



FOOD RECIPES

**EASY FAMILY MEALS:**  
**Good for You**  
**&**  
**Your Wallet**

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TOMATO WELLNESS COOKBOOK



[www.tomatowellness.com](http://www.tomatowellness.com)



**Ellie Krieger Approved!**





## NOTE FROM ELLIE KRIEGER



As a chef and registered dietitian nutritionist, I am always looking for what I call “the sweet spot” where delicious and healthy meet.

Why choose between flavor and nutrition when we can absolutely have both?! Happily, there is a wide world of foods that hit that spot, and none does it better than canned and jarred tomatoes.

Tomato products add unbeatable savory taste, juiciness and luxurious sauciness to dishes, and their culinary possibilities are limitless. Nutritionally, they are a wonder too, packed with vitamin C, vitamin A, fiber and antioxidants. In fact, canned and jarred tomatoes are an even richer source of the antioxidant lycopene than fresh tomatoes are, because the cooking process concentrates this health-protective nutrient. On top of all that, they couldn't be more convenient and budget friendly. They are an indispensable staple in my life for good reason. My pantry is always stocked with tomatoes in every form –diced, crushed, whole, paste, sauce, salsa—you name it.

My love for tomatoes is why I am so happy to bring you this book which truly showcases the delights they bring to the table. This collection is also packed with other colorful vegetables and fruits, beans, whole grains and lean proteins-- all delicious foods with big benefits. Each recipe here checks every box. Flavorful- check! Easy to make- check! Family friendly-check! Economical-check! Nutritious-check! I am confident you and your loved ones will enjoy these meals as much as my family and I do, and that you will make them again and again. After all, each one hits the sweet spot perfectly.

### **A note about the nutrition analysis:**

The nutrition analysis included here is intended as a guide to help you make informed decisions; it is not a substitute for the advice of your health care provider. Keep in mind that the analysis excludes optional ingredients or anything added to taste, and if there is a choice of ingredients, like “low fat or whole milk yogurt,” the first option listed is the one used for the analysis.







# TABLE OF CONTENTS

## FOOD RECIPES

Note From Ellie Krieger	.....	<b>3</b>
Tomato Soup	.....	<b>5-6</b>
Marinara Sauce	.....	<b>7-8</b>
Salsa	.....	<b>9-10</b>
Mexican Rice	.....	<b>11-12</b>
Bruschetta	.....	<b>13-14</b>
Shakshuka	.....	<b>15-16</b>
Zucchini Rollups	.....	<b>17-18</b>
Tomato Basil Spaghetti Squash	.....	<b>19-20</b>
Tomato Chicken Feta Wraps	.....	<b>21-22</b>
Shrimp Tacos	.....	<b>23-24</b>
Slow Roasted Tomato Hummus	.....	<b>25-26</b>
Salad Pizza	.....	<b>27-28</b>
Swiss Steak	.....	<b>29-30</b>
Pan Seared Fish In Tomato Sauce	.....	<b>31-32</b>
One Pot Chicken Fajita	.....	<b>33-34</b>
Loaded Veggie Turkey Chili	.....	<b>35-36</b>
Veggie Loaded American Goulash	.....	<b>37-38</b>
Tomato Mussels	.....	<b>39-40</b>
Tomato Pesto Frittata	.....	<b>41-42</b>
Minestrone	.....	<b>43-44</b>




# TOMATO SOUP


## INGREDIENTS

- 1 Large Yellow Onion, Diced
- 2 tbsp. Olive Oil
- 2 (28 oz.) Cans Whole Tomatoes
- 4 tbsp. Tomato Paste
- 2 Cups Water
- 1-2 tsp. Honey (Optional)
- ½ Cup 1% Milk (Or Milk Of Choice)
- Kosher Salt, To Taste



 **Prep Time**  
5 Minutes

 **Cook Time**  
20 Minutes

 **Servings**  
6 : Yield 9 cups

**Serving size:** About 1 ½ cups

### Per serving:

Calories 130; Total Fat 5 g; (Sat Fat 1 g); Protein 4 g; Carb 19 g; Fiber 3 g; Cholesterol 0 mg; Sodium 580 mg; Total Sugar 11 g (includes 0 g Added Sugars)

### Tip from Ellie:

While this recipe calls for canned whole tomatoes, feel free to substitute any type of canned tomato you have on hand, such as diced, crushed or pureed.







