



RESTORE  
—OKC—

# EASTSIDE HEALTHY EATS

RECIPES BY  
CHEF BRANDI JONES



# CHEF BRANDI & THE ONIE PROJECT



Brandi Jones is the Executive Chef for Eastside Eatery located in The Market at Eastpoint, a project of RestoreOKC. Brandi has over 20 years experience working in the OKC culinary scene & is always on the lookout for ideas to better serve her customers & community. Finding her home at The Market at Eastpoint fit just that. It is a grocery store that seeks to move beyond food access toward food justice & food security.

In 2020, a lasting partnership with the Oklahoma Nutrition Information & Education (ONIE) Project Project was formed when Chef Brandi & RestoreOKC collaborated on a food insecurity project. As that relationship grew, both identified more ways to work together, especially with ONIE's *Choose Homemade* initiative. The best of both worlds are brought together with the Eastside Eats recipes because of Chef Brandi's culinary expertise & the ONIE Project's Nutrition Team. These recipes have lots of flavor & flair, while also meeting the USDA MyPlate.gov nutritional standards.

## TURKEY SAUSAGE & CABBAGE STEW



### Ingredients:

- 2 Tbsp olive oil
- 1 medium yellow onion, diced
- 3 large bell peppers (green, yellow, red), sliced & halved
- 1 (13 oz) pack turkey sausage, sliced
- 2 cloves garlic, minced
- 1 tsp kosher salt
- 1 tsp black pepper
- 1/2 tsp cumin
- 1/2 tsp coriander
- 2 (14 oz) cans no-salted-added diced tomatoes
- 1 (32 oz) carton reduced sodium chicken broth
- 1 head cabbage, thinly sliced.

### Preparation:

1. Heat a large stockpot over medium-high. Add oil, onion & peppers. Cook 3-5 minutes, or until soft. Add sausage & garlic. Cook 5-7 minutes, or until lightly browned.
2. Add salt, pepper, cumin & coriander. Cook 30 seconds until spices are fragrant, stirring throughout.
3. Stir in tomatoes & broth. Add cabbage, cover & cook 25-30 minutes, or until cabbage is tender. Enjoy!

45 min | Serves 8

### Nutrition Facts

8 servings per recipe  
**Serving size** (498g)

**Amount per serving**  
**Calories** **190**

**% Daily Value\***

**Total Fat** 8g **10%**

Saturated Fat 2g **10%**

Trans Fat 0g

**Cholesterol** 35mg **12%**

**Sodium** 650mg **28%**

**Total Carbohydrate** 20g **7%**

Dietary Fiber 6g **21%**

Total Sugars 10g

Includes 0g Added Sugars **0%**

**Protein** 11g

Vitamin D 0mcg **0%**

Calcium 91mg **8%**

Iron 2mg **10%**

Potassium 638mg **15%**

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## SHREDDED CHICKEN TACOS



### Ingredients:

- 1 lb boneless, skinless chicken breasts
- 1 (14.5 oz) can chicken broth
- 1 (15 oz) can crushed tomatoes
- 1 Tbsp garlic powder
- 3 cloves garlic, roughly chopped
- 3 bell peppers, any color, diced
- 1 small yellow onion, chopped
- 1 Tbsp **Homemade Taco Seasoning**
- 1 Tbsp onion powder
- 1 tsp black pepper
- Non-stick cooking spray
- 16 corn tortillas
- 1 cup minced fresh cilantro
- 1 1/2 cups shredded fiesta blend cheese

### Preparation:

1. In a slow cooker add chicken, broth, tomatoes, garlic powder, garlic, bell peppers, onion, taco seasoning, onion powder & pepper. Stir to combine. Cook on LOW 6 hours or HIGH 4 hours, or until chicken is cooked through.
2. Use two forks to finely shred chicken. Mix well.
3. Coat a small skillet with cooking spray. Heat tortillas over medium, 1-2 minutes per side, or until warm. Remove from heat & set aside.
4. Add chicken & veggies to tortilla. Serve topped with cheese & cilantro.

4-6 hrs | Serves 8

### Nutrition Facts

8 servings per recipe  
**Serving size** (315g)

**Amount per serving**  
**Calories** **310**

	% Daily Value*
<b>Total Fat</b> 10g	13%
Saturated Fat 4g	20%
Trans Fat 0g	
<b>Cholesterol</b> 60mg	20%
<b>Sodium</b> 460mg	20%
<b>Total Carbohydrate</b> 35g	13%
Dietary Fiber 7g	25%
Total Sugars 7g	
Includes 0g Added Sugars	0%

