. Serve immediately.

Yield: 4 servings | **Serving size:** 1 pizza

Nutrition Facts (per serving): Calories: 185; Fat: 8g; Saturated Fat: 2g; Cholesterol: 15mg; Sodium: 359mg; Carbohydrates: 17g; Fiber: 8g; Protein: 12g





GRILLED LIME SHRIMP

Lime juice and cilantro give these high-protein shrimp kebabs a refreshing flavor. Perfect for the grill, serve them as an appetizer or with some brown rice for a light entrée.

- 2 shallots, *chopped*
- 2 garlic cloves, *minced*
- ¼ cup fresh lime juice
- 1 tsp ground cumin
- 3 Tbsp chopped fresh cilantro
- 3 Tbsp olive oil
- ¼ tsp black pepper
- 2 lbs jumbo shrimp, *peeled and deveined*
- Romaine lettuce, *for serving*
- Lime wedge, *for garnish*

In a blender, combine shallots, garlic, lime juice, cumin and cilantro and blend until smooth. Add olive oil and pepper and blend until smooth. In a large bowl, combine shrimp and marinade, tossing to coat. Marinate at room temperature for 30 minutes, turning once.

Preheat grill to high. Remove shrimp from marinade and thread onto skewers (if using bamboo skewers, soak them first). Grill for 1½ to 2 minutes per side, with the cover closed. Remove from skewers and serve on a bed of lettuce garnished with lime wedges.

Yield: 8 servings | **Serving size:** 3 shrimp

Nutrition Facts (per serving): Calories: 177; Fat: 7g; Saturated Fat: 1g; Cholesterol: 173mg; Sodium: 169mg; Carbohydrates: 2g; Fiber: 0; Protein: 23g

ORANGE THAI CHICKEN SALAD

Refreshing and light, this Orange Thai Chicken Salad is bursting with bright citrus flavors and delicious Thai peanut dressing. If you don't have time to grill chicken breasts, a rotisserie chicken is a great shortcut.

Salad:

1 head butter lettuce, *torn*
2 cups mixed greens
3 Mandarin oranges, *peeled and segmented*
1 carrot, *peeled and thinly julienned*
2 scallions, *thinly sliced*
½ cup walnuts or peanuts
2 boneless, skinless chicken breasts (4 oz each), *grilled*

Dressing:

¼ cup creamy peanut butter
¼ cup fresh lime juice
1 Tbsp tamari or soy sauce
1 Tbsp apple cider vinegar
1 Tbsp honey
1 tsp sesame oil
2 garlic cloves, *minced*
⅛ tsp crushed red pepper flakes

Assemble the salad: In a large bowl, combine all the salad ingredients except the chicken.

Make the dressing: In a small bowl, combine all the dressing ingredients and whisk until blended.

Slice the chicken and arrange it over the salad greens. Drizzle with the dressing and serve.

Yield: 4 servings | **Serving size:** 1 cup

Nutrition Facts (per serving): Calories: 298; Fat: 16g; Saturated Fat: 0; Cholesterol: 32mg; Sodium: 367mg; Carbohydrates: 19g; Fiber: 4g; Protein: 18g





TURKEY CHILI

A hearty chili is even better when it's healthy, too. This quick, easy chili recipe is made with lean ground turkey and can be ready in 30 minutes.

- 1½ Tbsp olive oil
- 1 lb ground turkey breast
- 1 cup chopped yellow onion
- 1 cup chopped red bell pepper
- 2 tsp ground cumin
- 1 can (28 oz) no-salt-added peeled whole tomatoes
- 1 can (15 oz) kidney beans, *rinsed and drained*
- 1 tsp hot sauce
- ⅛ tsp salt
- Black pepper to taste
- ¼ cup chopped fresh parsley
- ¼ cup shredded low-fat cheddar cheese

In a large skillet, heat oil over medium heat until hot. Add turkey and cook, stirring occasionally, until just browned.

