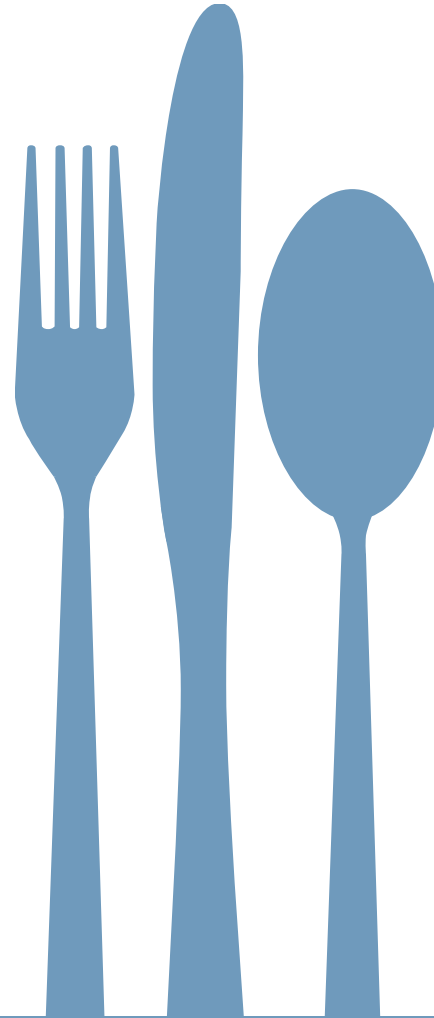


RECIPE

NAME: Asian Lettuce Wraps

DIRECTIONS

Drizzle pan with olive oil. In a skillet, add 2 cups shelled edamame, 1 diced zucchini, 1 diced carrot, 5 chopped green onions, 1/4 cup soy sauce, 3 cloves minced garlic, & 1 tsp. hot sauce. Stir together & sauté for 5 minutes. Serve in Bibb lettuce wraps.



INGREDIENTS

Edamame
Zucchini
Green onion
Garlic
Soy sauce
Bibb lettuce
Hot sauce



DAIRY FREE



EGG FREE



NO SUGAR ADDED



NO TRANS FAT



NUT FREE



PEANUT FREE



CORN FREE



CABARRUS
HEALTH
ALLIANCE

RECIPE

NAME: Sesame Orange Ginger Chickpea Stir Fry

DIRECTIONS

Whisk together 3/4 cup freshly squeezed orange juice, 2 tbsp. agave or honey, 2 tbsp. soy sauce, 1 tsp. grated fresh ginger, 1 tbsp. cornstarch, & 1 tsp. orange zest for the sauce.

Heat 1 tbsp. sesame oil in pan. Rinse & drain chickpeas, add to oil and let brown for a few minutes. Add 1/2 chopped red onion, 3 garlic cloves, 1 sliced bell pepper, & 2 cups green beans & sauté. Pour the sauce into the pan and stir frequently as it will thicken. Reduce heat a& stir for 5 more minutes. Serve with sesame seeds and red pepper flakes on top.

