

+ 5 Dinner Recipes with Consistent Nutritional Values



We all know that sometimes after a long day, it can be hard to get motivated to cook dinner. It can be even *harder* to make sure that it is a healthy dinner. But finding a healthy dinner recipe doesn't have to be a chore, and healthy recipes don't have to be boring! This blog provides 5 dinner recipes that have similar macronutrient breakdowns, and each of the different meals provides a balanced nutritious and delicious dinner! Get excited about cooking dinner again!

Salmon and Asparagus

Ingredients (prepares 4 servings)

- 1.33 lbs. raw salmon, remove skin
- 2 lemons
- 2 tbsp. butter (or olive oil or ghee)
- 4 sprigs dill
- 1.5 lb. asparagus
- Salt and pepper

Serve with a side of 1 cup of brown rice/pasta

Directions

Preheat oven to 400 degrees

Prepare 4 large pieces of foil, large enough to create a pouch around the salmon and asparagus.

Spray with cooking spray and divide the asparagus evenly between the foil packets.

Place the salmon on top. Season with salt and pepper.

Place ½ tbsp. of butter on top. Then add 2-3 slices of lemon and the dill sprig.

Close the foil packets and place on a baking sheet.

Bake for 25-30 minutes.



Nutrition Information (per serving)

500 Calories

45 g CHO

35 g Pro

15 g Fat

Pan-seared Chicken Breasts with Sundried Tomatoes

Ingredients (prepares 4 servings)

- 3 tablespoons olive oil
- 4 chicken breast halves
- salt and fresh ground pepper, to taste
- 1 large yellow onion, sliced
- 2 garlic cloves, minced
- 1 teaspoon fresh thyme leaves
- 1 tablespoon flour
- 1 cup chicken broth or vegetable broth
- 1 bag (3-ounces) Sun Dried Tomato-Halves



Directions

In a large nonstick skillet heat olive oil over medium-high heat.

Season chicken breasts with salt and pepper.

Add chicken breasts to hot oil and cook 4 minutes; flip and continue to cook for 4 minutes or until browned on both sides

Remove chicken from skillet; set aside.

Add onions, garlic and thyme leaves to skillet; cook for 3 minutes, stirring frequently.

Stir in flour; mix until combined.

Add broth and sun dried tomatoes.

Return chicken to skillet; bring mixture to a boil.

Turn heat down to a simmer; cover the skillet and continue to cook for 15 to 18 minutes, or until chicken is done.

Remove from heat.

Serve with a side of brown rice.

Nutrition Information (per serving)

435 Calories

45 g CHO

30 g Pro

15 g Fat



Slow cooker Chicken Fajitas and Mexican Rice

Ingredients

- 2 pounds boneless, skinless chicken breasts
- 1 onion, thinly sliced
- 3 peppers (red, yellow, and green), thinly sliced
- 1 10-ounce can of diced tomatoes and green chilies
- 2 tablespoons cumin
- 1 tablespoon chili powder
- 2 teaspoons dried oregano
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon red chili flakes
- Mexican rice

Directions

In a mixing bowl, stir together the cumin, chili powder, oregano, onion powder, garlic powder, salt and black pepper

Place half of the sliced onions and peppers on the bottom of the slow cookers, and the chicken on top of that

Sprinkle half of the seasoning mix over the chicken, flip, and sprinkle the rest on the other side

Add the rest of the onions and peppers, squeeze in the juice of 1 lime, and pour in the diced tomatoes and green chilies

Cover and cook on low for 6 hours, on high for 3 hours

Take the chicken out and slice it, then cook for 10-15 more minutes

Serve with a side of ½ cup Mexican rice

Nutrition Information (per serving)

412 Calories

41 g CHO

35 g Pro

12 g Fat

Spaghetti Squash and Meatballs



Ingredients (prepares 4 servings)

- 2 spaghetti squash, halved
- 2 tsp olive oil
- 4 cloves garlic, minced
- 1/2 onion, diced
- 28 oz. canned crushed tomatoes
- 1 bay leaf
- 1/2 tsp oregano
- 1 lb. 95% lean ground beef (or turkey)
- 1/4 cup Parmesan cheese
- 1/4 cup parsley, minced
- 1 egg
- 1 garlic clove, minced
- 1 tsp. salt
- 1 tsp. pepper
- 2 oz. fresh mozzarella
- 1/4 cup basil, chopped

Directions

Preheat the oven to 400 degrees.

Cut the spaghetti squash in half and remove seeds. Place cut side down on a baking sheet and bake for 35-40 minutes until tender.

Heat olive oil over medium heat in large sauce pan. Add the onion and garlic and cook for 4-5 minutes. Add the crushed tomatoes, bay leaf, and oregano. Bring to a simmer and cover.

Combine the beef, Parmesan cheese, parsley, egg, garlic, salt, and pepper in a bowl. Form into one inch meatballs and drop into the tomato sauce.

Simmer the meatballs for 20 minutes, or until cooked through.

Scrape the spaghetti squash away from the edges using a fork. Add the meatballs and some of the tomato sauce, either directly into the spaghetti squash or on a separate plate. Lay thin slices of mozzarella on top.

Return to oven and cook for 3-5 minutes until cheese melts. Top with basil and serve.

Nutrition Information (per serving)

416 Calories

36 g CHO

36 g Pro

16 g Fat

Spicy Sausage, Spinach, and Mushroom Lasagna



Ingredients (prepares 9 servings)

- 1 box whole wheat lasagna noodles
- 1 lb. lean spicy turkey sausage, removed from casing
- 1 medium onion, diced
- 4 cloves garlic, minced
- 3 cups marinara sauce (or crushed tomatoes, divided)
- 12 oz. fresh baby spinach
- 8 oz. mushrooms, sliced
- 2 cups part skim ricotta (or low-fat cottage cheese)
- 1/2 cup fresh basil, chopped
- 2 tsp. crushed red pepper flakes
- 2 tsp. Italian seasoning
- 2 cups part-skim shredded mozzarella cheese, divided
- 1/4 cup Parmesan cheese, shredded

Directions

Preheat oven to 375°F. Cook pasta according to package directions.

Add sausage and onion to skillet over medium heat. Cook 10 minutes or until cooked through, breaking into crumbles. Add garlic; cook 1 minute. Drain any excess liquid. Stir in 2 cups of the marinara sauce. Remove mixture from heat; reserve sausage-marinara sauce.

Add spinach and mushrooms to skillet. Cook over medium heat about 5 minutes, stirring occasionally. In small bowl, whisk together ricotta, basil, red pepper flakes and Italian seasoning; set aside.

Spray a 9X13-inch baking dish with nonstick cooking spray. Spread 1/2 cup of marinara sauce on bottom of dish. Add a layer of lasagna noodles, half of ricotta cheese mixture, half of spinach mixture, and half of sausage-marinara sauce. Sprinkle with 3/4 cup of the mozzarella cheese. Repeat for next layer. To finish lasagna, add one layer of noodles and remaining 1/2 cup plain marinara sauce. Sprinkle with remaining 1/2 cup mozzarella cheese and the 1/4 cup Parmesan cheese.

Cover with foil; bake 25 minutes. Remove foil; bake additional 5 minutes.

Nutrition Information (per serving)

450 Calories

44 g CHO

26 g Pro

19 g Fat