

**Living Well Cancer Resource Center: Being Well**

**March 2020**

**Topic: Treat Yourself to Health, An Unprocessed Lifestyle**

**One Pan Baked Salmon & Vegetables**

**Lemon Chicken with Orzo**

**Farro Salad with Tomatoes & Herbs**

**Turkey Stuffed Peppers**

**Greek Yogurt Chicken Salad**

## One Pan Baked Salmon and Vegetables

### Ingredients:

Salmon & Veggies:

12-16 oz. salmon cut into 4 fillets

1 zucchini

1 red & yellow pepper each

1 medium onion

### Spices:

1 tsp. Italian seasonings

1 tsp. Paprika

2-3 cloves fresh garlic, minced

Salt & pepper

**Other::** 1 Tbsp. Olive oil

2-3 Tbsp. Fresh parsley, finely chopped

1 lemon cut into wedges or slices

### Directions:

Preheat oven to 400 degrees. In a small bowl combine Italian seasoning, paprika, salt & pepper & minced garlic.

Cut zucchini, peppers and onion into ½” cubes. Place all vegetables on the baking sheet.

Add half of the spice mixture, ½ Tbsp. Olive oil (reserve remaining olive oil and spices for the salmon) and mix thoroughly to coat all of the vegetables.

Evenly spread the veggies on the baking sheet pan and cook the vegetables in the oven for 10 minutes.

Remove the pan and make space for the salmon fillets. Rub remaining spice mixture on the salmon fillets and place them in the gap among the vegetables.

Drizzle remaining oil on the salmon.

Return the pan to the oven and cook for 5-8 minutes or until salmon is well done.

Garnish with fresh parsley and lemon slices.

Note: you can serve this dish on the side of pasta, brown rice or quinoa.

To get a nice brown crust on the salmon & vegetables, turn on broil mode for 2-3 min. After baking timer is over.

Serves: 4

1 serving: 462 calories

CHO: 12g, Protein: 28 g, Fat: 27 g, Sodium: 210 mg, Fiber: 1 g

## Greek Yogurt Chicken Salad

### Ingredients:

3 cups cooked boneless, skinless chicken breasts (about 1 ¼ #), ½ inch diced  
2 cups seedless red grapes, halved  
3 medium stalks celery, diced (about 1 ½ cups  
2 large green onions, thinly sliced, about ¼ cup  
½ cup sliced almonds, or slivered almonds, toasted  
1 cup plain, nonfat Greek yogurt  
2 Tbsp. Nonfat milk  
½ tsp black pepper  
2 Tbsp. Fresh Dill, chopped  
Serving suggestions: whole grain bread, croissants, lettuce leaves or crackers

### Directions:

Place the diced chicken, grapes, celery, green onions & almonds in a large bowl. In another bowl, whisk together the Greek yogurt, milk, honey & pepper. Pour over the chicken mixture and toss to coat. Taste and add additional pepper as desired. If time allows, refrigerate for 2 hours or overnight. When ready to serve, sprinkle with fresh dill. Serve as a filling for sandwiches, atop salad greens, or as a dip with crackers.  
Note: Leftover chicken salad will keep in the refrigerator for 3-4 days.

Serves: 6. Serving size: 1 cup

Calories: 228, CHO: 17 g, Protein: 27 g, Sodium: 150 mg, Fiber: 2 g, Fat: 6 g