

13

EASY & NUTRITIOUS

*Weeknight
Suppers*

By: Sarah Remmer, RD

Grilled Thai Chicken Thighs

INGREDIENTS

- 12-14 boneless skinless chicken thighs
- 1/2 cup chopped fresh herbs such as basil and/or cilantro
- 1 tablespoon minced ginger
- 1 tablespoon minced garlic
- 2 teaspoons chili powder
- 1 1/2 tablespoons soy sauce
- 1 1/2 tablespoons fish sauce
- 1 1/2 tablespoons sesame oil
- 1 1/2 tablespoons brown sugar
- 1 tsp toasted sesame seeds (to sprinkle on top at the end)



DIRECTIONS

1. Whisk all ingredients together in a medium-sized bowl (except the chicken)
2. Add the chicken and coat each thigh well. Allow to marinate in the refrigerator for at least one hour.
3. Grill chicken on the BBQ, until golden brown and cooked through (basting with the marinade two to three times throughout the grilling process).
4. Serve with salad and quinoa or pasta for a balanced meal, and add to sandwiches, salads, pizza or stir-fries for leftovers throughout the week!

Recipe by Sarah Remmer (online source:

<http://www.yummymummyclub.ca/blogs/sarah-remmer-the-non-diet-dietitian/20160628/easy-grilled-thai-chicken-thighs-recipe>)

Acorn Squash Macaroni & Cheese

INGREDIENTS

- 750 g bite-size pasta (we used macaroni noodles but you could use corkscrew, penne or something similar), cooked al dente and drained
- 1 acorn squash, roasted*
- 3 cups shredded cheese (I used a combination of sharp cheddar, parmesan and mozzarella)
- 1 cup milk
- 1 cup chicken broth
- 2 tbsp butter
- 1 tsp (or more) garlic powder
- 1 tsp dry mustard
- freshly ground pepper to taste

* To roast the acorn squash, cut it in half, scoop out the middle (seeds etc.) and discard, drizzle olive oil on top and sprinkle with salt, pepper and garlic powder. Roast in oven at 400 degrees for 40-50 minutes, or until golden brown on top and flesh is soft and easy to scoop out



DIRECTIONS

1. In a large stock pot over medium heat, combine the roasted squash, butter, chicken broth, milk, garlic powder, dry mustard, and pepper. Stir constantly while heating (for approx. 5-10 minutes).
2. Remove from heat and blend all of the ingredients by either transferring to a blender or food processor and blending until smooth, or using an immersion hand-held blender and blending right in the pot until smooth. Once blended, add the sauce back into the pot, and slowly add the cheese, mixing constantly until all of the cheese is melted.
3. Add cooked pasta and gently stir until coated with the sauce. Transfer macaroni and cheese into a large serving dish and allow to cool for a few minutes prior to serving.

Recipe by Sarah Remmer (online source: <http://www.yummymummyclub.ca/blogs/sarah-remmer-the-non-diet-dietitian/20151119/easy-roasted-acorn-squash-macaroni-and-cheese-recipe>)

4 Ingredient Cedar Plank Salmon

INGREDIENTS

- 1 1/2 pound salmon filet
- 2 tbsp olive oil
- 1 lemon (juice of)
- 2 large cloves of garlic, minced
- salt and pepper to taste



DIRECTIONS

1. Submerge a treated cedar plank (specific for cooking salmon) in water for at least an hour (up to 24 hours)
2. In a medium-sized bowl combine juice of lemon, olive oil, garlic and salt and pepper. Whisk together
3. On a large plate or cooking sheet, lay salmon out and brush marinade on evenly. Either cover with plastic wrap or place in a leak-proof ziploc bag and into the fridge to marinate for at least 2 hours.
4. When ready to grill, place salmon on top of the cedar plank (keeping any marinade that hasn't soaked into salmon) and place on grill over medium-high heat. Close lid and cook, brushing once with remaining marinade, until salmon flakes easily-- about 25 minutes. Transfer to serving platter and enjoy!