**Protein** 23g

Vitamin D 0mcg	0%
Calcium 230mg	20%
Iron 3mg	15%
Potassium 706mg	15%

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## CHICKEN PASTA



### Ingredients:

- 1 (16 oz) package whole-wheat penne pasta
- 1/4 cup olive oil
- 1 1/2 lb boneless, skinless chicken thighs, diced
- 1 tsp kosher salt
- 2 tsp black pepper
- 1 tsp garlic powder
- 1 tsp onion powder
- 2 tsp paprika
- 1 small yellow onion, diced
- 2 large bell peppers (green, red), diced
- 1 (8 oz) carton sliced mushrooms
- 1 pint cherry tomatoes
- 2 cloves garlic, minced
- 1 head broccoli, chopped
- 1/2 cup whole milk
- 1 cup heavy cream
- 1/2 cup grated parmesan cheese

### Preparation:

1. Prepare pasta according to package directions. Drain & set aside.
2. In a large skillet, heat 2 tablespoons oil over medium high. In a large bowl, add chicken & season with salt, pepper, garlic powder, onion powder & paprika. Stir to combine. Add chicken to skillet & cook 5-7 minutes, until cooked through, stirring occasionally. Add minced garlic & cook 1 minute. Remove from heat & set aside.
3. In the same skillet, add remaining oil, onion & peppers. Cook 3-5 minutes or until tender. Add mushrooms & cook 5-7 minutes or until water is removed. Add tomatoes & broccoli. Cook 3-5 minutes.
4. Add parmesan, cream & milk to stockpot with pasta. Mix well, reduce heat to low & cook 3-5 minutes until warmed through. Remove from heat & serve.

40 min | Serves 8

### Nutrition Facts

8 servings per recipe  
**Serving size** (458g)

**Amount per serving**  
**Calories** **570**

	% Daily Value*
<b>Total Fat</b> 26g	33%
Saturated Fat 10g	50%
Trans Fat 0g	
<b>Cholesterol</b> 120mg	40%
<b>Sodium</b> 500mg	22%
<b>Total Carbohydrate</b> 58g	21%
Dietary Fiber 9g	32%
Total Sugars 7g	
Includes 0g Added Sugars	0%

**Protein** 32g

Vitamin D 1mcg	6%
Calcium 143mg	10%
Iron 4mg	20%
Potassium 852mg	20%

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## TUNA SALAD



### Ingredients:

- 2 (5 oz) cans tuna in water, drained
- 1 (15 oz) can no-salt-added corn, drained & rinsed
- 1 cup minced fresh cilantro
- 1 jalapeño, diced
- 1 small head iceberg lettuce, chopped
- 1/2 cup olive oil mayo
- 1/2 lime, juiced
- 1 (11oz) bag tortilla chips

### Preparation:

1. In a large bowl, add tuna, corn, cilantro, jalapeño & lettuce. Stir together.
2. Add mayo & lime. Stir to combine.
3. Serve with tortilla chips.

20 min | Serves 6

### Nutrition Facts

6 servings per recipe	
<b>Serving size</b>	(328g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>440</b>
% Daily Value*	
<b>Total Fat</b> 21g	27%
Saturated Fat 3g	15%
Trans Fat 0g	
<b>Cholesterol</b> 25mg	8%
<b>Sodium</b> 570mg	25%
<b>Total Carbohydrate</b> 49g	18%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes 0g Added Sugars	0%
<b>Protein</b> 15g	
Vitamin D 1mcg	6%
Calcium 89mg	6%
Iron 2mg	10%
Potassium 486mg	10%

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## BRUSSELS SPROUT SALAD



### Ingredients:

- 2 lbs brussels sprouts, rinsed, ends cut off & halved
- 1/4 cup olive oil
- 1 tsp kosher salt
- 1 tsp black pepper
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 cup walnuts
- 1/2 cup bread crumbs
- 3/4 cup olive oil mayo
- 1/2 cup grated parmesan cheese
- 1 cup dried cranberries

### Preparation:

1. Preheat oven to 450°F.
2. In a large bowl, add brussels sprouts, oil, salt, pepper, garlic powder & onion powder. Mix to combine.
3. Spread brussels sprouts evenly on baking sheet. Roast 15 minutes, or until crispy.
4. In a large bowl, add parmesan, cranberries, walnuts, mayo & breadcrumbs. Toss to combine. Enjoy warm!

20 min | Serves 8

### Nutrition Facts

8 servings per recipe	
<b>Serving size</b>	(189g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>340</b>
% Daily Value*	
<b>Total Fat</b> 23g	29%
Saturated Fat 3.5g	18%
Trans Fat 0g	
<b>Cholesterol</b> 10mg	3%
<b>Sodium</b> 590mg	26%
<b>Total Carbohydrate</b> 29g	11%
Dietary Fiber 5g	18%
Total Sugars 14g	
Includes 11g Added Sugars	22%
<b>Protein</b> 7g	
Vitamin D 0mcg	0%
Calcium 108mg	8%
Iron 2mg	10%
Potassium 460mg	10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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This material was funded by USDA's Supplemental Nutrition Assistance Program [SNAP] to the ONIE Project.  
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