



**MJD NUTRITION**

MATTHEW D'ARIA MS, RDN, LDN



# Chicken Pita with Orange

BY EVERYDAY EATLOVE

🕒 15 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## INGREDIENTS

- 1 whole wheat pita halved
- 2 teaspoons mayonnaise
- 3 ounces rotisserie chicken
- 1 cup cucumber sliced
- 1 dash tabasco
- 1 orange sliced

## NUTRITION INFORMATION PER SERVING

Protein 32g	Sodium 623mg
Total Fat 16g	Saturated Fat 3.11g
Carbs 56g	Fruits 1 servings
Calories 474kcal	Vegetables 1 servings
Fiber 7.2g	Added Sugar 0.52g

## Method

1. Spread mayonnaise on the inside of the pita halves.
2. Stuff with chicken and half the cucumber slices and finish with a dash of tabasco.
3. Serve with orange slices and remaining cucumber slices on the side.





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# Chicken & Mozzarella Flatbread

BY EVERYDAY EATLOVE

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

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## INGREDIENTS

- 3 cups spinach
- 1 pita bread
- 1 1/2 teaspoons olive oil
- 4 ounces rotisserie chicken chopped, skin removed
- 1 clove garlic minced
- 1/2 ounce mozzarella cheese shredded
- 1 Orange

## NUTRITION INFORMATION PER SERVING

Protein 45g	Sodium 778mg
Total Fat 20g	Saturated Fat 5.1g
Carbs 58g	Fruits 1 servings
Calories 570kcal	Vegetables 1.5 servings
Fiber 8.9g	Added Sugar 0.52g

## Method

1. Preheat oven to 325°F.
2. Heat oil in a pan over medium heat. Add spinach and garlic and cook until spinach wilts.
3. Bake pita in oven for 6 minutes.
4. Top pita with spinach, chicken, and cheese. Serve with an orange.





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# Lentil Tacos

BY A COUPLE COOKS

🕒 15 MINS PREP | 🕒 4 MINS COOK | 🍴 1 SERVINGS

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## INGREDIENTS

- 1/2 cup brown lentils cooked
- 1/2 teaspoon Taco Seasoning
- 1/4 red onion diced
- 1/2 clove garlic minced
- 1/4 tablespoon olive oil
- 1/2 tablespoon ketchup
- 2 whole grain tortillas
- 1 cup lettuce chopped
- 1 tomato chopped
- 1 tablespoon shredded cheese
- 1 tablespoon salsa
- 1 tablespoon Sour Cream (Reduced Fat 2%)

## NUTRITION INFORMATION PER SERVING

Protein 34g	Sodium 784mg
Total Fat 18g	Saturated Fat 7.6g
Carbs 105g	Fruits 0 servings
Calories 698kcal	Vegetables 1.5 servings
Fiber 20g	Added Sugar 0g

## Method

1. Heat olive oil in a skillet; add red onion and sauté for about 3 minutes.
2. Add the garlic and sauté for about 1 minute more.
3. Turn off the heat and add the lentils.
4. Stir in taco seasoning mix and ketchup. Add more seasoning if desired.
5. To serve, add lentils to a warmed tortilla and top with lettuce, tomatoes, shredded cheese, salsa, and sour cream. Fold and enjoy!





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# Chicken Veggie Fried Rice

BY EVERYDAY EATLOVE

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

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## INGREDIENTS

- 1/2 cup brown rice
- 1 teaspoon Vegetable oil
- 1 egg lightly beaten
- 3/8 cup chicken breast cooked and chopped
- 1/2 cup green beans chopped
- 1 1/4 cups carrots diced
- 1/2 tablespoon Tamari Sauce (Reduced Sodium)

## Method

1. Cook rice according to package instructions, set aside.
2. Place 1/2 the oil in large skillet over medium heat. Once warm, add egg(s) stirring frequently until scrambled. Be careful not to overcook or burn. Set aside.
3. Heat remaining oil in skillet and add vegetables; cook until tender, about 5-7 minutes. Add chicken, cook for 2 minutes until thoroughly heated.
4. Stir in tamari, rice, and scrambled egg(s) for 1-2 minutes until thoroughly heated and combined.

### NUTRITION INFORMATION PER SERVING

Protein 36g	Sodium 496mg
Total Fat 15g	Saturated Fat 3.06g
Carbs 95g	Fruits 0 servings
Calories 660kcal	Vegetables 1.88 servings
Fiber 9.5g	Added Sugar 0g





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# Chicken, Brown Rice, and Salad

BY EVERYDAY EATLOVE

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

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## INGREDIENTS

- 1/2 cup instant brown rice
- 1/2 cup water
- 1 cup rotisserie chicken chopped
- 1 cup cherry tomatoes halved
- 1 cup cucumber chopped
- 1 tablespoon dried cranberries
- 1 tablespoon Italian dressing

## NUTRITION INFORMATION PER SERVING

Protein 44g	Sodium 486mg
Total Fat 18g	Saturated Fat 3.42g
Carbs 53g	Fruits 0.5 servings
Calories 533kcal	Vegetables 2 servings
Fiber 3.76g	Added Sugar 2.83g

## Method

1. Bring water and rice to a boil in a pot on the stove. Cover and simmer 10 minutes or until water is absorbed.
2. Add cooked rice, chicken, tomatoes, cucumbers, and dried cranberries to a bowl.
3. Pour dressing over salad and toss to combine.