INGREDIENTS

Orange juice

Agave or honey

Soy sauce

Ginger

Cornstarch

Orange zest

Sesame oil

Chickpeas

Garlic

Red onion

Bell pepper

Green beans

Sesame seeds

Red pepper flakes



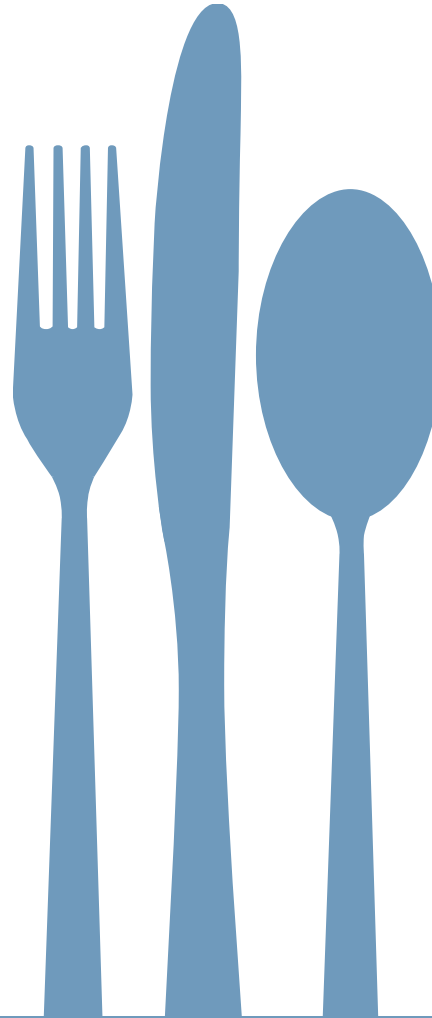
CABARRUS
HEALTH
ALLIANCE

RECIPE

NAME: Turkey Sloppy Joes

DIRECTIONS

Heat 1 tsp. olive oil in pan. Add 1 diced bell pepper, 1 diced onion, 2 cloves garlic & sauté for 3 minutes before transferring out of pan. Add 1 pound ground turkey breast to skillet & cook until no longer pink. Stir in 1 cup of fresh tomato sauce, 1/2 cup BBQ sauce, 1 tsp. Worcestershire sauce, 1 tsp. chili powder, 3 tbsp. tomato paste & 1 tsp. hot sauce. Add back the vegetables & simmer for 10-15 minutes. Serve on whole-wheat English muffins.



INGREDIENTS

Olive oil
Onion
Garlic
Bell pepper
Ground turkey breast
Tomato sauce
BBQ sauce
Worcestershire sauce
Chili powder
Tomato paste
Hot sauce
English muffins



DAIRY FREE



EGG FREE



NO TRANS FAT



NUT FREE



SOY FREE



CORN FREE



PEANUT FREE



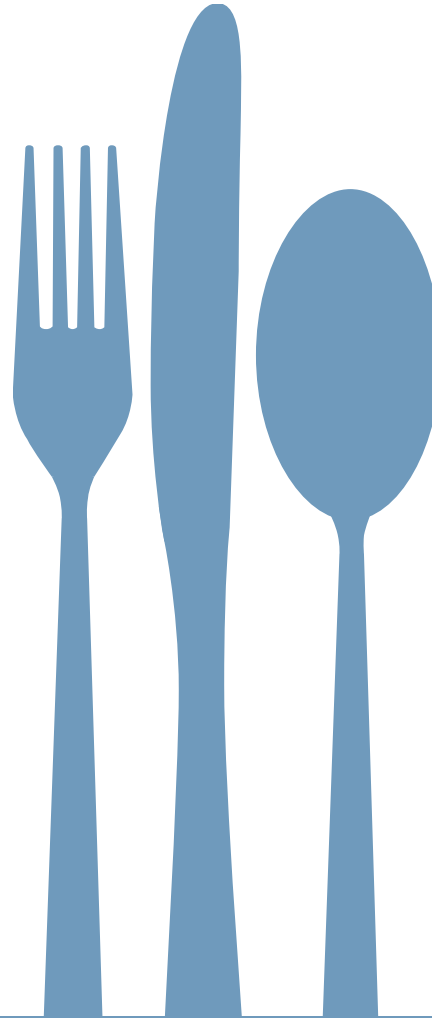
CABARRUS
HEALTH
ALLIANCE

RECIPE

NAME: Couscous Chicken Noodle Soup

DIRECTIONS

In a large stock pot, heat 2 Tbsp. olive oil. Add 1 cup chopped carrots, 1 cup chopped celery, 1 cup dried onion, 2 cloves garlic & sauté for 5 minutes. Add 64 ounces (8 cups) of low-sodium chicken broth, 1 tsp. thyme, & 1 tsp. oregano, 1 tsp. black pepper. Add 1 cup dried couscous, 2 cups shredded chicken & boil for 10 minutes or until couscous is cooked to liking.



INGREDIENTS

Olive oil
Carrot
Celery
Onion
Garlic
Chicken broth
Thyme
Oregano
Black pepper
Couscous
Chicken



NUT FREE



PEANUT FREE



SOY FREE



CORN FREE



NO SUGAR ADDED



EGG FREE



NO SUGAR



DAIRY FREE



NO TRANS FAT



CABARRUS
HEALTH
ALLIANCE