



Slow Cooker Honey Garlic Chicken and Veggies

Makes: 4 servings

Recommended Serving Size: 1 chicken breast + ½ cup potatoes and 1 cup carrots

Ingredients:

4 (3oz) boneless, skinless chicken breasts or thighs

8 oz baby red potatoes, halved

8 oz baby carrots

For the sauce:

½ cup low sodium soy sauce

¼ cup honey

¼ cup ketchup

2 cloves garlic, minced

1 tablespoon Italian seasonings

Salt and pepper to taste

Directions:

1. In a large bowl, combine soy sauce, honey, ketchup and seasonings.
2. Place chicken, potatoes, carrots and soy sauce mixture into a 6-qt slow cooker. Cover and cook on low heat for 8 hours or high for 4 hours. If possible, baste every hour.

Nutrition information per serving (1 chicken breast + ½ cup potatoes and 1 cup carrots):

275 calories, 42 grams carbohydrates, 25 grams protein, 1 gram fat

Meal Prep Tip: Throw all of the ingredients into a crockpot before heading to work so dinner is served shortly after you get home!

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One Pan Steak Fajitas

Makes: 4 servings

Recommended serving size: 2 fajitas

Ingredients:

- 1 lb steaks of your choice, cut into strips
- 4 bell peppers, cut into strips
- 1 medium onion, cut into strips
- ½ tablespoon oil
- 1 packet fajita seasoning
- 8 whole grain tortillas

Directions:

1. Preheat oven to 375 degrees. Cut steak and veggies into strips.
2. Combine steak, peppers, and onions in a large bowl. Drizzle oil and seasonings over the top, then toss.
3. Transfer everything to a sheet pan and spread out so that it is arranged in an even layer. Bake for 15-20 minutes until steak is cooked through and veggies are tender.
4. Scoop steak and veggies into a whole grain tortilla and enjoy!

Nutrition information per serving (2 fajitas): 220 calories, 29 grams carbohydrates, 21 grams protein, 5 grams fat

Meal Prep Tip: Cut the steak and veggies right when you get home from the store. That way, all you need to do is season the ingredients and pop them in the oven when it's time for dinner!

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Dump and Bake Chicken Caprese Pasta

Makes: 8 servings

Recommended serving size: 1/8th of baking dish

Ingredients:

- 2 cups diced, cooked chicken breast
- 1 (28 oz) can diced tomatoes, undrained
- 2 cups pasta, uncooked
- 3 ½ cups low-sodium chicken broth
- 1 cup shredded mozzarella cheese, divided
- ½ cup chopped or torn fresh basil leaves, divided

Directions:

1. Preheat oven to 425°F. Spray a 9 x 13-inch baking dish with cooking spray.
2. Stir together cooked chicken, tomatoes, uncooked pasta, chicken broth, half of the mozzarella cheese, and half of the basil leaves.
3. Cover the dish tightly with foil and bake for 40 minutes.
4. Uncover; stir. Check the pasta to make sure it's al dente. If it's still too hard, cover the dish and return to the oven.
5. Sprinkle remaining mozzarella over the top. Bake uncovered for 5-10 more minutes or until cheese is melted and pasta is tender.
6. Garnish with remaining basil leaves just before serving.

Nutrition information per serving: 240 calories, 28 grams carbohydrates, 21 grams protein, 4 grams fat

Meal Prep Tip: Cook the chicken ahead of time or use rotisserie chicken!

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