

UN DIET recipe examples



Protein Day

CHICKEN AND MUSHROOM SKILLET

Ingredients:

- 10 oz. boneless, skinless chicken breast
- Salt and pepper to taste
- 1 tbsp oil
- 1 onion, chopped
- 10 oz. sliced mushrooms
- 1 clove garlic, minced
- 1 tomato
- 1 tablespoon chopped fresh parsley

Directions:

1. Slice the chicken breast into 1-inch strips.
2. Heat the oil in a large non-stick skillet, over medium heat. Add the chicken and cook until meat is no longer pink; season with salt and pepper. Transfer cooked chicken to a plate.
3. Add onions to the skillet and sauté until translucent.
4. Stir in sliced mushrooms, tomatoes, and garlic; season with salt and pepper to taste. Cook until soften, about 5 minutes.
5. Return chicken to the skillet and stir to combine. Sprinkle with fresh parsley before serving

Starch Day

VEGETABLE RICE

Ingredients:

- 1 tbsp oil
- ½ chopped onion
- 3 cups mixed vegetables, chopped (zucchini, peas, carrot, cauliflower, peppers...)
- 1 can crushed tomatoes
- 1 large potato, cubed
- ½ cup uncooked rice
- ½ cup water or vegetable broth
- Salt and pepper to taste

Directions:

1. In a skillet or saucepan heat the oil over medium high heat.
2. Add the onions and mixed vegetables and sauté for 5 minutes. Stir in tomatoes, potatoes, rice, and water or broth. Season to taste and simmer until rice and potatoes are cooked. Add more water if necessary.

Carbohydrate Day

PASTA WITH ZUCCHINI AND SQUASH IN ROSEMARY LEMON SAUCE

Ingredients:

- 6 oz. uncooked pasta
- 1 tbsp olive oil
- 1 medium size zucchini, sliced
- 1 medium size yellow squash, sliced
- 1 clove garlic, minced
- 1 tsp fresh rosemary, chopped
- 2 tsp fresh parsley, chopped
- Zest and juice of 1 lemon
- Salt and pepper to taste

Directions:

1. Cook pasta according to the package directions.
2. Meanwhile, in a large skillet heat the oil over medium heat. Add garlic and cook until fragrant, about 30 seconds.
3. Add zucchini, squash, herbs, lemon zest and juice. Cook until vegetables soften, about 4-5 minutes; season with salt and pepper to taste.
4. Add drained pasta and toss to combine.

Fruit Day

FRUIT CASSEROLE

Ingredients:

- Mixed fruit such as apples, plums, apricots, figs, pears, and blueberries (no bananas)
- ½ cup chopped walnuts or hazelnuts
- A few pieces of dried dates, figs or apricots can be added for sweetening

Directions:

1. Preheat oven to 350 F.
2. Slice the fruit and put in an 8x8-inch casserole dish. Sprinkle with chopped nuts and bake for 20-30 minutes.

