

MEAL PLAN SHOPPING LIST:

Master Your Leftovers—Chicken & Rice

Tired of throwing out unused food or leftovers that went bad before you could eat them? Follow this meal plan to learn how ingredients can be re-used in multiple recipes throughout the week, saving you both time and money.

Fresh Produce

- 3 medium sweet potatoes
- 4 cups green beans
- 1 lemon or lime
- 1½ onion
- 1 bell pepper
- 2 cups frozen corn or 1 (15 ounce) can low-sodium corn
- 1 (15 ounce) can diced tomatoes
- 1½ pounds cherry tomatoes
- 2 cups fresh herbs (e.g. *cilantro, dill, parsley, basil, and/or mint*)
- 4 scallions *finely chopped*
- 8 ounces frozen fava, lima, or butter beans (*about 2 cups*)
- 1 clove garlic
- 1 cup mango or pineapple (*optional*)
- 2 cups raw vegetables (*any that you want in the Un-Fried Rice*)

Dry Goods

- 3½ cups long-grain brown rice

Meat or Substitutes

- 4 pounds boneless skinless chicken breasts
- 1 egg

Pantry Staples

- ½ cup olive oil
- 2 tablespoon any dry salt-free seasoning blend
- 2 tablespoon plus 1 teaspoon low-sodium soy sauce
- 2 tablespoons chili powder
- 1 beef bouillon cube
- 2 tablespoons red wine vinegar
- 1 teaspoon sugar
- 1½ teaspoon salt
- ½ teaspoon black pepper



One Pan Roasted Chicken & Vegetables

Keep dinner simple and healthy with this one-pan meal.

Serves 4

Ready in 1 hour

Ingredients

- ¼ cup olive oil
- 1 teaspoon low-sodium soy sauce
- 1 lemon or lime *cut into wedges*
- 4 boneless skinless chicken breasts or thighs about 1.75 lbs
- 4 cups green beans *trimmed and cut into 2" lengths* (optional)
- 3 medium sweet potatoes *peeled and cut into 1" pieces* (about 4 cups)
- 2 tablespoons any dry salt-free seasoning blend *to taste*

Meal Plan Tip: While you cook this chicken as directed, also bake the rest of the chicken you purchased for the meal plan (plain, no seasoning) and set it aside to be used later in the week.

Directions

1. Heat oven to 425°F. Prepare ingredients and line a large, rimmed sheet pan with foil.
2. In a large bowl, mix oil, seasoning, soy sauce, and salt.
3. Pour 2 tablespoons of the mixture into a medium bowl. Add chicken, and toss to coat; cover and refrigerate.
4. Add sweet potatoes and green beans to remaining mixture in bowl; toss. Pour potato mixture onto pan. Roast 15 minutes.
5. Stir potatoes and add chicken and lemon or lime to pan. Bake 20 to 25 minutes or until chicken is cooked through and potatoes are tender.

Nutrition Information *per serving* (¼ of prepared meal): Calories 485, Total Fat 18g, Saturated Fat 3g, Carbohydrate 38g, Dietary Fiber 7g, Protein 43g, Sodium 206mg

Recipe Source: Leah's Pantry

For more meal plans and recipes, visit eatfresh.org

Mexican Fiesta Rice

Spice up your rice with a few ingredients for a lot of flavors!

Serves 5

Ready in 55 minutes

Ingredients

- 1 pound ground beef, turkey, or chicken (or 2 cups cooked beans)
- ½ onion *chopped*
- 1 bell pepper *chopped*
- 2 cups frozen corn or 1 (15 ounce) can low-sodium corn *drained*
- 1 (15 ounce) can diced tomatoes
- 2 tablespoons chili powder
- 1 cup dry long-grain brown rice
- 1 beef bouillon cube
- 2 cups water

Meal Plan Tips: Skip Step 1 by using leftover roasted chicken from One Pan Roasted Chicken and Vegetables. Cut up the chicken into small pieces and add during Step 2.

Directions

1. Cook ground meat, onion, and bell pepper in a large pan over medium heat until meat is browned. Drain fat from pan.
2. Add corn, tomatoes, chili powder, uncooked rice, bouillon cube, and water. Cover and simmer for 30 minutes. Refrigerate leftovers.

Nutrition Information per 1 cup serving: Calories 340, Total Fat 6g, Saturated Fat 1.5g, Carbohydrate 49g, Dietary Fiber 6g, Protein 24g, Sodium 340mg

Recipe Source: Leah's Pantry

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Brown Rice and Tomato Salad

Whip up a quick and hearty salad with this whole grain and veggie combo.

