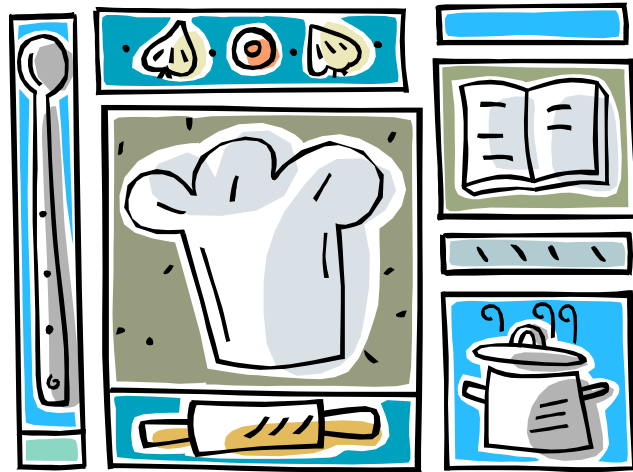


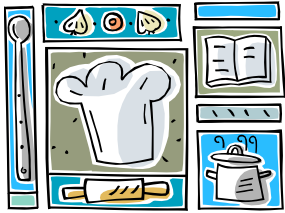
# *The Speedy Chef Cooking Class*



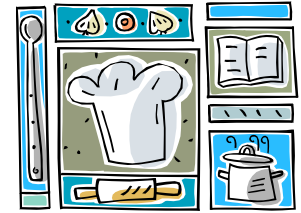
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# Today's Recipes



- Miso Cod with Baby Bok Choy Slaw
  - Muffin Pan BBQ Meat Loaves
  - Turkey Sausage and Bell Pepper Farfalle
- Asian Vegetable and Chicken Salad

All recipes can be completed in under 30 minutes  
and have minimal ingredients!

# Miso Cod with Baby Bok Choy Slaw

- Total time: 15 minutes; Serves 4 (serving size: 1 fillet, 3/4 cup bok choy, and 1/2 cup rice)

- Ingredients

- 1 Tbsp. white miso
- 1 Tbsp. olive oil
- 1 Tbsp. honey
- 2 Tbsp. rice vinegar divided
- 2 tsp reduced sodium soy sauce
- 4 (6-oz.) skinless cod fillets
- 1 tsp. sesame oil
- 3 ½ cups thinly sliced baby bok choy (from 3 baby bok choy)
- 2 cups precooked microwavable brown rice (such as Uncle Ben's)
- Chopped fresh cilantro (optional)



- Directions

- Preheat broiler with oven rack 6 inches from heat. Whisk together the miso, olive oil, honey, and 1 tablespoon of the rice vinegar. Place the cod on a lightly greased baking sheet; brush fillets with miso mixture. Broil until cooked through, about 6 minutes.
- Whisk together the soy sauce, sesame oil, and remaining tablespoon rice vinegar in a medium bowl. Add bok choy; toss to coat.
- Microwave rice according to package directions. Serve with cod and bok choy mixture. Sprinkle cilantro, if desired.

# Muffin Pan BBQ Meatloaves

- **Total time: 30 minutes; Serves 6** (serving size: 1 meatloaf)

- **Ingredients**

- 1 ¼ lb. lean ground beef
- ½ cup dry breadcrumbs
- ½ cup prechopped bell pepper and onion mix
- ½ tsp. kosher salt
- ½ tsp. black pepper
- 1 large egg, lightly beaten
- 6 Tbsp. reduced-sodium barbecue sauce, divided
- Cooking spray



- **Directions**

- Preheat oven to 450°F. Place beef, breadcrumbs, onion mix, salt, pepper, egg, and 3 tablespoons barbecue sauce in a large bowl; gently combine using your hands.
- Spray a 6-cup muffin pan with cooking spray. Gently roll meat mixture into 6 equal-sized balls, and place 1 in each muffin cup. Top each with 1 ½ teaspoons barbecue sauce. Bake at 450°F until no longer pink in the centers, about 20 minutes.

