Balsamic Chicken and Veggies

ingredients

- 1/4 c. + 2 tbsp Italian dressing
- 2 tbsp. balsamic vinegar
- 1 1/2 tbsp. honey
- 1/8 tsp. crushed red pepper
- 1 1/4 lbs. chicken breast
- 2 tbsp. olive oil
- salt and pepper
- 1 lb fresh asparagus, trimmed
- 1 1/2 c. matchstick carrots
- 1 c. grape tomatoes, halved
- optional: fresh greenbeans

instructions

In a mixing bowl whisk together dressing, balsamic vinegar, honey and red pepper flakes, set aside. Heat olive oil in skillet over medium-high heat. Season chicken with salt and pepper to taste. Cook chicken in skillet until throughly cooked. Meanwhile: chop asparagus and tomatoes. Add half the dressing mixture to skillet and rotate chicken to evenly coat. Transfer chicken to a plate, leaving the dressing in the pan. Add asparagus and carrots to pan and cook until crisp tender. Transfer veggies to plate & top with tomatoes. Drizzle the remaining dressing mixture over mixture on plate. Serve.

myTOTAL REWARDS wellness

Healthy for Life | Office of Human Resources | University of Missouri System

Meatless Ribs

ingredients

- For the Seitan Ribs:
- 1 c. vital wheat gluten
- 1/2 tbsp. Mexican chili powder
- 1/2 tbsp. onion powder
- 1 1/2 tbsp. garlic powder
- 1/8 c. nutritional yeast
- 1/4 tsp. pepper
- 1 c. water
- 1/8 c. hummus
- 1/8 c. low-sodium soy sauce

instructions

Spice rub: 1/8 cup sugar cane, 1 tbsp. paprika, 1/2 tsp. cayenne pepper 3 garlic cloves, minced, 1 tsp dried oregano, 1/2 tbsp. salt, 1 tsp. pepper, 1/8 cup fresh parsley, minced. In a small bowl, combine all ingredients for the spice rub. Set aside. Preheat oven to 350 degrees. In a large bowl, combine dry ingredients for the Seitan and mix well. In a bowl, combine the wet ingredients: water, hummus, soy sauce. Add the wet ingredients to the dry and mix until just combined. Knead the dough lightly until everything is combined and the dough feels elastic. If the dough is too dry add water, if too wet add wheat gluten. Grease baking dish. Add dough, flattening to fit into dish. Cut the dough into 8 strips and then in half to make 16 thick ribs. Top dough with spice rub. Bake for 40 to 60 min. until has a sturdy texture. Recut the strips and remove from dish. Increase oven temp. to 400 degrees. Slather ribs with BBQ sauce and lay on baking sheet. Put back in oven for 10 minutes so the sauce can get a bit charred.

myTOTAL REWARDS wellness

Healthy for Life | Office of Human Resources | University of Missouri System