Recipe by Sarah Remmer

(online source: <http://www.yummymummyclub.ca/blogs/sarah-remmer-the-non-diet-dietitian/20150723/easy-cedar-plank-salmon-recipe>)

The Easiest Frittata Ever

INGREDIENTS:

- 1 cup chopped veggies such as mushrooms, tomato, and bell peppers
- 1 large handful of fresh spinach
- 6 large eggs
- 1/3 cup 1% milk
- 1/2 cup cup cheese grated
- 2 tsp butter for sautéing
- salt and pepper to taste



DIRECTIONS:

1. Preheat oven to 400 F
2. In medium sized bowl, combine eggs, milk, grated cheese, salt and pepper until well mixed. Set aside
3. On stove, heat butter over medium heat in medium sized skillet
4. Add chopped veggies and sauté for 3-5 minutes until tender. Add fresh spinach and cook until just wilted - do not over-cook veggies
5. Add egg mixture to pan and gently disperse veggies evenly within egg mixture. Cook for about 5 minutes, until egg mixture is cooked along edges. Transfer to oven, uncovered, for 15-20 minutes or until frittata is firm (not runny) in centre
6. Remove pan from oven and allow to cool. Remember to always cover the handle with an oven mitt (it's steaming hot!)
7. Cut and serve on top of whole grain toast and pair with salsa or a salad
8. Want to make the muffin-tin version instead? Skip the stove-top and add egg mixture directly to greased muffin-tins. Place in 400 degree oven for 15-20 minutes!

Original recipe by Sarah Remmer

(online source: <http://www.yummymummyclub.ca/blogs/sarah-remmer-the-non-diet-dietitian/20150622/easy-lunches-for-kids-at-home>)

Gourmet Tuna Tomato Melts

INGREDIENTS:

- 1 can pole and line chunk light tuna
- 2 slices whole grain bread
(I use sprouted grain)
- 4 slices fresh tomato
(approx. 1 tomato)
- 1.5 tbsp mayonnaise
- 1/4 tsp dill, dried
- 1.5 oz. cheddar cheese, grated or thinly sliced
- Freshly ground pepper to taste



DIRECTIONS:

1. Preheat oven or toaster oven to a low broil
2. Open can of tuna, drain water and spoon into a medium size bowl. Add mayo, dill and pepper. Using a fork, combine well
3. Top both pieces of bread with equal amounts of tuna mixture, top with tomato slices (2 on each) and cheese (evenly distributed between both)
4. Place open-faced tuna sandwiched on a baking sheet and into the preheated oven for approx. 2 mins until cheese is melted and slightly golden brown on top (watch carefully so that it doesn't burn!)
5. Allow 2-3 minutes to cool. Serve with raw veggies and dip or sliced fresh fruit

Recipe by Sarah Remmer

(online source: http://www.sarahremmer.com/three-easy-tuna-recipes-for-time-crunched-moms/?doing_wp_cron=1474847373.6166050434112548828125)

Skillet Tuna Burgers

INGREDIENTS:

- 3 cans chunk light or flaked light tuna, drained well
- Wasabi Mayo (1/4 cup mayonnaise mixed with 1 tsp wasabi paste)
- 2-3 small mushrooms diced
- 1/2 cup panko bread crumbs
- 2 eggs, whisked
- 1 (or more) tsp garlic powder
- Sprinkle of lemon pepper
- Salt to taste
- 1 tbsp oil (I use a combo of olive and sesame oil)



DIRECTIONS:

1. Combine all ingredients into a medium sized bowl (first with a fork and then with hands to mix really well)
2. Form burgers carefully with hands (you'll notice that they are more moist than regular burgers, so may take a bit more time forming the burgers so that they stick). Place on a plate delicately
3. Heat a large non-stick skillet or frying pan over medium-high heat and add oil. Carefully place burgers into skillet and pan fry on both sides until golden brown (you may want to press down gently as they are cooking)
4. Once cooked, remove from pan and transfer to a whole grain bun. I served with more wasabi mayo, lettuce and tomatoes