Serves 6

Ready in 55 minutes

Ingredients

- 2¼ cups water
- 1 cup long-grain brown rice
- 1 teaspoon salt
- 2 tablespoons red wine vinegar
- 1 teaspoon sugar
- 2 tablespoons olive oil
- 4 scallions *finely chopped*
- 1½ pounds cherry tomatoes *cut in half*
- 1 cup fresh herbs *chopped* (such as cilantro, dill, parsley, basil, and/or mint)

Meal Plan Tip: Cook the rest of brown rice called for in this meal plan (2.5 cups) with 5 ½ cups of water. Set aside 4 cups of cooked rice and use it for the remaining recipes.

Directions

1. In a medium saucepan, bring water to a boil. Mix in rice and salt and bring back to a boil. Reduce heat to low, cover, and simmer until rice is tender and water is absorbed about 40 minutes.
2. In the meanwhile, whisk vinegar and sugar together in a small bowl. Gradually whisk in oil.
3. When rice is done, transfer rice to a large bowl, fluff with fork and cool. Toss together rice with dressing and tomatoes, herbs, scallions, and salt and pepper. Enjoy!

Nutrition Information *per serving* (1/6 of prepared meal): Calories 183, Total Fat 6g, Saturated Fat 1g, Carbohydrate 30g, Dietary Fiber 3g, Protein 4g, Sodium 406mg

Recipe Source: Leah's Pantry

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Un-Fried Rice

This dish contains much less oil and salt than restaurant fried rice. To further reduce the salt, use low-sodium soy sauce.

Serves 4

Ready in 1 hour 5 minutes

Ingredients

- 3 medium sweet potatoes
- 4 cups green beans
- 1 tablespoon oil
- 1 clove garlic *minced*
- 2 cups raw vegetables such as onion, celery, bell pepper, cabbage, broccoli, green beans, peas, zucchini, mushrooms, or bean sprouts *diced*
- 1 egg *beaten*
- 2 tablespoons soy sauce
- Black pepper *to taste*
- 2 cups cooked rice *cold*
- 1 cup cooked chicken or shrimp (optional)
- 1 cup chopped mango or pineapple (optional)

Meal Plan Tip: Use the extra rice and chicken you cooked in prior recipes.

Directions

1. Heat oil until sizzling in the bottom of skillet.
2. Add garlic and vegetables, toss in oil, and cover.
3. Cook vegetables until slightly brown and soft.
4. Add shrimp or chicken to the skillet, if using, and cook for 2 minutes.
5. Add the egg directly into the base of the pan. Allow it to scramble by stirring it back and forth across the hot pan.
6. Add rice, soy sauce, black pepper, and other optional ingredients. turn heat down to medium-low. Cook until heated through, stirring frequently.

Nutrition Information *per 1 cup serving*: Calories 322, Total Fat 9g, Saturated Fat 1g, Carbohydrate 50g, Dietary Fiber 6g, Protein 12g, Sodium 794mg

Recipe Source: Leah's Pantry

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Herbed Rice with Chicken and Beans

This is an easy dish that your family will love. The traditional version of this recipe calls for fava beans and dill, which is a delicious combination.

Serves 4

Ready in 30 minutes

Ingredients

- 1 tablespoon olive oil
- 1 small onion *halved and sliced thinly*
- 2 cups cooked brown rice
- 2 chicken breasts cooked *skinned and shredded* (about 2 cups)
- 8 ounces frozen fava, lima, or butter beans (about 2 cups) *thawed*
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 cup chopped fresh herbs such as dill, mint, cilantro, and/or parsley

Meal Plan Tip: Use the extra rice and chicken you cooked in prior recipes.

Directions

1. Heat oil in a large, nonstick skillet. Add onion and sauté until soft, about 5 minutes.
2. Add cooked rice, beans, salt, and pepper.
3. Add the herbs, saving some of them for garnish later. Stir in ¼ cup water and simmer until completely absorbed, about 5 minutes.
4. Mound rice on a platter and top with cooked chicken. Garnish with reserved herbs. Serve with [Yogurt with Cucumber](#) and a large salad.

Nutrition Information *per 1½ cup serving*: Calories 393, Total Fat 7g, Saturated Fat 1g, Carbohydrate 51g, Dietary Fiber 5g, Protein 29g, Sodium 360mg

Recipe Source: Leah's Pantry

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