

REAL FOOD FOR REAL LIFE

5 Easy Dinner Recipes
for Busy Families





J U I C Y T U R K E Y B U R G E R W I T H S W E E T P O T A T O F R I E S



prep time: 10 min
cook time: 10 min

Y O U N E E D :

- 1 lb. ground turkey
- 1/2 cup bread crumbs
- 2 Tbs olive oil + more for skillet
- 2 Tbs dijon mustard
- 1 Tbs soy sauce
- 1 1/2 Tbs Italian seasoning
- 1 tsp garlic powder
- 1 tsp black pepper
- 1/2 tsp salt
- 1 bag frozen sweet potato fries (I like Alexia brand).
- FOR SERVING: whole wheat buns + toppings.

1 . Cook sweet potato fries according to the instructions on the package.

2 . In a large bowl combine ground turkey, bread crumbs, olive oil, dijon mustard, soy sauce, Italian seasoning, garlic powder, black pepper and salt. Mix together with hands until just combined.

3 . Heat grill pan or skillet over medium-high heat. Drizzle a bit of olive oil so burgers don't stick. Cook until no longer pink, about 5-6 minutes per side.

3 . Serve on a whole wheat bun with desired toppings (we like guacamole, tomato, lettuce and red onion) and cooked sweet potato fries.





prep time: 5 mins.
cook time: 10 mins.

YOU NEED :

- 1 lb. breakfast sausage
- 12 eggs
- 1/4 cup milk
- salt and pepper to taste
- 2 Tbs butter
- 6 slices of white cheddar
- 6 burrito sized whole wheat tortillas
- Fresh fruit for quick side option

1 . Heat oven to 350 degrees F.

2 . In a large skillet over medium heat, break up breakfast sausage into small pieces. Cook until no longer pink, about 5-8 minutes. Remove from heat and set aside.

3 . Beat eggs, milk salt and pepper in a medium bowl until fully combined. Heat butter in a large non-stick skillet over medium heat until hot. Pour in egg mixture. As eggs begin to set, gently pull the eggs across the pan with a spatula to form curds. Continue cooking - pulling, lifting and folding eggs - until thickened and no visible liquid remains. Don't stir constantly. Remove from heat and set aside.

4 . Place 1 slice of cheese in the center of each tortilla. Add a scoop of eggs and a scoop of sausage. Fold the sides into the center of the tortilla and then roll into a burrito.

5 . Place assembled burritos onto a baking sheet and place in oven for about 5 minutes, or until cheese is fully melted. Serve immediately with fresh sliced fruit.





prep time: 10 min
cook time: 20 min

YOU NEED :

- 1 Tbs olive oil
- 1 sweet onion, diced
- 5 cloves garlic, minced
- 1 lb. ground beef
- 1 28 oz. can fire roasted diced tomatoes
- 6 TBS tomato paste
- 1 tsp fine sea salt
- 1 1/2 tsp dried oregano
- 1 1/2 tsp dried basil
- 1/2 tsp dried thyme
- 1/4 tsp red pepper flakes

1 . Cook whole wheat pasta according to package directions. While water heats and pasta cooks, make the sauce as described below.

2 . In a large saucepan, heat oil over medium heat. Add the onion and garlic, stir to combine. Sauté until onion is translucent, about 5-6 minutes. Season with salt and pepper.

3 . Add ground beef to the pan. Use a spatula to break it into small chunkys. Continue to cook and stir occasionally until beef is no longer pink.

4 . Add the diced tomatoes, tomato paste, salt, oregano, basil, thyme and red pepper flakes to the pan. Stir to combine.

5 . Simmer the sauce, stirring occasionally, for 20 to 30 minutes.

6 . Serve ovetop of cooked whole wheat pasta.





prep time: 5 min
cook time: 15 min

YOU NEED :

- 1/2 Tbs olive oil
- 1 small onion, diced
- 1 lb. ground beef
- 4 garlic cloves, minced
- 1/4 cup coconut sugar
- 1/4 cup soy sauce
- 2 tsp sesame oil
- 1/4 tsp ground ginger
- 1 tsp fine sea salt
- 1/4 tsp red pepper flakes
- 1/4 tsp pepper
- 2 cups prepared brown rice
- OPTIONAL: sesame seeds and green onions.

1 . In a large skillet or wok, add olive oil and diced onion over medium heat. Cook until onion is translucent, stirring frequently.

2 . To the skillet, add ground beef and garlic. Use a wooden spoon to break the beef into small peices. Cook until no longer pink.

3 . While beef is cooking, whisk coconut sugar, soy sauce, sesame oil, ginger, salt, red pepper flakes and pepper in a small bowl. Set aside.

4 . Once beef is no longer pink, pour sauce into the skillet and allow to simmer for 1-2 minutes. Stir to combine.

5 . Serve over brown rice and garnish with sesame seeds and green onion if desired.





prep time: 5 min
cook time: 25 min

YOU NEED :

- 3 large chicken breasts
- 1 6 oz. jar of pesto
- 1 lb. ground beef
- 3 medium tomatoes, sliced
- 6 slices mozzarella cheese

1 . Preheat the oven to 350° F.

2 . Half the thickness of each chicken breast by placing one hand on top of the chicken and carefully sliding a knife through the center horizontally. This will help it to cook faster. Arrange chicken in a baking dish.

3 . Use a spoon to cover each chicken breast with pesto.

4 . Top each chicken breast with 1 slice of mozzarella cheese and 2 sliced tomatoes.

5 . Bake for 25-30 minutes, or until chicken is no longer pink in the middle. Broil the chicken for the final 2 minutes so that the cheese is golden and bubbly.

6 . Serve with a simple side salad and some sliced fruit.