Recipe by Sarah Remmer

(online source: http://www.sarahremmer.com/three-easy-tuna-recipes-for-time-crunched-moms/?doing_wp_cron=1474847373.6166050434112548828125)

Thai Peanut Chicken Thighs

INGREDIENTS:

- 8 chicken thighs, boneless and skinless
- 1/4 cup peanut butter
- 3 cloves chopped garlic
- 2 tbsp honey
- 2 tbsp rice vinegar
- 2 tsp sesame oil
- 1/4 cup soy sauce
- 1/4 tsp cayenne pepper



DIRECTIONS:

1. Blend all ingredients except chicken thighs in a blender until smooth
2. Place chicken thighs in a glass baking dish and pour sauce over
3. Bake at 375F for 35 min or until juices run clear. Serve over white basmati rice
4. Pair with a green salad with an Asian vinaigrette

Recipe by Sarah Remmer

(online source: <http://www.yummymummyclub.ca/easy-family-recipes/thai-peanut-chicken-thighs-recipe>)

DIY Kung Pao Chicken

INGREDIENTS:

Marinade

- 1lb (500g) boneless skinless chicken breasts or thighs cut into small cubes
- 1 1/2 tbsp soy sauce
- 3 tsp rice wine or dry sherry wine
- 2 tsp cornstarch

Sauce

- 1 tbsp good quality balsamic vinegar
- 1 tsp hoisin sauce
- 1 tsp soy sauce
- 1 tsp sesame oil
- 2 tsp sugar or maple syrup
- 1 tsp cornstarch
- 1/2 tsp ground pepper
- 2 tbsp peanut oil (or canola oil if you don't have it)
- 3 scallions, white and green parts separated, thinly sliced
- 2 garlic cloves minced
- 8-10 dried red chilis or 2 tsp dried chili flakes
- 1 tsp minced fresh ginger
- 1/4 cup unsalted dry-roasted peanuts (optional)



DIRECTIONS:

1. In a medium bowl, stir together all of the ingredients in the marinade (until cornstarch is dissolved)
2. Add chicken and gently coat both sides. Let stand for 15 minutes at room temperature.
3. In another bowl, prepare sauce by combining the balsamic vinegar, soy sauce, sesame oil, sugar, cornstarch and pepper. Stir until sugar and corn starch are dissolved.
4. Heat a large skillet or wok over medium to high heat. Add peanut oil or canola oil and coat the bottom. Add chilis or chili flakes and stir for about 30 seconds or until oil is fragrant
5. Add the chicken with the marinade and stir-fry until no longer pink—3 minutes or so
6. Add the scallion whites, garlic and ginger and stir-fry for another 30 seconds
7. Pour in sauce and stir to coat all ingredients
8. Stir in peanuts (optional) and cook for another 2 minutes
9. Serve on top of rice and sprinkle with scallion greens. Pair with an asian salad or steamed asian veggies.

Recipe by Sarah Remmer (online source: <http://www.yummymummyclub.ca/easy-family-recipes/20130122/diy-kung-pao-chicken-recipe>)

Slow Cooker BBQ Pulled Chicken

INGREDIENTS:

- 2 lbs boneless, skinless chicken thighs
- 1 lb boneless, skinless chicken breasts
- 1 1/2 cup BBQ sauce
- 2 tsp paprika
- 2 tsp chili powder
- 1/4 tsp cayenne pepper
- 1/4 tsp dry mustard
- Salt and pepper to taste



DIRECTIONS:

1. Place chicken pieces on a plate or cutting board. Mix together paprika, chili powder, cayenne pepper, dry mustard, and salt and pepper in a small bowl. Rub spice mixture all over chicken pieces. Place the chicken in your slow cooker.
2. Pour 1/2 cup BBQ sauce over the chicken and toss to coat. Cover and cook your chicken on LOW for 5 hours.
3. Turn your slow cooker to the "warm" setting. Transfer chicken to a large bowl and allow to cool for a couple of minutes. Take 2 forks and shred chicken (not too finely though).
4. Skim the fat off of the liquid remaining in the slow cooker (keep the rest of the liquid in there) with a large spoon.
5. Heat the remaining cup of BBQ sauce in a small saucepan on the stove over medium-low heat until hot. Pour the hot BBQ over chicken and toss. Transfer the chicken mixture back into the slow cooker (containing the braising liquid) and combine. Keep it on "warm" until you are ready to serve.

Recipe by Sarah Remmer

(online source: <http://www.yummymummyclub.ca/blogs/sarah-remmer-the-non-diet-dietitian/20131107/slow-cooker-bbq-pulled-chicken-recipe>)

Casserole Beef Burritos

INGREDIENTS:

- 1 pound lean ground meat (we use bison or turkey)
- 1 small yellow or red onion, chopped finely
- 2 bell pepper, chopped finely
- 1 can black beans, rinsed
- 1/2 cup corn kernels, frozen and then thawed
- 2 cloves of garlic, minced
- Chili powder, chipotle spice and cumin
- 1/2 cup mild salsa
- 1/2 tbsp canola oil
- 2 cups CRACKER BARREL extra sharp cheddar cheese
- 6 10' soft whole grain tortillas



DIRECTIONS:

1. Preheat oven to 350F and grease a rectangular baking dish
2. Heat canola oil a heavy-bottomed pan over medium-high heat. Add onion and peppers and saute until fragrant and slightly soft (about 2 mins). Add garlic and saute for another 30 seconds
3. Add ground meat and cook until no longer pink (about 3-4 min). Turn heat down to medium and season with spices. Add corn, beans, and salsa, combine and cook for a minute or two, turn heat down to simmer and cover for 5-10 minutes
4. Lay your tortillas out and spoon a heaping spoonful of meat mixture into the middle of each. Top with grated cheese (1 cup dispersed among all 6). Fold the tortillas up and place side by side in a greased baking dish. Top all the burritos with remaining cup of cheese
5. Bake at 350F for about 30 minutes until cheese and tops of the tortillas are golden brown. Serve with salsa, guacamole and sour cream

Recipe by Sarah Remmer (online source: <http://www.yummymummyclub.ca/blogs/sarah-remmer-the-non-diet-dietitian/20140915/five-nutritious-and-kid-friendly-ways-to-enjoy-cheese>)

Tuna, Veggie and Noodle Casserole

INGREDIENTS:

- 8 oz whole-wheat egg noodles
- 1 tbsp extra-virgin olive oil
- 1/2 large onion, diced
- 8 oz mushrooms, sliced
- 1/2 tsp salt
- 1/2 cup dry white wine
- 6 tbsp flour
- 2 cups milk
- 1 cup chicken broth
- 1/2 tsp pepper
- 12 oz canned chunk light tuna, drained
- 1 cup frozen peas, thawed
- 1 cup finely grated parmesan cheese, divided
- 1/2 cup cheddar cheese, grated (for top)
- 1/2 cup coarse bread crumbs (panko works fine)



DIRECTIONS:

1. Bring large pot of water to a boil. Cook noodles until al dente (6-8 minutes at most). Drain and rinse. Preheat broiler
2. Meanwhile, heat oil in a large ovenproof skillet over medium-high heat. Add onion, mushrooms and salt and cook until evaporated, 4-5 minutes. Sprinkle flour over the veggies; stir to coat
3. Add milk and pepper and bring to a simmer, stirring constantly. Stir in tuna, peas and 1/2 Parmesan until evenly incorporated. Then, stir in the noodles. Remove from the heat and transfer to a oven-proof casserol dish
4. Sprinkle the casserol with breadcrumbs, the remaining 1/2 cup Parmesan and cheddar cheese. Broil until bubbly and lightly browned on top, 3-4 min

