

JENN MARASCO

— wellness —

Thrive Meal Options - Week 4

Recipe 1- Roasted Tomato Soup

Ingredients

4 large ripe tomatoes
1/2 medium yellow onion
5 garlic cloves
1 tbsp olive oil
1 tbsp chopped parsley, plus more for garnish
1 1/2 cups vegetable broth
2 tbsp tomato paste
Salt and pepper to taste

Instructions

1. Preheat the oven to 350 degrees.
2. Cut the tomatoes and onion into wedges, then spread on a rimmed baking sheet. Drizzle with the olive oil, salt, pepper, and chopped parsley.
3. Gently toss together with your hands. Tuck the garlic cloves into a tomato so that they don't burn.
4. Roast for approximately 40 minutes until the tomatoes are reduced to about half their size.
5. Remove and let cool.
6. Warm the vegetable stock in a large pot on medium heat, and stir in tomato paste. Add the ingredients from the roasting pan into the broth and simmer for 8-10 minutes. Use an immersion blender to puree the soup in the pot, or transfer to blender or food processor and blend until soup is smooth. Add any more salt and pepper to taste.

Recipe 2- Chicken and Bacon Pasta

Ingredients

1 spaghetti squash, halved lengthwise and seeded;
1 lb. chicken breast, boneless and skinless;
2 cups broccoli florets, cooked;
6 turkey bacon strips, cooked;
1 onion, minced;
3 cloves garlic, minced;
1 1/2 cups full fat coconut milk;
1 tbsp. Olive Oil
Sea salt and freshly ground black pepper

Directions

1. Preheat oven to 400 F.
2. Lightly oil the spaghetti squash with 1 tbsp. of olive oil and season to taste with salt and pepper.
3. Place the squash, cut side down, on a baking sheet and bake for 40 minutes, or until the flesh is soft.
4. Heat some cooking fat over medium-high heat in a large skillet. Season chicken breast to taste.
5. Cook the chicken breast for 6 to 7 minutes on each side, until browned and no longer pink.
6. Let the chicken rest, and cut into thin slices.
7. Remove the squash from the oven and set aside until cool enough to be easily handled.
8. Use a large fork or spoon to scoop the stringy flesh from the squash and place it in a bowl.
9. Add minced garlic and onion to the skillet and cook until soft and fragrant.
10. Add coconut milk, bring to a boil, and lower heat.
11. Add the squash, bacon, broccoli, and chicken to the sauce.
12. Stir well to combine, and cook until warmed through.
13. Season with salt and pepper to taste and serve.

Recipe 3- Zucchini Lasagna

ingredients

- 6 zucchini, sliced
- 1 heaping cup of cottage cheese
- 4 cups mozzarella cheese, shredded
- 6 teaspoons parmesan cheese
- 1 lb Ground Turkey
- 1 tablespoon butter
- 1 teaspoon olive oil
- 1 red bell pepper, minced
- 1 yellow bell pepper, minced
- 1/2 cup onion, minced
- 1 large clove of garlic, minced
- 1 (6 ounce) can of tomato paste
- 2 (15 ounce) cans of tomato sauce
- 1 (15 ounce) can of good quality diced tomatoes
- 2 teaspoons basil, chopped
- 2 teaspoons of italian seasoning
- 3 shakes of red pepper flakes
- 1/3 cup parmesan cheese
- salt and pepper to taste

instructions

1. heat the oven to 375 degrees.
2. ****optional- see note****heat a grill or grill pan to medium heat. grill the zucchini on each side for a minute or two and remove to a plate.

3. place a sauce pot on a medium high burner and add the meat, with the olive oil and butter. if skipping the meat jump right to the next step. cook the meat, stirring occasionally until almost brown and add the onion, peppers and garlic. cook until tender, about 2 minutes and add the remaining ingredients. stir to combine and allow to simmer for 10 minutes. remove from the heat.

4. to assemble.

5. place 1/2 cup of the sauce on the bottom of a 9x13" baking pan and spread it out adding a little more if needed. the pan should not be entirely covered. line the pan with zucchini and top with a heaping 1/3 cup of cottage cheese, using the back of a spoon to spread it out. add 3/4 cup of the sauce and spread it out carefully. sprinkle with 1 cup of mozzarella and 2 teaspoons of parmesan cheese. repeat the layers two more times ending with sauce and the two cheeses. spray a little foil with cooking spray and place over the lasagna. bake for 30 minutes, remove the foil and bake for an additional 10 minutes or until beginning to turn golden. allow to cool for 5-10 minutes and then serve.

Recipe 4- Mustard Balsamic Chicken & Roasted Butternut Squash

Ingredients for Chicken

8 boneless chicken thighs;
1 tbsp. Dijon
1/4 cup of balsamic vinegar;
1/2 cup of olive oil;
2 tbsp. fresh lemon juice;
2 tbsp. fresh rosemary, minced;
1 garlic clove, minced;
Sea salt and freshly ground black pepper to taste;

Ingredients for Squash

1 large butternut squash, peeled
1 Tablespoon melted coconut oil or other fat of choice
1 Tablespoon chopped fresh rosemary
1/3 cup balsamic vinegar
2 whole sprigs of rosemary
Salt to taste, about 1 teaspoon

Directions for Squash

1. Preheat your oven to 400°F (~200°C). Line two baking sheets with parchment paper (aluminum foil works, but the squash has a tendency to stick).

