

# Made From Scratch Monthly

## Simple Meals to Minimize Stress

Making meals doesn't have to be stressful. With a little meal planning and prepping you might start to look forward to it. Check out our simple meals and our make ahead tips to help ease the stress of nightly dinners.

### One Pan Za'atar Pork Tenderloin, Sweet Potato & Cauliflower

**Prep Time**  
5 mins

**Cook Time**  
30 mins

**Total Time**  
35 mins

- 1 lb. Pork Tenderloin
- 2 large sweet potatoes, about 2 lbs. peeled and cut into ½-inch cubes or smaller but no larger
- 1 large cauliflower head cut into large florets
- 2 tbsp olive oil
- 4 tbsp za'atar spice blend

#### Instructions:

1. Preheat oven to 450°.
2. Place pork, sweet potatoes, and cauliflower on a large baking sheet or oven-safe dish. Drizzle with olive oil and sprinkle with za'atar. Toss vegetables and rub tenderloin to coat with olive oil and seasoning.
3. Bake for 15-20 minutes. Rotate tenderloin and flip vegetables. Bake for another 15-20 minutes or until pork tenderloin is cooked through and vegetables are starting to brown.



#### What is Za'atar spice?

It can vary but generally, it is a combination of dried oregano, thyme and/or marjoram, with sumac and toasted sesame seeds.

#### Prep Ahead-Tip:

Cut up raw veggies, submerge them in water and put them in the refrigerator. They should ideally be consumed within 24 to 48 hours for best results.

### Maple Salmon Sheet Pan Dinner

**Prep Time**  
10 mins

**Cook Time**  
30 mins

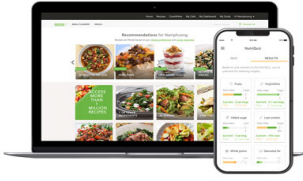
**Total Time**  
40 mins

- 1 large sweet potato
- 1 bunch asparagus
- 2 pieces fresh salmon
- garlic powder to taste
- salt & pepper to taste
- 2 tbsp olive oil
- 1-2 tbsp maple syrup
- lemon wedges for serving (optional)

#### Instructions:

1. Preheat oven to 425° and move the rack to the top third of the oven. Line a baking sheet with foil for easy clean-up.
2. Use a mandolin to slice sweet potato into even slices (suggest 4mm setting). Snap or cut ends of asparagus.
3. Place sweet potato slices, asparagus, and salmon on baking sheet. Coat everything with garlic powder, salt and pepper, and olive oil. Add salmon and asparagus to plate and set aside. Spread sweet potato slices as evenly as possible (some overlap is ok) on baking sheet. Bake for 15 minutes.
4. Add salmon and asparagus to baking sheet (add asparagus to top of sweet potato slices and clear some space for salmon). Coat salmon with 1 tbsp of maple syrup. If desired, drizzle second tbsp of maple syrup across sweet potatoes and/or asparagus. Bake for an additional 15 minutes, or until salmon is cooked. Serve immediately with lemon juice squeezed over fish, if desired.





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## Wine & Tomato Braised Chicken

- 4 slices bacon
- 1 large onion
- 4 garlic cloves
- 1 tsp dried thyme
- 1 tsp fennel seeds
- 1 tsp freshly ground pepper
- 1 bay leaf
- 1 c. dry wine, (*see Tip*)
- 1 28-oz can whole tomatoes
- 1 tsp salt
- ¼ finely chopped fresh parsley
- 10 bone-in chicken thighs (about 3¾ lbs.), skin removed, trimmed

### Instructions:

1. Cook bacon until crisp then transfer to paper towels to drain. Crumble when cool.
2. Drain all but 2 tbsp fat from the pan. Add onion and cook over medium heat, until softened, 3-6 minutes. Add garlic, thyme, fennel seeds, pepper, bay leaf and cook, stirring for 1 minute. Add wine, bring to a boil for 2 minutes, scraping up any browned bits. Add tomatoes with juice and salt; stir well.
3. Place chicken thighs in a 4-quart (or larger) slow cooker. Sprinkle the bacon over the chicken. Pour the tomato mixture over the chicken. Cover and cook until the chicken is very tender, about 3 hours on high or 6 hours on low. Remove the bay leaf. Serve sprinkled with parsley.



**Variation:** Turn 2 cups each of leftover chicken and sauce into Braised Chicken Gumbo. Heat 1 tbsp extra-virgin olive oil in a large saucepan over medium heat. Add 1 diced medium red or green bell pepper and 2 tbsp all-purpose flour, stirring until the pepper is beginning to soften and flour is golden brown, about 2 minutes. Add 2 cups shredded chicken, 2 cups sauce, 2 cups reduced-sodium chicken broth, 1 cup sliced okra (fresh or frozen, thawed), ¾ cup instant brown rice (see Variation Tip) and ⅛ - ¼ tsp cayenne pepper. Bring to a boil. Reduce heat and simmer until the flavors meld and the okra is tender, about 10 minutes.

**Variation Tip:** If you want to use rice that isn't "instant," stir in 1 cup of any leftover cooked rice instead. Or, if you have time, add ½ cup of quicker-cooking whole-grain rice, such as Bhutanese red rice or Kalijira rice, and an additional 1¼ cup of chicken broth before adding the okra. Cook until the rice is almost tender, about 25 minutes, (or according to package instructions) then add the okra and simmer until it is tender.

### **Dry Wine Tip:**

If you prefer, substitute 1 cup reduced-sodium chicken broth mixed with 1 tsp fresh lemon juice in place of wine.

### **Make-Ahead Tips:**

Prepare Steps 1 & 2, cover bacon and sauce, refrigerate separately for up to 1 day. To finish, bring the sauce to a simmer and continue with Step 3. Cooked chicken and sauce can be refrigerated up to 3 days.

### **Did you know you can make noodles ahead of time and freeze them?**

Line a baking sheet with parchment and toss noodles lightly with olive oil. For short pasta, spread out in a single layer. For long noodles, pile in small nests. Place in the freezer until frozen, then transfer to a large zip top bag. When ready to use, reheat in the microwave or toss into a simmering pot of sauce straight from the freezer.