# Turkey Sausage and Bell Pepper Farfalle

- Total time: 15 minutes; Serves 4 (serving size: 2 cups)

- **Ingredients**

- 10 oz. farfalle pasta
- 8 oz. Sweet turkey Italian sausage, casings removed
- 3 Tbsp. olive oil
- 1-14 oz diced tomatoes (w/ seasonings; basil, oregano, garlic)
- 1 red bell pepper, cut into 1/4 inch thick slices
- 1 medium yellow onion, cut into 1/4 inch thick slices
- 1/2 tsp. kosher salt
- 1/4 tsp. black pepper
- 1oz. Parmesan cheese, shredded (about 1/3 cup)
- 1/4 cup torn fresh basil



- **Directions**

- Cook pasta according to package direction, omitting fat and salt. Drain, reserving 1/4 cup cooking liquid.
- Heat and large nonstick skillet over medium high. Add sausage; cook, stirring to break into large pieces, until browned, about 5 minutes. Remove sausage from pan; set aside.
- Add oil, tomatoes, bell pepper, onion, salt, and black pepper to the pan over medium-high heat. Cook, stirring occasionally, until tender, about 8 minutes. Add sausage, pasta, and reserved cooking liquid to pan; toss to coat. Top with Parmesan and basil.

# Asian Vegetable and Chicken Salad

- **Total time: 10 minutes; Serves 4 (serving size: 2 cups)**
- **Ingredients**
  - 3 Tbsp. toasted sesame oil
  - 3 Tbsp.. Rice vinegar
  - 1 1/2 Tbsp. honey
  - 1 1/2 tsp. fresh grated ginger
  - 3/4 tsp. kosher salt
  - 3/4 tsp. black pepper
  - 1-12 oz. pkg. Asian chopped salad mix (such as Dole Asian blend) omitting packaged dressing (about 6 1/2 cups)
  - 8 oz. chopped skinless rotisserie chicken breast (about 1 2/3 cups)
  - 1 cup frozen shelled edamame, thawed (about 6 oz.)
  - 1/3 cup chopped salted cashews, toasted
- **Directions**
  - Whisk together the first 6 ingredients in a small bowl
  - Combine salad mix, chicken, edamame, and cashews in a large bowl. Drizzle dressing over salad; toss.



# Nutrition Information

## Miso Cod with Baby Bok Choy Slaw

- Serving size: 1 fillet, 3/4 cup bok choy mixture, and 1/2 cup rice
- Calories: 307
- Fat: 7
- Saturated fat: 4g
- Unsaturated fat: 5g
- Protein: 34g
- Carbohydrate: 27g
- Fiber: 3g
- Sodium: 370g
- Calcium: 9% DV
- Potassium: 20% DV
- Sugar: 6g
- Added sugar: 4g

## Muffin Pan BBQ Meatloaves

- Serving Size: 1 meat loaf
- Calories: 288
- Fat: 16g
- Saturated fat: 6g
- Unsaturated fat: 7g
- Protein: 20g
- Carbohydrate: 15g
- Fiber: 1g
- Sodium: 311mg
- Calcium: 5% DV
- Potassium: 10% DV
- Sugar: 7g
- Added sugar: 3g

# Nutrition Information

## Turkey Sausage and Bell Pepper Farfalle

- Serving size: 2 cups
- Calories: 527
- Fat: 20g
- Saturated fat: 5g
- Unsaturated fat: 14g
- Protein: 24g
- Carbohydrate: 62g
- Fiber: 4g
- Sodium: 793mg
- Calcium: 17% DV
- Potassium: 9% DV
- Sugar: 8g
- Added sugar: 0g

## Asian Vegetable and Chicken Salad

- Serving Size: 2 cups
- Calories: 334
- Fat: 19g
- Saturated fat: 3g
- Unsaturated fat: 14g
- Protein: 23g
- Carbohydrate: 21g
- Fiber: 4g
- Sodium: 575mg
- Calcium: 8% DV
- Potassium: 7% DV
- Sugar: 11g
- Added sugar: 0g



# THANK YOU FOR PARTICIPATING

