



Devine Nutrition on the Go Meal Planner

December Week 4:

Chicken Enchilada Quinoa Bake

One Pot Tomato Basil Pasta

Tortilla Soup

Egg Omelets in Muffin Tin

Note: The shopping list corresponds (mostly) to the main dish. Since the sides for each meal vary upon the household, please remember to write in your sides on your shopping list!

Prep Ahead Tips for the week:

- Try chopping all veggies for the week after your shopping trip to save time during the week.
- Use a rotisserie chicken if you don't have any fresh leftovers for the soup and enchilada bake recipe.

Meal 1: Chicken Enchilada Quinoa Bake

2 tablespoons olive oil

1 small onion, finely chopped

2 1/2 cups cooked quinoa (white or red)

1 1/2 cups shredded cooked chicken breast

1 can (15 oz.) low sodium black beans

1 can (4.5 oz.) chopped green chilies

1 tablespoon chili powder

2 cups enchilada sauce (from 19-oz can)

1/2 cup shredded sharp Cheddar cheese (2%)

1 cup shredded pepper Jack cheese (4 oz.)

Light Sour cream or plain Greek yogurt

Sliced avocado (if desired)

Fresh cilantro

DIRECTIONS

1. Heat oven to 350°F. Spray 8-inch square (2-quart) or 13x9-inch (3-quart) ceramic or broiler-proof baking dish with cooking spray.
2. Heat 10- or 12-inch skillet over medium-high heat. Add oil and onion; cook 5 minutes or until onion is soft.
3. Reduce heat to low. Add quinoa, chicken, black beans, green chilies, chili powder and 2 cups of the enchilada sauce; stir to combine. Remove from heat.
4. Stir in Cheddar cheese. Transfer quinoa mixture to baking dish. Top evenly with pepper Jack cheese.
5. Bake 10 to 15 minutes.
6. Turn oven control to broil. Place baking dish about 5 inches from broiler; broil 1 to 2 minutes or until cheese is golden and bubbly. Remove from broiler. Top with sour cream, avocado, cilantro and cheddar cheese. Serve immediately.

Meal 2: One Pot Tomato Basil Pasta

- 12 ounces linguine pasta
- 1 can (15 ounces) diced tomatoes with liquid (I used zesty red pepper flavor style)
- 1 medium sweet onion, cut in ¼ inch julienne strips (use an onion such as Vidalia or Walla Walla)
- 4 cloves garlic, very thinly sliced
- ¼ teaspoon red pepper flakes
- 2 teaspoons dried oregano leaves
- 4½ cups vegetable broth (use regular broth and NOT low sodium)
- 2 tablespoons extra virgin olive oil
- 1 bunch (about 10 to 12 leaves) basil, diced
- Parmesan cheese for garnish

INSTRUCTIONS

1. Place pasta, tomatoes, onion, and garlic in a large stock pot. Pour in vegetable broth. Sprinkle on top the pepper flakes and oregano. Drizzle top with oil.
2. Cover pot and bring to a boil. Reduce to a low simmer and keep covered and cook for about 10 minutes, stirring every 2 minutes or so. Cook until almost all liquid has evaporated - I left about an inch of liquid in the bottom of the pot - but you can reduce as desired .
3. Season to taste with salt and pepper. Add basil leaves and stir pasta several times to distribute the liquid in the bottom of the pot evenly throughout the pasta as you are serving. Serve garnished with Parmesan cheese.

Serve with a side salad and whole grain garlic toast

Meal 3: Tortilla Soup

Ingredients:

- 4 cans 14.5 oz. chicken broth
 - 3 cups shredded turkey or chicken
 - 1 can black beans (low sodium)
 - 1 can corn drained, low sodium
 - Tortilla strips
 - ¼ c fresh cilantro
 - Light Sour cream
1. Combine 1st 5 ingredients and bring to a boil. Reduce heat and simmer for 10 minutes. Stirring occasionally.
 2. Stir cilantro into soup. Top soup with tortilla strips. If desired, spoon some light sour cream on top.

Meal 4: Egg Omelets in Muffin Tin (Great for Breakfasts for the week!)

Ingredients

- 8 eggs
- 8 ounces cooked ham, crumbled
- 1 cup diced red bell pepper (or desired veggies!)
- 1 cup diced onion
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 2 tablespoons water
- 1 tsp garlic if desired

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Grease 8 muffin cups or line with paper liners.
2. Beat eggs together in a large bowl. Mix ham, bell pepper, onion, salt, black pepper, and water into the beaten eggs. Pour egg mixture evenly into prepared muffin cups.
3. Bake in the preheated oven until muffins are set in the middle, 18 to 20 minutes.

Once cooled you can wrap individually to microwave for a quickie breakfast!

Serve with fresh fruit, glass milk and/or whole grain toast.