6

SERVINGS



25 MIN



## TOMATO SOUP

### PREPARATION STEPS

1. Add olive oil to a large pan and heat over medium heat. Once oil is hot, add the onion and saute until translucent, about 2-3 minutes.
2. Add the canned tomatoes (with juice), tomato paste, water and optional honey.
3. Use a wooden spoon to break up the whole tomatoes, and stir to combine all ingredients. Bring to a boil then reduce heat to low and simmer for 10 minutes, or until the liquid starts to reduce.
4. Remove from heat and carefully transfer to a blender. Blend to desired consistency. Note: When blending hot liquids or ingredients, always vent the lid so the steam can escape to minimize burn risks.
5. Mix in the milk and season to taste with salt.
6. Serve with toasted whole grain bread and enjoy!



# MARINARA SAUCE

## INGREDIENTS

- 3 tbsp. Olive Oil
- 1 Cup Yellow Onion, Finely Diced
- ½ Cup Carrot, Shredded
- 3 Cloves Garlic, Minced
- 1 (28 oz.) Can Whole Tomatoes
- 1 (28 oz.) Can Crushed Tomatoes
- 2 tbsp. Tomato Paste
- ½ tsp. Dried Oregano
- 2 tsp. Dried Basil
- ½ Cup Water
- ¼ tsp. Kosher Salt, To Taste
- ¼ tsp. Ground Black Pepper



### Prep Time

5 Minutes



### Cook Time

20 Minutes



### Servings

16 : Yield 8 cups

**Serving size:** About ½ cup

### Per serving:

Calories 60 ; Total Fat 2.5 g; (Sat Fat 0 g); Protein 1 g; Carb 7 g; Fiber 2 g; Cholesterol 0 mg; Sodium 240 mg; Total Sugar 4 g (includes 0 g Added Sugars)

### Tip from Ellie:

This recipe makes a nice, big batch of sauce. Freeze any extra in small containers and/or ice cube trays so you'll have it on hand to thaw and use whenever you need it.







16  
SERVINGS



25 MIN



## MARINARA SAUCE

### PREPARATION STEPS

1. Heat the olive oil in a large pot over medium heat. Add the diced onion, carrot, and minced garlic to the pot. Cook until softened, about 5 minutes.
2. Add in whole canned tomatoes, including the juice, breaking them apart gently with a spoon.
3. Mix in crushed tomatoes, tomato paste, sugar if using, dried oregano, dried basil and season with salt and pepper. Stir in  $\frac{1}{2}$  cup of water.
4. Simmer uncovered on low heat for about 20 minutes, or until thickened to the desired consistency. Taste and adjust seasoning if desired.
5. Serve over whole grain pasta, as a base for pizza or as a dip for your favorite appetizers!



# SALSA

## INGREDIENTS

- 2 (14.5 oz.) Cans Diced Tomatoes, Preferably Fire-Roasted
- ½ Large Red Onion, Roughly Chopped
- 3-4 Cloves Garlic, Smashed
- 1-2 Chipotle Peppers In Adobo (Optional)
- 1 Cup Fresh Cilantro Leaves
- 3 Tbsp. Fresh-Squeezed Lime Juice
- ½ tsp. Ground Cumin
- ¼ tsp. Kosher Salt, To Taste
- ¼ tsp. Ground Black Pepper



### Prep Time

5 Minutes



### Cook Time

30 Minutes



### Servings

8 : Yield 4 cups

**Serving size:** about ½ cup

### Per serving:

Calories 35; Total Fat 0 g; (Sat Fat 0 g); Protein 1 g; Carb 8 g; Fiber 1 g; Cholesterol 0 mg; Sodium 230 mg; Total Sugar 4 g (includes 0 g Added Sugars)

### Tip from Ellie:

Pulse the ingredients in the blender a little less if you want a chunkier salsa, and more if you prefer your salsa on the smooth side.







8

SERVINGS



35 MIN



## SALSA

### PREPARATION STEPS

1. Add all ingredients to a blender.
2. Blend until everything is well minced and combined, about one minute.
3. Serve with your favorite whole grain tortilla chips, sliced veggies, or use to top tacos or baked potatoes



# MEXICAN RICE

## INGREDIENTS

- 1 tbsp. Olive Oil
- 1 Cup Long Grain White Rice, Rinsed And Drained
- ½ Medium White Onion, Diced
- 2 Cloves Garlic, Minced
- 1 (14.5 oz.) Can Diced Tomatoes, Undrained
- 1 ½ Cups Low-Sodium Chicken Stock, Warmed
- 1 Cup Fresh Or Frozen Mixed Vegetables (Peas, Corn, Diced Carrots)
- ¼ tsp. Kosher Salt, To Taste



