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Commissary Recipe

## Quinoa Protein Bowl

MAKES 4 SERVINGS

- 1 cup quinoa
- 4 oz. green chilies
- ¼ cup olive oil
- Juice from 2 limes
- 2 garlic cloves, minced
- 2 tsp. chili powder
- ½ tsp. salt
- 1 15 oz. can of low-sodium whole corn, drained
- 1 15-16 oz. can black beans, drained and rinsed
- 1 medium red onion, sliced very thin
- 12 cherry tomatoes, halved
- ¼ cup of fresh cilantro, chopped



## Directions

1. Bring the quinoa and water to a boil in a medium-sized pan. Let it boil for one minute while stirring constantly. Turn the heat to low, cover and let the quinoa continue to cook until the water is absorbed – for about 12-15 minutes. Remove from the heat and let it cool.
2. While the quinoa is cooking, prepare the dressing by draining the green chili juice into a large mixing bowl. Cut up the green chilies and add them to the mixing bowl along with the olive oil, lime juice, garlic, chili powder and salt. Whisk the dressing together.
3. In a large bowl, add the beans, onions, tomatoes, corn and toss gently. Add the dressing and stir gently to combine.
4. Once the quinoa has cooled (warm to touch, not hot), gently mix it and the chopped cilantro into the large bowl with the beans and corn.

### NOTE

There is no need to add chicken or meat because the quinoa and beans provide a good amount of protein and have fiber to help you feel satisfied. But if you want more bulk, add some of your favorite low-calorie, fresh vegetables like broccoli, cucumbers, and/or radishes.

*Tip*

Make a double batch of quinoa and use half of it in another dish later in the week.

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## Grilled Smoked Gouda Inside Out Burgers

MAKES 4 SERVINGS

- 16 oz. very lean ground beef
- 4 oz. baby portabella mushrooms
- 2 garlic cloves
- 4 oz. smoked Gouda cheese
- 1 tsp. dried oregano
- 2 tsp. onion powder
- 4 whole wheat buns
- Desired toppings (lettuce, onion, tomato, ketchup, etc.)



### Directions

1. Finely mince the garlic and mushrooms. Finely shred the cheese.
2. In a large bowl, add the ground beef, spices, minced garlic, and onion. Using clean hands, gently mix all the ingredients. Shape it into 8 equal-sized balls.
3. Place one ball on a plate and gently press it down to form a 3 1/2" to 4" wide patty. Top the patty with 1/4" of the shredded cheese (form a little mound with the cheese), leaving a 1/2" border.
4. On another plate, press another patty out to the same size as the first one. Place the second patty on top of the cheese and crimp and seal both edges of the patties.
5. Begin heating the grill to a medium-high heat.
6. Repeat steps 3 and 4 for the 3 remaining burgers.
7. Grill the burgers for about 4 minutes per side (for a medium-well done burger).
8. Serve the burgers on whole wheat buns topped with your favorite toppings.

#### Tips

- ▶ To prevent sticking, lightly oil the grill by dipping a folded paper towel in olive oil. Use tongs to hold the oiled towel and rub it over the rack.
- ▶ Avocados, tomatoes, and lettuce with a little ketchup and a dash of pepper is a great combo for topping these burgers.

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## Tangy Jerk Chicken & Brown Rice

MAKES 6 SERVINGS

- 1 cup brown rice, not instant
- 1 lb. boneless skinless chicken breast
- 8 tbsp. jerk sauce
- 1 medium onion
- 1 tbsp. olive oil
- 20 oz. pineapple chunks, drained
- 15 oz. black beans, reduced or low-sodium
- 4.5 oz. chopped green chilies



