

# DINNER DAILY EASY MEMBER FAVORITES



## Menu Serves 4 - 6



### UPSIDE DOWN PIZZA BAKE



#### Ingredients

12 oz pizza dough, thawed	1 1/2 lbs lean ground beef
1 tbs olive oil	24 oz tomato pasta sauce
1 onion, large, chopped	3 tbs flour
1 green pepper, chopped	2 cups shredded mozzarella
6 oz mushrooms, sliced	aluminum foil
1 tsp oregano (dried)	

#### Instructions

Bring pizza dough to room temp. Preheat oven to 400. Heat oil in large skillet. Add onion, pepper, mushrooms & oregano. Cook for about 5 minutes. Add meat and cook for 6 to 8 minutes until browned. Add pasta sauce & flour to skillet and let simmer for 5 minutes. Transfer to 13 x 9 baking dish. Top with cheese. Roll out dough & spread across top of baking dish. Cover with foil & bake 15 minutes until top is golden. Note: makes 6 to 8 servings, and it is great for leftovers!

466 Cals 31g Protein 21g Fat 1g Fiber 36g Carbs 8g Saturated Fat 1076mg Sodium



### CRUNCHY ASIAN CHICKEN FINGERS

#### Ingredients

2 tbs soy sauce (or GF tamari), low sodium	1 tbs fresh lime juice
1/2 tsp ginger (ground)	1/2 tsp salt
1/2 tsp garlic powder	2 lbs chicken breast tenders
1 tbs honey	1 cup panko bread crumbs

#### Instructions

Mix all ingredients, except chicken & breadcrumbs, in small bowl. Place chicken in baking dish & pour sauce over chicken. Marinate up to 30 min in fridge if you have time. Preheat oven to 400. Spread panko on plate. Remove chicken from marinade & coat both sides with breadcrumbs. Place chicken on baking sheet & bake for 5 to 8 mins each side until cooked through.

241 Cals 38g Protein 5g Fat 0g Fiber 10g Carbs 1g Saturated Fat 521mg Sodium



### LEMONY TUNA WITH PASTA & PEAS



#### Ingredients

16 oz pasta of choice	1 tsp red pepper flakes (optional)
2 cups frozen peas	1 lemon, juiced
1/4 cup olive oil	1/2 tsp salt
4 garlic cloves, minced	10 oz canned tuna (water packed), drained

#### Instructions

Cook pasta according to directions, adding peas during last 30 seconds. Reserve 1/2 cup cooking liquid, drain, and return pasta/peas to pot. Heat oil in skillet, add garlic and chili pepper flakes (optional) and cook about 1 min. Add lemon juice and pasta water and simmer 3-5 mins. Remove from heat and stir into pot with pasta and peas. Stir in salt and tuna, breaking tuna into small chunks. Cook over med/high heat until the sauce thickens slightly and coats the pasta. Season with salt & pepper to taste.

339 Cals 19g Protein 12g Fat 5g Fiber 38g Carbs 2g Saturated Fat 415mg Sodium



### ROASTED VEGGIE PASTA



#### Ingredients

12 oz penne pasta	2 shallots, chopped
1 lb butternut squash, peeled & chopped (or use precut)	2 garlic cloves, minced
1 zucchini, chopped	14.5 oz diced tomatoes (low sodium)
1 green pepper, chopped	3/4 cup feta cheese
1/2 bunch asparagus	1/4 cup fresh parsley, chopped
2 tbs olive oil	

#### Instructions

Cook pasta according to package instructions, drain & set aside. Preheat oven to 450. Spray baking sheet with cooking spray & add butternut. Roast 15 minutes, then add zucchini, pepper & asparagus to pan & continue roasting veggies for 10 minutes. Stir once while cooking. While veggies are roasting, heat oil in skillet. Sauté shallots & garlic. After a few minutes, add tomatoes. Simmer on low until slightly thickened, about 5 minutes. To serve: place pasta in large bowl, stir in roasted veggies & tomatoes, top with feta & fresh parsley. Yum!

428 Cals 15g Protein 10g Fat 7g Fiber 70g Carbs 4g Saturated Fat 186mg Sodium



### SHORTCUT SHEPHERDS PIE



#### Ingredients

4 baking potatoes, peeled & chopped	1/2 cup beef broth (low sodium)
2 tbs butter (unsalted), melted	1 tbs worcestershire sauce
1/4 cup low fat milk	1 tbs flour
1 1/2 lbs lean ground beef	10 oz frozen peas & carrots
1 tsp oregano (dried)	1 cup shredded cheddar cheese, low fat

#### Instructions

Bring large pot of water to boil. Add potatoes & cook until fork tender, about 10 mins. Drain potatoes, return to pan & mash. Stir in butter, milk, salt & pepper. Set aside. Spray large skillet with cooking spray & cook meat over med heat until browned, about 8 to 10 mins. Stir in oregano, broth, worcestershire, & flour. Add veggies & cook until heated through, about 5 to 8 mins. Remove from heat & stir in cheese. Place skillet mix on plates, top with potatoes, season with salt & pepper.

522 Cals 38g Protein 21g Fat 6g Fiber 47g Carbs 9g Saturated Fat 413mg Sodium