

Broccoli Pasta Salad with Tomato Vinaigrette

This is a budget friendly meal that can be made in advance for an easy lunch or dinner on the go. The broccoli in this dish adds potassium, Vitamin C, and fiber to support heart health.

Yields: 4 servings

Ingredients:

Tomato Basil Vinaigrette:

- 1 Tbsp tomato paste
- 2 Tbsp red wine vinegar (can substitute with regular vinegar)
- 1/2 tsp dried basil
- 1/4 tsp garlic powder
- 1/4 tsp salt
- 1/4 tsp black pepper
- 6 tbsp olive oil

Salad:

- 1 cup rotini pasta, dried
- 2 cups broccoli, stems removed and roughly chopped
- 1/2 cup red onion, finely diced
- 1/4 cup unsalted sunflower seeds, optional
- 4 oz. feta

Instructions:

1. Start with the vinaigrette. Combine tomato paste, vinegar, dried basil, garlic powder, salt, black pepper. Whisk olive oil, one tbsp at a time, until fully incorporated. Set aside.
2. Cook the rotini pasta according to the package directions. Once cooked, drain with a colander. Let cool in a separate bowl.
3. Add the chopped broccoli, red onion, and sunflower seeds (if using) to bowl with pasta. Crumble feta over top.
4. Drizzle the vinaigrette on top and then gently toss the ingredients until combined and everything is coated with vinaigrette. Serve immediately or refrigerate until ready to eat!

Per serving: Calories: 570 Kcal Carbohydrates: 55.9g Sugars: 6.2g Protein: 16.5g Saturated Fat: 8g Sodium: 450.3mg

This recipe was adapted from Budgetbytes.com

BEYOND HUNGER

Easy Low Sodium Chili Recipe

This recipe tastes just like your normal chili, just without all the salt! It's a hearty, nutritious, and balanced meal that will be comforting to all! This recipe has 8 servings, but the best part about it is that it can be popped in the freezer and saved to enjoy later!

Yields: 8 servings

Ingredients:

- 1 Tbsp olive oil (or vegetable oil)
- 1 lb lean ground beef (85-90%)
- 1 ½ cups chopped onions
- 1 ½ cups chopped green peppers
- 2 tsp minced garlic
- 1, 15 oz. can no-salt-added pinto beans, drained and rinsed
- 1, 15 oz. can no-salt-added kidney beans, drained and rinsed
- 1, 15 oz. can low-sodium crushed tomatoes
- 1, 15 oz. can low-sodium tomato puree
- 4 tsp oregano
- 4 tsp paprika
- 2 Tbsp garlic powder
- 1 Tbsp onion powder
- 2 tsp Tabasco sauce (optional)
- ¼ tsp salt
- 1 ½ tsp black pepper
- 1 tsp cayenne pepper
- 2 tsp ground cumin

Optional Toppings include: shredded cheese, chopped onion, tomato, & cilantro, sour cream, and crushed tortilla chips

Instructions:

1. Heat oil in a skillet over medium heat. Add lean ground beef to the skillet and brown for 4-5 minutes.
2. Once browned, add the onions and peppers and sauté for 5 minutes.
3. Lastly, mix in the minced garlic and cook for about 1 minute.
4. Transfer the meat and vegetables from the skillet to a crockpot.
5. Add the remaining ingredients from rinsed beans through cumin to the crockpot.
6. Cover with the lid of the crockpot and simmer on low-heat for 4 hours.
7. Serve with optional toppings and serve warm. Enjoy!

Per 3/4 cup serving: Calories: 300 Kcal, Carbohydrates: 43.6g, Sugars: 13.8g, Protein: 27 g
Saturated Fat: 1.4g, Sodium: 235.5 mg

This recipe was adapted from Food.com



Chimichurri Chickpea Salad

This recipe is super simple and the perfect side dish as the weather is starting to warm up! It would go great alongside any grilled meats or just simply enjoy at home with some sliced pita bread!

Yields: 6 servings

Ingredients:

Chimichurri

- ½ cup chopped fresh parsley
- ¼ cup chopped fresh cilantro
- ¼ cup olive oil
- 2 Tbsp red wine vinegar (or white)
- 1 clove garlic, minced
- ½ tsp dried oregano
- 1/4 tsp ground cumin
- 1/8 tsp crushed red pepper
- 1/4 tsp salt

Salad

- 2, 15 oz. cans low-sodium chickpeas
- 1 pint grape tomatoes
- 2 oz. feta

Instructions:

1. Make the chimichurri first. Rinse the fresh parsley and cilantro, then drain well. Roughly chop the parsley and cilantro, then add it to a bowl along with the olive oil, red wine vinegar, minced garlic, oregano, cumin, crushed red pepper, and salt. Stir to combine, then set the dressing aside.
2. Rinse and drain both cans of chickpeas. Slice the grape tomatoes in half. Add the chickpeas and tomatoes to a large bowl. Crumble the feta, add it to the bowl, then drizzle the chimichurri over top. Stir to combine. Serve immediately or refrigerate until ready to eat (up to four days).

Per serving: Calories: 328.6 Kcal, Carbohydrates: 22.1g, Sugars: 5.4g, Protein: 9 g
Saturated Fat: 3.1g, Sodium: 376.9 mg

This recipe was adapted from BudgetBytes.com