

Food Advocate

Monthly Newsletter
March 2023: Meal Prep Ideas

HCAA Food Advocacy
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Welcome!

Hi, I'm glad you are here! Now that we have entered a new year, I thought there was no better way than to start something new! I wanted to create a space for us to keep in touch, sharing recipes, cooking tips, and more. I hope to continue this newsletter each month and I encourage you to share any recipe ideas or other recommendations you have!

Meal Prepping

We can all agree life becomes busy, and the last thing we want to do is add another thing on our to-do list. During this month's newsletter you will find meals that can be prepped for the week, so at the most, all you have to do is heat up your dish! The following recipes are high in protein to keep you full throughout the day and packed with veggies and a variety of flavor!



Tips & Tricks

There are many ways to save money and time in the kitchen. One way can include washing and cutting up your favorite fruits and veggies. This can be done for snacking and or for meal prepping. Another way can include trying out different protein sources based off what is on sale at your grocery store. This can include animal and plant-based products. You can then prepare the protein ahead of time for your meals.



Egg Roll in a Bowl

Prep Time: 10 mins

Total Time: 25 mins

Yield: 4

Ingredients:

- 1 lb ground pork
- 1 tablespoon sesame oil
- 1 tablespoon ginger finely grated
- 3 cloves garlic minced
- 12 oz slaw 340 g; 1 bag
- ¼ cup liquid soy seasoning
- 2 tablespoons apple cider vinegar
- 1 tablespoon monk fruit sweetener



Directions:

1. In a small jar, shake together the liquid soy seasoning, apple cider vinegar, and monk fruit sweetener.
2. In a 12 inch non-stick skillet, cook the ground pork. Using a spatula, break the pork into small pieces, and stir/flip. Cook for 7-10 minutes, until no longer pink. If there is a lot of grease in the pan, drain it before moving onto the next step.
3. Make a space in the middle of the pan, adding the sesame oil. Then add the garlic and ginger, and let them simmer for 1 minute, until fragrant. Mix them into the pork at this point.
4. Add the bag of slaw mix to the pan, carefully stirring it into the ground pork mixture. Cook for 3 more minutes, stirring frequently. Cabbage should be slightly wilted but not completely soft.
5. Pour the sauce evenly over the ground pork and cabbage mixture. Stir it up until evenly coated in the sauce. Remove from the heat, and enjoy!

Turkey Taco

Prep Time: 20 mins

Total Time: 1 hr 10 mins

Yield: 4

Ingredients:

Rice

- $\frac{3}{4}$ cup brown rice uncooked
- $\frac{1}{8}$ tsp salt
- 1 lime zested

Turkey

- $\frac{3}{4}$ lb lean ground turkey
- 2 tablespoons homemade taco seasoning
- $\frac{2}{3}$ cup water

Salsa

- 1 pint cherry tomatoes halved
- 1 jalapeno finely chopped
- $\frac{1}{4}$ cup red onion finely chopped
- $\frac{1}{2}$ lime juiced
- $\frac{1}{8}$ teaspoon salt

Other

- 12 oz can corn kernels (341 mL; drained)
- $\frac{1}{2}$ cup mozzarella shredded



Directions:

- Cook brown rice according to package directions, adding the lime zest and salt to the cooking water. Allow to cool slightly before portioning out.
- Add turkey to a medium pan and cook over medium heat, breaking it up with a spatula until no longer pink (approximately 10 minutes).
- Sprinkle the taco seasoning over the cooked meat, then add the water. Stir and simmer for a couple of minutes, until sauce has thickened.
- Remove from heat and allow to cool slightly before portioning out.
- Combine all salsa ingredients and toss together.

Chickpea Salad

Prep Time: 20 mins

Total Time: 40 mins

Yield: 4

Ingredients:

- $\frac{2}{3}$ cup bulgur uncooked
- 15 oz can of chickpeas drained and rinsed
- $\frac{1}{2}$ cup feta cheese crumbled
- 3 ribs celery finely chopped
- 1 bell pepper finely chopped
- $\frac{1}{2}$ cup radish finely chopped
- $\frac{1}{4}$ red onion finely chopped

Honey Lemon Vinaigrette

- 3 tablespoons olive oil
- 3 tablespoons white wine vinegar
- 1 tablespoon honey
- $\frac{1}{2}$ teaspoon dijon mustard
- 1 teaspoon fresh lemon juice
- $\frac{1}{2}$ teaspoon lemon zest



Directions:

1. Cook bulgar according to package directions and allow to cool.
2. Add chickpeas and chopped ingredients to a bowl, along with the cooked bulgar.
3. In a separate bowl shake together all vinaigrette ingredients including olive oil, white wine vinegar, honey, dijon mustard, lemon juice, and lemon zest.
4. Drizzle the dressing in first bowl, toss to combine, and enjoy!

Thai Lettuce Wraps

Prep Time: 10 mins

Total Time: 25 mins

Yield: 6

Ingredients:

Sauce

- ¼ cup peanut butter
- 3 tablespoons soy sauce
- 2 tablespoons rice vinegar
- 2 tablespoons water
- 1 teaspoon sesame oil
- 1 tablespoon lime juice

Filling

- 1 tablespoon olive oil
- 1 onion finely chopped
- 3 cloves garlic minced
- 1 tablespoon Thai red curry paste
- 1 lb lean ground turkey
- 1 cup carrots shredded

To Serve

- romaine lettuce leaves
- green onions to garnish
- peanuts to garnish



Directions:

1. In a small jar, add the peanut butter, soy sauce, rice vinegar, water, sesame oil and lime juice. Shake it up until smooth.
2. Heat oil in a large pan and add the onions, garlic and Thai red curry paste. Stir until red curry paste is heated through and mixed in evenly with the onions (2-3 minutes).
3. Add the ground turkey and cook, breaking it up with a spatula, for 5-7 minutes, until no pink remains and the turkey is cooked through.
4. Stir in the shredded carrots, then the peanut sauce. Stir to combine. Toss until everything is evenly coated, then set aside to cool slightly.
5. Spoon the filling into romaine lettuce leaves. Sprinkle with green onions and/or peanuts, and enjoy!

Greek Pita Bento Box

Prep Time: 20 mins

Total Time: 20 mins

Yield: 4

Ingredients:

- 12 slices deli chicken
- 1 cup tzatziki
- 12 mini pitas (or 1 full sized cut into wedges)

Greek Salad

- 1 cup cherry tomatoes
- 2 cups cucumber diced, seeds scooped out
- ½ bell pepper chopped
- ¼ cup red onion diced
- 2 tablespoons feta cheese crumbled
- olives

Directions:

1. Stir together all Greek salad ingredients. Divide between four bento lunch boxes.
2. Divide all remaining ingredients between bento lunch boxes.

