

SIMPLE FOOD HEALTHY LIFE MEAL PLANNING #2: GROCERY LIST

Each recipe serves 4-6 people

Eggplant Mango Lentil Salad adapted from Eating Well

- 4 Tbsp peanut oil
- 2.5 tsp chili powder
- 2.5 tsp curry powder
- 1 large eggplant, trimmed and cut into 1-inch cubes
- 1/3 c lemon juice
- 3 Tbsp lime juice
- 2 roma tomatoes, diced
- 1/2 red onion, diced
- 1/4 c honey
- 1 tsp salt
- 1/4 tsp freshly ground pepper
- 1/2 c lentils
- 2 bunches scallions, coarsely chopped
- 1 large mango, peeled and diced

Chipotle Salmon adapted from Barefeet in the Kitchen

- Salmon, either steaks or fillet (roughly .3lbs per person)
- 2 tbsp olive oil
- 1/4 c fresh lime juice, about 2 limes worth
- 1 Tbsp sauce from canned chipotle peppers
- 4 large garlic cloves, minced
- 1/8 tsp ground allspice
- 1/8 tsp ground cinnamon
- 1/4 tsp ground cumin
- 1/4 tsp salt
- 1/4 tsp black pepper

Grilled Asparagus from Food Network

- 1 pound asparagus, stalks snapped off
- 4 Tbsp olive oil
- 1 tsp salt

Greek Chicken Tostadas adapted from How Sweet it Is

- 1 pound boneless chicken breasts, cut into chunks
- 1/2 tsp salt & 1/2 tsp pepper
- 6-8 Tbsp olive oil
- 1 Tbsp red wine vinegar
- 1.5 Tbsp fresh dill
- 2 garlic cloves, minced
- 3 Tbsp lemon juice
- 6 (small) corn or flour tortillas
- 1 pint grape tomatoes, halved
- 1/2 sweet onion, diced
- 1/2 cup hummus (recipe to follow)
- 1 tsp freshly chopped dill
- Feta for serving

5 Minute Hummus from Simple Food Healthy Life

- 1 15-oz can chickpeas, drained and liquid reserved
- 3 tbsp of chickpea liquid
- 3 cloves garlic, minced
- 1 Tbsp tahini
- 1.5 Tbsp olive oil
- 3-4 Tbsp lemon juice
- 1 tsp ground cumin
- 1/2 tsp paprika
- 1/2 tsp salt & pepper

Crunchy Coconut Strips with Peach Honey Mustard

- 2 large chicken breasts cut into strips
- 1 can of coconut milk
- 1.25 c unsweetened, shredded coconut
- 1/4 c panko bread crumbs
- 1/4 c all-purpose flour
- 1 tsp salt
- 1 tsp pepper
- 1/4 c dijon mustard
- 1/4 c honey
- 1 peach, peeled and chopped

Grilled Ginger Sesame Chicken Salad

- 1/4 c reduced-sodium soy sauce
- 3 Tbsp ginger
- 3 Tbsp canola oil
- 2 Tbsp hoisin sauce
- 1 Tbsp toasted sesame oil
- 1 tsp salt
- 2 boneless, skinless chicken breasts
- 1/4 c red wine vinegar
- 1 bunch scallions, minced
- 1 lb napa cabbage, thinly sliced
- 2 carrots, shredded
- 2/3 c lightly packed fresh cilantro leaves
- 1/2 c slivered almonds, toasted

SIMPLE FOOD HEALTHY LIFE MEAL PLANNING #2: RECIPES

Each recipe serves 4-6 people

Eggplant Mango Lentil Salad adapted from Eating Well

1. Preheat oven to 500°F.
2. Combine 1 tbsp oil with 2 tsp each chili powder and curry powder in a large bowl. Add eggplant and toss well. Spread the eggplant on a large, rimmed baking sheet. Roast, stirring once halfway through, until tender, about 15 minutes.
3. Combine lentils in medium pan with 1.5 c water. Bring to boil over medium heat. Cover and cook, stirring occasionally lentils are tender, approximately 20 minutes.
4. Combine the remaining 3 tablespoons oil, remaining 1/2 teaspoon each chili powder and curry powder, lemon and lime juice, tomatoes, red onion, honey, salt and pepper in a large bowl. Add the roasted eggplant, lentils and scallions; gently toss to combine. Taste and season with more pepper and/or lemon (or lime) juice, if desired.
5. Top salad with mango and serve.