2. Peel the squash, if desired. Cut it lengthwise down the middle. Scoop out the seeds (they're great toasted). Lay the halves flat and cut them into thin half circles (no larger than 1/4" thick).

3. Put half the squash on a baking sheet. Drizzle with half the oil / fat. Sprinkle with half the rosemary and a pinch of salt. Toss everything until the squash is well coated. Repeat with the other half of the squash.

4. Bake the squash for about 20 minutes or until the edges are browned. Check once during baking, flip the pieces over, and return to the oven.

5. While the squash is baking, make the balsamic vinegar reduction. Pour the vinegar into a small pot, and add the rosemary sprigs. Bring to a boil then turn the heat down medium-low. You want to reduce this by at least half so the vinegar thickens enough to coat the back of a spoon but not so much that it completely sticks to the bottom of the pan (or even worse, starts to burn. Try not to walk away from the stove while you're doing this...I know from experience). Once the vinegar is reduced, discard the rosemary sprigs.
6. After the squash is roasted, serve by drizzling with the balsamic vinegar reduction. A little goes a long way.

Directions for Chicken

1. In a bowl, combine the mustard, balsamic vinegar, garlic, rosemary, lemon juice, and season to taste with salt and pepper.
2. Slowly pour the olive oil in with the mixture while whisking.
3. Place the chicken in a marinating container (glass or plastic; don't use metal) and pour the mustard balsamic marinade on top. Place in the refrigerator or leave on the counter, covered, and marinate for about 30 minutes.
4. Preheat your oven to 375 F.
5. Transfer the chicken to a baking dish and empty the remaining sauce on top.
6. Place in the oven and bake for 1 hour or until the chicken is cooked.

Recipe 5- Sweet Potato Soup

Ingredients

- 3 lbs. sweet potatoes, roughly chopped;
- 1 onion, chopped;
- 2 stalks celery, sliced;
- 2 medium carrots, chopped;
- 1 tbsp. garlic, minced;
- 5 cups chicken or vegetable stock;
- 1 cup coconut milk;
- Sea salt and freshly ground black pepper;

Directions for Soup

1. Place all the ingredients except for the coconut milk in a slow cooker.
2. Season everything to taste with sea salt and freshly ground black pepper.
3. Cover and cook on low for 6h or on high for 4 h.
4. Puree everything until smooth using a blender or an immersion blender.
5. Add the coconut milk, give everything a good stir, and cook for another 30 minutes.
6. Adjust the seasoning and serve warm.

Recipe 6- Green Black Bean Burgers & Fiesta Salad

Ingredients for Burgers

- 1 can no-salt-added black beans , rinsed and drained
- 1 egg
- 1/2 yellow onion , chopped

- 1 cup parmesan cheese
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/2 teaspoon garlic powder or granules
- Salt and pepper to taste
- Hot sauce to taste
- 1 tablespoon extra-virgin olive or canola oil
- 6 green leaf lettuce leaves
- 2 tomatoes , sliced
- 1/2 small red onion , thinly sliced

Ingredients for Salad

- 1 large bunch of kale (about 10 ounces)
- 1 can (14 ounces) black beans, rinsed and drained
- ½ cup Président Flavored Feta with Cranberries (or ½ cup Président regular crumbled feta plus a handful of dried cranberries)
- 1 avocado, diced
- ½ cup fresh cilantro leaves, chopped
- ¼ cup pepitas (also known as pumpkin seeds)

Ingredients for Jalapeño-lime dressing

- 3 tablespoons olive oil
- 3 tablespoons fresh lime juice (about 1 large lime)
- 2 tablespoons chopped jalapeño (about 2 medium jalapeños), membranes and seeds removed
- 1 teaspoon honey (or agave nectar)
- ½ teaspoon ground cumin
- ¼ teaspoon ground coriander
- ⅛ teaspoon fine grain sea salt
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Directions for Burgers

Put beans in a large bowl and mash well with a fork. Add egg, yellow onion, bread crumbs, oregano, basil, garlic powder, salt, pepper and hot sauce. Mix well to combine then shape into 6 patties.

Heat oil in a large skillet over medium heat. Arrange patties in a single layer (working in batches, if needed) and cook, flipping once, until golden brown on both sides and cooked through, about 10 minutes total. Transfer to buns, top with lettuce, tomatoes and red onions and serve.

Directions for Salad

1. In a small bowl, whisk together all of the dressing ingredients until emulsified.
2. Drizzle salad dressing over the kale (you might not need all of the dressing) and toss well so the kale is lightly coated with dressing. Add the drained black beans, feta, avocado and chopped cilantro to the bowl.
3. Toast the pepitas in a skillet over medium-low heat for a few minutes, stirring

frequently, until they smell fragrant and start making little popping noises. Transfer the pepitas to the salad bowl. Toss the salad to combine.

Recipe 7- Taco Casserole

Ingredients

1 lb ground turkey
1 packet taco seasoning (low sodium, no sugar)
1 onion
2 bell peppers (chopped)
1 cup of spinach
2 cans of black beans
2 cups mozzarella cheese

Directions

1. Cook ground turkey and then add in all vegetables and sauté until cooked through
 2. add taco seasoning to meat
 3. rinse & strain black beans
 4. layer black beans along bottom of 9x13 pan
 5. top with taco meat & veggie mix
 6. then layer cheese
- repeat all three layers (ending w/ cheese)