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Meal 1

Chicken Peanut Zoodles

Serves 4-6; Time 30 minutes, Prep 15 minutes

Ingredients:

2 Tbs sesame oil

2 tsp minced garlic

1 cup julienned carrots

1 cup thinly slice cabbage (red or green)

1 large bell pepper, thinly sliced

3 large zucchinis, spiralized using thick blade

2 chicken breasts, cubed and cooked OR Extra firm tofu, cubed and pressed

Toppings: 1 Tbs sesame seeds, cilantro, peanuts, chopped scallions

Peanut Sauce:

½ cup all-natural peanut butter

3 Tbsp honey

1/3 cup reduced sodium tamari sauce

2 Tbsp sesame oil

2 Tbsp rice vinegar

2 tsp minced ginger

*adapted from SallysBakingAddiction.com

Instructions

1. Heat 2 Tbsp sesame oil in a large skillet over medium heat, add the garlic. Add the carrots, cabbage and peppers. Cook about 5 minutes until just tender.

2. Make the peanut sauce by adding all the ingredients in a sauce pan over low heat whisking constantly until combined.
 3. Add the zucchini to the large pan along with the chicken/tofu, cook and stir for about 3 minutes until the zucchini is just softened a little. If your skillet is too small remove the original veggies and cook the zucchini separate.
 4. Toss with the sauce and top with optional toppings.
- *This is great eaten alone or with some brown rice

Meal 2

Kale Pizza and Sweet Potato “Fries”

Serves 4, Time 35 minutes, Prep 10 minutes

Ingredients:

2 sweet potatoes, cut into fry shape
2 Tbsp olive oil
1 tsp onion powder
Salt and pepper to taste

4 cups chopped kale; stems removed
2 eggs
2/3 cup panko crumbs
1 cup low-fat cheese
1 tsp oregano

Instructions

1. Preheat oven to 425 F
2. Toss sweet potatoes with olive oil, onion powder, salt and pepper. Lay evenly on baking sheet and bake for 25 minutes. Toss midway through cooking
3. In a food processor add the kale and pulse until broken down. Add the egg, panko crumbs, cheese, and oregano. Pulse until dough like shape forms.
4. On a parchment lined baking sheet, use your hands to press the dough into a 1-inch thick crust. If the mixture is sticky, slightly wet your hands.
5. Bake in oven for 15-20 minutes. Remove and top with sauce, cheese and other toppings. Return to oven, and bake 7 more minutes.

Meal 3

Shakshuka with Quick Pickles

Serves 4, Time 30 minutes total

***Make the pickled first so they have time to marinate**

Ingredients for Pickles:

1 lb Persian cucumbers (about 6), cut lengthwise into spears

2 Tbsp rice or white vinegar

1/2 tsp sugar

1/8 tsp crushed red pepper flakes

1 tsp sea salt

1 Tbsp fresh lemon juice

1 Tbsp chopped dill (optional)

Instructions

- 1. Toss cucumbers with all the ingredients in a large bowl. Refrigerate at least 30 minutes to an hour.**

Ingredients:

Olive oil

1 large onion

2 peppers

2 cloves garlic, chopped

1 tsp ground coriander

1 tsp paprika

1/2 tsp ground cumin

14 oz can diced tomatoes

1/2 cup tomato sauce

6 large eggs

1/4 cup chopped parsley

Instructions

1. Heat 3 Tbs oil in large skillet. Add the onion and garlic until fragrant, about 2 minutes. Add peppers and spices. Cook, stirring frequently until vegetables have softened, about 10 minutes.
 2. Add tomatoes, and tomato sauce. Simmer until sauce reduces thickens, about 10 minutes.
 3. Using a wooden spoon make 6 wells in the sauce and gently crack an egg in each well.
 4. Reduce the heat, cover, and cook on low until the whites are set.
 5. Top with fresh parsley. Serve with whole wheat pita or baguette
- *Adapted from <https://www.themediterraneandish.com/shakshuka-recipe/>