Add onion and bell pepper and cook, stirring occasionally, for about 3 minutes, or until vegetables are softened.

Add cumin and tomatoes, breaking up the tomatoes with a spoon to release their juices, and cook for 2 minutes.

Add beans, hot sauce, salt, black pepper and parsley and stir to combine. Cook for 3 minutes, or until beans are heated through.

Serve sprinkled with cheddar cheese and additional chopped parsley, if desired.

Yield: 8 servings | **Serving size:** 1 cup

Nutrition Facts (per serving): Calories: 175; Fat: 3g; Saturated Fat: 1g; Cholesterol: 37mg; Sodium: 279mg; Carbohydrates: 17g; Fiber: 4g; Protein: 19g

PASTA CARBONARA

Enjoy this quick and easy pasta carbonara any night of the week. Turkey bacon and whole grain fettuccine make this typically high-fat pasta dish a healthy dinner.

- 1 lb whole grain fettuccine
- ½ cup Romano cheese
- 2 Tbsp extra virgin olive oil
- ¾ lb extra-lean turkey bacon, *cut into bite-size pieces*
- 3 garlic cloves, *minced*
- 1 scallion, *minced*
- ½ cup peas
- ½ tsp crushed red pepper flakes
- 1 cup dry white wine
- 2 egg yolks
- 1 Tbsp chopped fresh parsley, *plus additional for garnish*

Bring a large saucepan of water to a boil. Add pasta. Cook until al dente and drain in a colander, reserving 1 cup pasta water. Set pasta water aside. In a large bowl, toss pasta with Romano cheese.

Meanwhile, in a large skillet, heat 1 tablespoon of the oil over medium heat until hot. Add turkey bacon and cook until bacon begins to brown. Add the remaining 1 tablespoon olive oil and heat until hot. Add the garlic, scallion, peas, red pepper and wine. Mix together and simmer for 2 to 3 minutes.

In a bowl, stir together egg yolks and reserved pasta water until combined. Add turkey bacon mixture and stir to combine. Pour sauce over pasta and toss to coat evenly. Garnish with additional parsley, if desired. Serve immediately.

Yield: 12 servings | **Serving size:** ½ cup

Nutrition Facts (per serving): Calories: 234; Fat: 6g; Saturated Fat: 2g; Cholesterol: 58mg; Sodium: 281mg; Carbohydrates: 30g; Fiber: 3g; Protein: 13g





VEGETARIAN SLOPPY JOES

These low-fat Vegetarian Sloppy Joes are bursting with flavor not high calories. Zesty BBQ sauce and chili powder give a kick to your taste buds.

- ½ cup chopped bell pepper
- ½ cup chopped yellow onion
- ½ cup chopped mushrooms
- ½ cup black beans, *rinsed and drained*
- 1 can (15¼ oz) stewed diced tomatoes, *drained*
- ½ cup BBQ sauce
- ¼ tsp chili powder
- 4 multigrain rolls (2 oz each), *sliced in half and toasted*

Heat a large nonstick skillet over medium-high heat.

Add bell pepper, onion, mushrooms, black beans, tomatoes, BBQ sauce and chili powder and bring mixture to a boil, stirring well.

Reduce heat to a simmer and cook until vegetables are tender, about 5 to 8 minutes.

Serve on toasted bun halves.

Yield: 4 servings | **Serving size:** 1 sandwich

Nutrition Facts (per serving): Calories: 196; Fat: 2g; Saturated Fat: 0; Cholesterol: 0; Sodium: 643mg; Carbohydrates: 43g; Fiber: 10g; Protein: 9g



Taking Care of Each Other

Putting food on the table plays such an important role in our lives. So often, meaningful moments of connection happen when we prepare food together or gather around the table. We hope the healthy recipes in this cookbook contributed to your family's wellness and making good memories together.

Here at Bates County Memorial Hospital, we know how important it is to take care of each other, and to connect with our patients to provide the best care. When you need us, we are here to take care of all of your family's health and wellness needs.



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