

September 2018 Menu:

- *Rockfish with Seasoned Bread Crumbs*
- *Quinoa-Stuffed Peppers*

Nutrition Facts

servings per container

Serving size 1 meal

Amount per serving

Calories **430**

% Daily Value*

Total Fat 18g **23%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 85mg **28%**

Sodium 460mg **20%**

Total Carbohydrate 30g **11%**

Dietary Fiber 5g **18%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 37g

Vitamin D 6mcg **30%**

Calcium 94mg **8%**

Iron 3mg **15%**

Potassium 1180mg **25%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Rockfish with Seasoned Bread Crumbs

Makes 4 servings

Ingredients

- 2 cups bread crumbs, preferably whole-wheat
- ¼ cup fresh basil, chopped
- ¼ cup fresh parsley, chopped
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- ½ teaspoon sweet paprika
- Zest of ½ lemon
- ¼ teaspoon salt
- ⅓ cup white wine
- ¼ cup olive oil
- 4 6-ounce rockfish fillets

Preparation

Preheat oven to 375° F.

In a medium bowl, combine the bread crumbs, basil, parsley, garlic powder, onion powder, paprika, lemon zest, and salt. Add the wine and olive oil, and stir until combined (mixture should resemble wet sand).

Cover a baking sheet with aluminum foil, and spray with nonstick cooking spray. Sprinkle about ⅓ of the bread crumb mixture over the foil, then place the rockfish fillets on top of the bread crumbs. Top the fillets with the remaining bread crumbs, pressing gently to adhere.

Bake the fish until flaky and cooked through, 15 to 20 minutes.

Nutrition Facts

4 servings per container

Serving size 1 fillet & 1/4 cup
bread crumbs

Amount per serving

Calories **260**

% Daily Value*

Total Fat 10g 13%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 85mg 28%

Sodium 260mg 11%

Total Carbohydrate 8g 3%

Dietary Fiber 1g 4%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 33g

Vitamin D 6mcg 30%

Calcium 59mg 4%

Iron 1mg 6%

Potassium 743mg 15%

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Quinoa-Stuffed Peppers

Makes 4 servings

Ingredients

- 2 bell peppers, halved lengthwise, seeds discarded
- 1 ⅓ cups water
- ½ cup quinoa
- ⅓ cup oil-packed sun-dried tomatoes, drained
- 8 Kalamata olives, chopped
- 1 tablespoon capers, rinsed
- ¼ cup fresh basil, chopped
- ¼ cup fresh parsley leaves, chopped
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- ¼ teaspoon ground black pepper
- 1 tablespoon olive oil

Preparation

Preheat oven to 375° F. Spray a baking sheet with nonstick cooking spray.

Place bell pepper halves, cut side up, on the baking sheet. Bake for 20 minutes.

In a small sauce pan, bring the water to a boil. Rinse the quinoa in a fine-mesh strainer, then add to the water. Cover, reduce heat to low, and simmer until water is absorbed, about 15 minutes (or follow package directions).

Transfer quinoa to a mixing bowl, and stir in the sun-dried tomatoes, olives, capers, basil, parsley, onion powder, garlic powder, and black pepper.

Remove the peppers from the oven, and evenly distribute the quinoa mixture into each pepper half. Drizzle peppers with olive oil, then return to the oven. Bake for another 20 to 30 minutes, or until peppers are very tender and quinoa mixture is browned on top.

Nutrition Facts

4 servings per container

Serving size 1/2 pepper

Amount per serving

Calories 170

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 200mg 9%

Total Carbohydrate 21g 8%

Dietary Fiber 4g 14%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 5g

Vitamin D 0mcg 0%

Calcium 35mg 2%

Iron 2mg 10%

Potassium 436mg 10%

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