Recipe by Sarah Remmer (online source: <http://www.sarahremmer.com/three-easy-tuna-recipes-for-time-crunched-moms/>)

Homemade Hamburger Helper

INGREDIENTS

- 1.5 lbs (700 g) lean or extra lean ground beef (you can also use ground chicken or turkey if you prefer)
- 4 cups (500 g) uncooked small pasta noodles (like macaroni)
- ½ (large) onion, diced
- ½ (large) red pepper, diced
- 3 (large) mushrooms, diced
- 1 cup (250 ml) of frozen peas
- 2 large cloves of garlic, minced
- 1/2 – 1 tsp (2 – 5 ml) pepper
- 1.5 cups (375 ml) milk
- 1.5 cups (375 ml) no salt added or low sodium chicken broth
- 1—680 mL jar of tomato pasta sauce
- 2 tsp (10 ml) Italian seasoning
- 1 tsp (5 ml) red pepper flakes, approximately
- 3 cups (750 ml) shredded cheddar cheese



DIRECTIONS

1. Add beef to a large stock pot and cook over medium-high heat until browned. Drain excess fat. Return to stove and add onion, garlic, red pepper, mushrooms, red pepper flakes, Italian seasoning, salt and pepper, and cook until vegetables are tender-crisp and bright in colour.
2. Add milk, broth, tomato sauce and uncooked macaroni to pot and mix well. Bring to a boil, reduce heat to medium and cook for about 15-18 minutes, stirring often. You may need to add more liquid during the cooking process depending on the type of pasta you're using. You want the noodles to be el dente and the liquid to thicken.
3. Remove from heat. Add frozen peas and about 1 cup of the grated cheese and stir until melted. Transfer the hamburger helper to a casserole dish and sprinkle the remaining cheese on top.
4. Place the casserole in a preheated oven (375 degrees) for 5-10 minutes until cheese is golden brown on top. Allow cooling time before serving.

Recipe by Sarah Remmer

(online source: <http://www.moreaboutmilk.com/blog/2016/01/one-pot-easy-healthy-homemade-hamburger-helper/>)

Turkey Tomato Pasta Bake

INGREDIENTS

- 1 box pasta (approximately 500g)
 - *I used bow tie but feel free to use your favorite
- 1 tbsp (15 ml) butter
- 1 cup (250 ml) mushrooms, sliced
- 1 to 1 ½ lbs (500-750g) lean ground turkey
- 2 (medium) fresh tomatoes, chopped
- 2 cups (500 ml) fresh spinach
- 1 ½ jars (~900 ml) tomato pasta sauce
- 2 ½ cups (625 ml) cheese, grated
 - *I used a combination of cheddar, mozzarella and provolone



DIRECTIONS

1. Preheat the oven to 350 F.
2. Cook pasta according to package, but make sure that you don't cook past "el dente."
3. While it is cooking, melt butter in a large and deep sauté pan on medium-high heat. Add mushrooms and sauté until soft (about 5 minutes).
4. Add ground turkey and sauté until no longer pink (8-10 minutes).
5. Turn heat down to medium-low and add tomatoes and spinach.
6. Sauté for 2-3 minutes spinach is wilted.
7. Remove pan from the heat, add jar of pasta sauce as well as cooked pasta and stir to combine.
8. Grease a large casserole dish and fill the bottom with half of the pasta mixture. Top with half of the grated cheese. Top with remaining pasta mixture and then sprinkle with remaining cheese.
9. Bake at 350 F for approximately 30 minutes or until slightly golden brown on top.

Recipe by Sarah Remmer

(online source: <http://www.moreaboutmilk.com/blog/2013/11/turkey-tomato-pasta-bake/>)