

The image is a collage of three photographs. The top-left photo shows a white bowl filled with a light-colored dressing, with a silver spoon resting inside. The top-right photo shows a white bowl of salad with green leafy vegetables, red tomatoes, blueberries, and white cheese. The bottom photo is a larger, more detailed view of a similar salad in a white bowl, featuring green leafy vegetables, red tomatoes, blueberries, white cheese, and pieces of cooked shrimp. A silver fork is visible on the right side of the bowl. In the background, a glass of water and a beige napkin are partially visible.

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A Week's Worth of Healthy Recipes from TJs

Pasta with Chicken Sausage, Tomatoes, and Baby Kale

INGREDIENTS

- Whole wheat or brown rice pasta of your choice, 1 bag
- Fresh Italian chicken sausage, 1 package
- Baby Kale, 1/3 package
- Olive oil, 1 TBSP
- Garlic, 3 cloves, minced
- Onion, 1 half, diced
- Fresh tomatoes, 4, quartered
- Italian seasoning, 1 tsp
- Salt and pepper, to taste

INSTRUCTIONS

1. Cook pasta according to package directions
2. In a medium to large pot or saucepan, pierce the casings of the fresh sausage and squeeze the meat inside into the pan so it can brown. It should squeeze out very easily. Discard casings.
3. Add salt, pepper, and Italian seasoning, then saute until meat is browned, about 4 minutes. Remove and set aside.
4. Using the juices from the sausage, saute garlic and onions until translucent, about 3 minutes. Return sausage to the pan.
5. Add tomatoes, and stir until they have a chance to cook down, about 3 minutes
6. Add baby kale and stir until wilted, about 30 seconds
7. Combine with al dente pasta and another drizzle of olive oil

Loaded Shakshuka

adapted from My Uncommon Everyday

INGREDIENTS

- Ground turkey, 1 package
- Olive oil, 1 Tbsp
- Onion, ½ , diced
- Sliced mushrooms, ½ package
- Garlic, 3 cloves, minced
- Plum tomatoes, 1 can
- Oregano, 1 tsp
- Basil, 1/2 tsp
- Cumin, 1 tsp
- Eggs, 4
- Salt, black pepper, red pepper flakes, to taste

INSTRUCTIONS

1. Brown turkey over medium heat in an oven safe pan, then set aside.
2. In the same pan, saute onions, garlic, and mushrooms with a drizzle of olive oil
3. Add plum tomatoes and simmer for about 3 minutes
4. Stir in seasonings
5. Use a wooden spoon to make little divots in the mixture, one in each quadrant of the pan, then crack an egg into each.
6. Put pan in the oven and turn on the broiler, broil until whites are fully cooked and yolk is runny-but-not-too-runny, about 5 minutes.



Zucchini Mushroom Tofu Scramble

INGREDIENTS

- Olive oil, 1 Tbsp
- Garlic, 1 clove, minced
- Zucchini, 2, chopped
- Mushrooms, ½ package
- Extra firm tofu, drained, rinsed and pressed
- Turmeric, ½ tsp
- Salt and pepper to taste
- Cooked brown rice, 1 cup

INSTRUCTIONS

1. Add olive oil, garlic, zucchini, and mushrooms to the pan and saute until cooked, about 5 minutes
2. Crumble tofu into the pan, adding salt, pepper, and turmeric. Cook for 5 more minutes until tofu is fully hot.
3. Serve over brown rice

Roasted Root Vegetable Bowl

INGREDIENTS

- Potatoes, 2
- Rainbow carrots, 5
- Steamed beets, 2
- Baby Kale, 1/3 package
- Eggs, 2
- Italian seasoning, 1 Tbsp
- Salt and pepper, to taste
- Olive oil, 2 Tbsp
- Hot sauce (optional)

INSTRUCTIONS

1. Preheat oven to 400 F.
2. Toss chopped potatoes and carrots with olive oil, salt, pepper, and Italian seasoning. Spread out on baking sheet and roast for 40 minutes or until fork tender.
3. Assemble a bowl with roasted root vegetables, sliced steamed beets, and baby kale
4. Top with two poached or soft-boiled eggs

Crispy Tofu Fried Rice

adapted from Bowl of Delicious

INGREDIENTS

For the tofu:

- Extra firm tofu, 1 package
- Cornstarch, 3 Tbsp
- Olive oil, 3 Tbsp
- Salt and Pepper, to taste

For the fried rice:

- Cooked brown rice, 3 cups
- Olive oil, 2 Tbsp
- Garlic, 2 cloves, minced
- Eggs, 2
- Carrot, 1, grated
- Frozen green beans, ½ package
- Frozen Brussels sprouts, half package
- Soy Sauce, 2 Tbsp
- Rice Vinegar, 1 Tbsp
- Salt and pepper, to taste
- Hot sauce (optional)



INSTRUCTIONS

1. After rinsing, draining, and pressing the tofu, cut it into small, equal sized pieces.
2. Place tofu in a bowl with the cornstarch, salt, and pepper. Stir gently to coat.
3. Coat the bottom of a skillet (cast iron if possible) with olive oil. Heat to medium-high, then add tofu and allow to brown for 2 to 4 minutes on each side.
4. Set aside.
5. In the same skillet, saute garlic in olive oil for 1 minute.
6. Scramble eggs in skillet until just set.
7. Add cooked rice to the skillet, stirring gently to mix everything together.
8. Add frozen veggies and grated carrot
9. Allow to sit undisturbed for 3 minutes to brown. Flip with a metal spatula to brown the other side.
10. Add soy sauce, salt, pepper, and rice vinegar, stir to incorporate
11. Top with hot sauce if desired

End-of-Week Green Salad

INGREDIENTS

- Spinach
- Baby Kale
- Carrots, 2
- Apple, 1
- Steamed beets, 2
- Chickpeas, 1 can, rinsed and drained
- Eggs, hard boiled, 2
- Any additional vegetables
- Salad dressing of choice

INSTRUCTIONS

1. Use any leftover greens in your fridge to make a salad.
2. Add chopped carrots, apple, beets, chickpeas, hard boiled eggs, and any other leftover vegetables you want.
3. Top with your salad dressing of choice