



MJD NUTRITION

MATTHEW D'ARIA MS, RDN, LDN



Tofu Stir Fry with Brown Rice

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🕒 15 MINS COOK | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

- 6 ounces extra firm tofu cubed
- 1 cup broccoli cut into florets
- 1/2 cup red pepper chopped
- 1/2 cup snow peas
- 1 teaspoon sesame oil
- 1 tablespoon reduced sodium soy sauce
- 1/3 cup brown rice uncooked

NUTRITION INFORMATION PER SERVING

Protein 27g	Sodium 474mg
Total Fat 17g	Saturated Fat 1.99g
Carbs 68g	Fruits 0 servings
Calories 511kcal	Vegetables 2 servings
Fiber 7.6g	Added Sugar 0g

Method

1. Cook brown rice according to package instructions.
2. Press and drain tofu between paper towels to remove excess water.
3. Heat sesame oil in a pan over medium heat. Add drained tofu and cook until lightly browned on all sides, about 5 minutes. Remove tofu from pan and set aside.
4. Add broccoli and red pepper to same pan and saute for 2-3 minutes. Add snow peas and saute for an additional minute.
5. Add tofu back to pan. Add soy sauce and stir to combine, cooking for an additional minute.
6. Remove from heat and serve over brown rice.





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Pork Spaghetti

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INGREDIENTS

- 2 ounces whole wheat spaghetti
- 2 cups broccoli cut into florets
- 2 teaspoons olive oil
- 1 boneless pork chop
- 1/4 cup low sodium marinara sauce
- 1 teaspoon Italian seasoning
- 1 ounce Shredded Mozzarella Cheese

NUTRITION INFORMATION PER SERVING

Protein 61g	Sodium 362mg
Total Fat 30g	Saturated Fat 9.4g
Carbs 61g	Fruits 0 servings
Calories 739kcal	Vegetables 2.45 servings
Fiber 11g	Added Sugar 0g

Method

1. Bring a pot of water to a boil. Add spaghetti and cook according to package instructions. Add broccoli in the last 3 minutes.
2. Meanwhile, heat oil in a skillet over medium high heat. Add pork chop and cook 3-4 minutes until seared on the bottom. Flip and continue cooking until browned on the other side and cooked through.
3. Stir in marinara sauce, Italian seasonings, and cheese. Cook until heated through and cheese melts.
4. Serve pork chop with spaghetti and broccoli and top with cheese.





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Chicken, Quinoa, and Carrots

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🕒 20 MINS COOK | 🍴 2 SERVINGS

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INGREDIENTS

- 1 cup water
- 1/2 cup quinoa rinsed
- 1 cup zucchini chopped
- 1 1/2 cups carrots shredded
- 1 dash salt
- 1/2 tablespoon lemon juiced
- 1 1/4 tablespoons olive oil
- 5 ounces rotisserie chicken chopped

NUTRITION INFORMATION PER SERVING

Protein 27g	Sodium 313mg
Total Fat 17g	Saturated Fat 3.09g
Carbs 39g	Fruits 0.03 servings
Calories 415kcal	Vegetables 1.16 servings
Fiber 6.4g	Added Sugar 0g

Method

1. Add water to a large saucepan and bring to a boil.
2. Add quinoa, zucchini, carrots, and salt. Lower heat to simmer, cover, and cook 12-15 minutes until liquid is absorbed.
3. Stir in lemon juice, oil, and chicken.





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Ham, Veggies, and Cheese Quesadilla

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🕒 10 MINS PREP | 🕒 20 MINS COOK | 🍴 1 SERVINGS

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INGREDIENTS

- 1 teaspoon olive oil
- 1/2 cup bell pepper chopped
- 1/2 cup onion sliced
- 1/2 jalapeño, seeded (optional) chopped
- 2 whole wheat tortillas
- 2 sprays nonstick cooking spray
- 1/4 cup Mexican blend cheese
- 2 ounces ham chopped

NUTRITION INFORMATION PER SERVING

Protein 24g	Sodium 950mg
Total Fat 25g	Saturated Fat 10g
Carbs 53g	Fruits 0 servings
Calories 531kcal	Vegetables 1.07 servings
Fiber 12g	Added Sugar 0g

Method

1. Heat olive oil in a pan over medium heat. Stir in vegetables and jalapeño. Cook for 3-5 minutes or until vegetables are tender, stirring occasionally. Remove from heat. Add ham to pan and stir.
2. Lightly coat one side of a tortilla with cooking spray. Place coated side of tortilla down onto a clean work surface. Top with half of the shredded cheese, and the filling. Sprinkle the remaining cheese and cover with the other tortilla. Coat the top of the tortilla with cooking spray.
3. Heat skillet over medium heat. Add quesadilla to skillet, cook 8-10 minutes or until cheese is melted and tortilla is light brown. Flip quesadilla once when cheese is mostly melted.
4. Cut quesadilla into wedges; serve warm





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Black Beans, Corn, and Greens

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INGREDIENTS

- 1 tablespoon olive oil
- 1 cup frozen corn thawed
- 1 tablespoon red onion finely chopped
- 1 teaspoon chili powder
- 1 cup black beans, reduced sodium drained & rinsed
- 2 cups arugula
- 1 teaspoon lime juiced

NUTRITION INFORMATION PER SERVING

Protein 27g	Sodium 562mg
Total Fat 30g	Saturated Fat 2.23g
Carbs 95g	Fruits 0.07 servings
Calories 719kcal	Vegetables 1.06 servings
Fiber 29g	Added Sugar 0g

Method

1. In a medium skillet, sauté the red onion in oil for 2-3 minutes until tender.
2. Add black beans and corn and carefully combine. Stir in chili powder. Remove from heat.
3. Combine with arugula and drizzle with lime juice.

