Dietitian's Dish

Family Meals Month = 1 More Meal At Home

With the new school year under way, it's important to have a variety of quick weeknight meals. That doesn't mean take-out. To save some money and time, plan a menu that makes sure nothing goes to waste!

1. Make a shopping list - start with what's on sale
2. Select recipes that feature those items in different ways
3. Prep and cook ahead what items you can – think "Cook once & eat twice"

What can you do with chicken and broccoli for a quick, weeknight dinner? Plenty of things! These recipes will deliver a variety of flavors.
Sign your child up for Produce for Kids Club when you make a purchase from the produce department. Plenty of recipes (including these) are available at *www.produceforkids.com.*

Chicken Teriyaki Bowls

Ingredients:
- 1 Tbsp. olive oil, divided
- 1 lb. boneless skinless chicken breast, chopped
- 16 oz. broccoli florets
- 1/3 cup low-sodium teriyaki sauce
- 1 cup chopped fresh pineapple
- 2 cups steamed brown rice

Directions:
1. Heat ½ Tbsp. oil in large skillet over medium heat. Add chicken and cook 5 minutes, or until chicken is cooked through. Remove from pan.
   Note: During this step extra chicken could be cooked up for another meal during the week.
2. Heat remaining oil in skillet. Add veggies and cook 5 minutes, or until tender. Add chicken and teriyaki sauce. Cook 2-3 minutes, or until heated through. Stir in pineapple.
3. Top rice with chicken and veggies. *Optional:* Top with sesame seeds.
Recipe and image courtesy of Produce for Kids.

Chicken Veggie Wraps

Ingredients:
- 2 cups cooked chicken breast, diced
- 1/2 cup grated carrots
- 1/2 cup diced celery
- 1/2 cup chopped broccoli florets
- 2 Tbsps. finely chopped sweet onion
- 1/2 cup ranch dressing
- 6 (7-inch) whole wheat tortillas
- 3 cups shredded lettuce

Directions:
1. Combine chicken, carrots, celery, broccoli, onion and dressing in large bowl.
2. Line each tortilla with a ½ cup lettuce topped with a ½ cup chicken/vegetable mixture. Roll and slice into thirds.
Recipe and image courtesy of Produce for Kids.