Radford Sports Nutrition Cooking Classes

Series: Easy Dinner Ideas

**Vegetable Pita Pockets**

Makes 4 servings

**Ingredients:**
- 1/3 cup hummus
- 1 red onion
- 2 bell pepper
- 2 zucchini
- 1 Tbsp olive oil
- 4 pita pockets
- ½ tsp salt
- ¼ tsp pepper

**Directions:**

1. Preheat oven to 425°F.
2. Chop vegetables into 1 inch chunks.
3. Toss the veggies with olive oil and salt & pepper, and arrange on a baking pan.
4. Roast for 10 minutes, flip everything and return to the oven.
5. Cook the veggies for 10-15 more minutes (20-25 min total), until cooked to your liking.
6. Open the pocket and spoon a heaping Tbsp of hummus into the pocket. Spread the hummus around inside of pocket.
7. Fill pocket with vegetables.

**Modifications:**

- If you don’t have an oven, just sauté the veggies in a large skillet on the stove OR try them raw.
- For a non-vegetarian option, add your favorite meat.
- Swap hummus for pesto as a new flavor idea!

Creamy Greek Yogurt Mac & Cheese

Makes 4 servings

Ingredients:
- 2 cups elbow pasta
- 2 cups shredded cheddar cheese
- 1/2 cup plain greek yogurt
- 2 cups fresh spinach
- salt & pepper, to taste
- ¼ tsp. onion powder
- ¼ tsp garlic powder

Directions:
1. Cook the macaroni according to the package’s instructions (about 8-10 minutes), until al dente.
2. Place the spinach leaves in the bottom of a strainer, and pour the pasta over top to drain and wilt the spinach. Save about 1/2 cup of the pasta water.
3. Return the cooked macaroni and wilted spinach to the pot.
4. Add about 1/4 cup of the reserved pasta water to the pot, and stir in the cheese until melted.
5. Stir in the greek yogurt, onion powder, garlic powder, salt, and pepper, until smooth and creamy.
6. Stir in the remaining pasta water to thin, if necessary. Serve immediately.

Modifications:
- Add more veggies like tomatoes or chopped up green onions.
rizzle sriracha on top for a spicy kick.

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Vegetable Stir Fry
Makes 4 servings

Ingredients:

- 1 cup brown rice, uncooked
- 1 cup fresh or frozen broccoli
- 2 cups of frozen mixed vegetables
- 3 tbsp olive oil
- ½ tsp garlic powder
- ½ tsp salt
- ¼ cup soy sauce
- ¼ cup teriyaki sauce

Directions:

1. Boil two cups of water. Stir in 1 cup uncooked rice. Turn heat down, cover and simmer rice for about 30 minutes.
2. Cook frozen vegetables as indicated on package.
3. Stir-fry all vegetables in olive oil and garlic powder for 4-5 minutes.
5. Add soy sauce, teriyaki sauce, and serve.

Modifications:

- Eggs would be a great to add as a vegetarian option of protein. Just add some cooked scrambled eggs to the completed dish.
- Get instant rice to cut the cooking time.
- Using leftover rice in the fridge works well for this dish!
Jerk Chicken

Makes 4 servings

Ingredients:
- 1.5 pounds chicken breast
- 1 Tbsp Jamaican Jerk Seasoning
- 2 cups diced pineapple
- 1/2 cup diced red onion
- 1/4 cup chopped cilantro
- 1 can black beans, drained & rinsed
- 1 cup brown rice, uncooked

Directions:
1. Boil two cups of water. Stir in 1 cup uncooked rice. Turn heat down, cover and simmer rice for about 30 minutes.
2. In a medium bowl, mix together pineapple, cilantro and red onion. Set aside.
3. Cut chicken into 1 inch pieces. Sprinkle jerk seasoning over chicken and stir to coat.
4. Spray pan with non-stick cooking spray and add chicken. Cook over medium heat until cooked through. About 6-7 minutes.
5. Spoon rice, black beans, chicken and pineapple salsa into a bowl and serve.

Modifications:

• Get instant rice to cut the cooking time.
• Have leftovers? Wrap in a tortilla for an easy lunch on-the-go.