Chipotle Salmon adapted from Barefeet in the Kitchen

1. In a small bowl combine the olive oil, lime juice, chipotle sauce, garlic, allspice, cinnamon, cumin, salt and pepper.
2. Whisk to combine and then pour over the salmon in a flat baking dish.
3. Turn the salmon to make sure it is coated and then cover and place back in the refrigerator.
4. Let it marinate for no more than 1 hour.
5. Preheat the broiler.
6. Transfer the salmon to a large baking sheet or broiler pan and cook for 3 minutes scale side up. Then flip over and cook another 3-6 minutes, until cooked through.

Grilled Asparagus from Food Network

1. Turn oven on broil (lo).
2. Place asparagus on a foil lined baking sheet.
3. Drizzle oil over the asparagus and turn spears until they are coated. Sprinkle with salt and turn again.
4. Place asparagus in the oven, turn every 2-3 minutes for 10 minutes or until cooked to desired consistency.

Greek Chicken Tostadas adapted from How Sweet it Is

1. A few hours (or even the night) before, add chicken to a ziplock bag. Sprinkle with salt and pepper. Whisk together 3 Tbsp olive oil, 2 Tbsp lemon juice, 1 Tbsp vinegar, garlic and dill. Pour over chicken, stick in the fridge and let marinate.
2. Heat 1 TBSP olive oil in skillet/pan over medium heat. Add chicken (discarding marinade) and cook until golden, about 10 minutes.
3. In a large bowl, combine tomatoes, onions, dill. Add a 1 Tbsp of olive oil and 1 Tbsp lemon juice and toss to coat.
4. Make hummus (recipe to follow)
5. When getting ready to serve, heat another skillet over medium heat. Add olive oil about 1/4 teaspoon at a time, add one tortilla and cook for about 30-60 seconds per side, until just golden and bubbly. Set aside until ready to use.
6. To assemble tostadas, spread a bit of hummus on each crisp tortilla. Add chicken on top then cover with the tomato and onion mixture. Top with some extra feta.

5 Minute Hummus from Simple Food Healthy Life

1. Combine all ingredients in food processor.
2. Pulse until combined and smooth.
3. Add additional chickpea liquid 1 Tbsp at a time if hummus is too dry.

Crunchy Coconut Strips with Peach Honey Mustard

1. Place chicken strips in baking dish, sprinkle with salt and pepper and cover with coconut milk. Refrigerate for 1-2 hours.
2. Preheat oven to 450 degrees F. Line a baking sheet with aluminum foil and place a wire rack on top. Spray the rack with nonstick spray.
3. In a large bowl, combine coconut, flour, panko, salt and pepper.
4. Remove each strip and dredge it through the coconut mixture, pressing gently to adhere. Place the chicken on the well-greased wire rack and repeat until finished.
5. Spray all the chicken tenders with a spritz of nonstick spray. Bake for 15 minutes, then gently flip and spray the other side. Bake for 15 minutes more, until golden and crispy.
6. While the chicken is baking, add peach chunks to a blender or food processor until pureed. In a bowl, whisk together honey, dijon mustard and peach puree.

Grilled Ginger Sesame Chicken Salad

1. Marinade: In a medium bowl, whisk soy sauce, ginger, canola oil, hoisin sauce, sesame oil, and salt to blend.
2. Transfer 3 Tbsp of the marinade to a baking dish, add chicken, and turn to coat. Cover and refrigerate at least 30 minutes, turning after 15 minutes.
3. Dressing: Whisk vinegar and scallions into the remaining marinade.
4. Heat a grill pan over medium-high heat. Remove chicken from marinade, add to grill pan, and cook about 4 minutes per side.
5. Cut chicken crosswise into 1/4-inch-thick slices.
6. In a large bowl, toss chicken, cabbage, carrots, scallions, cilantro, and almonds with enough dressing to coat lightly.