### Directions

1. Begin cooking the brown rice according to package directions.
2. Cut the boneless skinless chicken breast into 1" pieces. Add the chicken to a bowl and then add 5 tbsp. of jerk sauce. Gently work the sauce into the chicken, using your hands. Let the chicken marinate in the sauce for 10 minutes.
3. Meanwhile, wash your hands, sanitize the cutting surface and knife; then dice the onion.
4. In a large skillet, heat the olive oil over medium heat. Add the diced onion. Add a small dash of salt, and cook the onions for about 5 minutes.
5. To the skillet, add the diced chicken along with the marinade and cook for 3-4 minutes until the chicken begins to brown. Stir constantly. Add the pineapple chunks.
6. Pour the black beans in a colander and then quickly rinse with cold water. Drain, then add the beans to the skillet.
7. Quickly add to the skillet the chopped green chilies and 3 more tbsp. of the jerk sauce. Turn the heat up and bring the mixture to a boil; reduce the heat to low. Cover and simmer for about 10 minutes until the chicken is tender. Stir occasionally.
8. When the rice is done, serve each plate with  $\frac{1}{6}$  of the rice topped with  $\frac{1}{6}$  of the jerk chicken mixture. Serve topped with your favorite toppings.

#### NOTE

Eating more than 1 serving of this meal increases the amount of sodium consumed. Save the leftovers for the next day in order to keep your daily sodium consumption in check.

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## Sweet and Spicy Chicken .....



MAKES 6 SERVINGS

- 2 lbs. boneless chicken breast or thighs
- 2 cups fresh pineapple chunks
- 2 tbsp. soy sauce
- ¼ cup Freedom's Choice™ chili sauce
- ½ tsp. garlic powder
- ½ tsp. onion powder
- ¼ cup water or broth
- 1 tbsp. sesame oil
- Green onion

### NOTE

If you use a different type of chili sauce, you may need to change the proportions of some of the spices.

*Tip*

If you don't have a pressure cooker, you can cook in a pan until the chicken is no longer pink.

## Directions

1. Cut the boneless chicken into 1-2" chunks.
2. Mix the chili sauce, liquids and spices in a small bowl.
3. Add the oil to the bottom of the pressure cooker and bring to temperature. Add the chicken and then brown for 1-2 minutes.
4. Pour the chili sauce mixture over the chicken and then add the pineapple chunks. Bring the cooker to pressure. Cook for 5 minutes and then quick release the pressure.
5. Garnish with sliced green onion and serve alone or serve it on top of bed of greens or with brown or wild rice.

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## Chicken Enchilada Casserole

MAKES 8-10 SERVINGS

- 2 tbsp. canola oil
- 1 15 oz. can pinto or black beans, rinsed and drained
- 1 can of sweet corn
- 1 lb. boneless skinless chicken breast or thighs
- 12 oz. red enchilada sauce
- 12 8-12" corn or flour tortillas
- 12 oz. Mexican blend or Colby shredded cheese
- 6-8 oz. green enchilada sauce
- 8 oz. mixed field greens or fresh baby spinach
- ½ cup plain Greek yogurt
- ½ cup salsa (optional)



### Directions

1. Heat oven to 375° F. Lightly spray a 9"×13" baking dish with cooking spray. Cut the tortillas in half. Set aside.
2. Cut the chicken into ½" strips. Add oil to large skillet and heat over medium-high heat. Add the chicken and cook until the chicken turns white.
3. Add 1 cup of the red enchilada sauce to the pan and turn the heat down to medium. Cook for 3 minutes, stirring occasionally. Add the beans and corn then cook for about 3 more minutes or until they have come to temperature. Remove from the heat.
4. Pour the green enchilada sauce in the baking dish, and spread until the bottom of the dish is evenly coated. Top with a layer of about 8 tortilla halves, so that the entire dish is covered. Top evenly with ⅓ of the chicken mixture, followed by ⅓ of the cheese. Repeat with another layer of tortillas, chicken mixture, and cheese. Followed by a final layer of tortillas, chicken mixture, the remaining red enchilada sauce, and cheese.
5. Cover the pan with aluminum foil, then bake for 20 minutes.
6. Remove aluminum foil and bake uncovered until the cheese is melted (about 7-10 minutes).
7. Remove from the oven and divide into 8-10 equal portions. Serve a portion on each plate and then top with greens or spinach, a dollop each of plain Greek yogurt and salsa (optional).

### NOTES

- ▶ Any boneless lean meat can be used in place of chicken.
- ▶ To make this a one skillet meal and forgo the baking, cut the tortillas into strips and add them to the skillet along with the beans in step three. When the beans and tortillas are heated through, add the cheese and cover. Serve by adding a drizzling a little of the green enchilada sauce on the dish, topping with a serving of the "casserole" from the skillet. Top as instructed step 7.

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