### Prep Time

5 Minutes



### Cook Time

30 Minutes



### Servings

6 : Yield 6 cups

**Serving size:** about 1 cup

### Per serving:

Calories 180 ; Total Fat 2.5 g; (Sat Fat 0 g); Protein 4 g; Carb 34 g; Fiber 1 g; Cholesterol 0 mg; Sodium 220 mg; Total Sugar 5 g (includes 0 g Added Sugars)

### Tip from Ellie:

Got leftover cooked vegetables in your refrigerator? This recipe is a great way to use them up—broccoli, green beans, zucchini, carrots, peas---just about any chopped, cooked vegetable will work here.







6

SERVINGS



35 MIN



## MEXICAN RICE

### PREPARATION STEPS

1. Heat the oil in a medium saucepan over medium-high heat. Add the rice and sauté for 3-5 minutes, until golden.
2. Add in the onions and garlic. Saute 2-3 minutes, until softened.
3. Add the diced tomatoes, warm broth, vegetables and salt. Bring the mixture to a simmer. Reduce the heat to medium-low and cover. Cook for 20 minutes.
4. After 20 minutes, remove the pot from the heat and let the rice stand, covered, for 10 minutes.
5. After resting, fluff the rice with a fork. Taste and adjust the salt as desired.
6. Serve with your favorite lean protein for a complete meal.



# BRUSCHETTA

## INGREDIENTS

- 1 (18-Inch) Baguette, Preferably Whole Grain, Cut Into 3/4-Inch Slices
- ¼ Cup Olive Oil, Divided
- 1-2 Cloves Whole Garlic, Peeled
- 1 tsp. Minced Garlic
- 1 (14.5 oz.) Can Petite Diced Tomatoes, Drained
- ½ Cup Chopped Fresh Basil, Or Substitute With 2 tsp. Italian Seasoning
- ¼ tsp. Kosher Salt
- ⅛ tsp. Ground Black Pepper



### Prep Time

15 Minutes



### Cook Time

12 Minutes



### Servings

8 : Yield 2 cups tomato mixture and 24 slices of baguette.

**Serving size:** 3 slices of baguette and ¼ cup tomato mixture

### Per serving:

Calories 120; Total Fat 7 g; (Sat Fat 1 g); Protein 2 g; Carb 12 g; Fiber 0 g; Cholesterol 0 mg; Sodium 240 mg; Total Sugar 1 g (includes 0 g Added Sugars)

### Tip from Ellie:

Using petite diced tomatoes here makes this recipe practically chop-free, but if you don't have those on hand you could use regular diced tomatoes or whole tomatoes and just chop them into smaller pieces.





8

SERVINGS



27 MIN

# BRUSCHETTA

## PREPARATION STEPS

1. Preheat the oven to 350°F.
2. Place bread slices on a baking sheet. Brush tops with 2 tablespoons of olive oil. Bake for 12 to 15 minutes or until lightly toasted. Rub garlic clove on top of toasted bread.
3. Combine remaining 2 tablespoons olive oil, drained tomatoes, basil, minced garlic, salt and pepper in a small bowl.
4. Divide tomato mixture evenly over toasted bread. Serve immediately and enjoy!



# SHAKSHUKA

## INGREDIENTS

- 1 tbsp. Olive Oil
- 1 Medium White Onion, Diced
- 1 Small Zucchini, Diced
- 1 Medium Bell Pepper, Any Color, Chopped
- 3 Cups Kale, Stems Removed And Roughly Chopped
- 2 Cups No-Salt-Added Tomato Sauce
- 1 tsp. Dried Thyme
- 1 tsp. Dried Oregano
- 1 tsp. Garlic Powder
- 4 Large Eggs
- 1/4 Cup Crumbled Feta Cheese
- 1/4 tsp. Kosher Salt
- 1/4 tsp. Ground Black Pepper
- Fresh Parsley, To Garnish
- 4 Pieces Whole Wheat Toast Or Pita Bread, To Serve



### Prep Time

5 Minutes



### Cook Time

20 Minutes



### Servings

4 : Yield 4 eggs and 3 1/4 cup sauce

**Serving size:** 1 egg, 1 pita bread and 1 scant cup sauce

### Per serving:

Calories 380; Total Fat 11 g; (Sat Fat 3.5 g); Protein 18 g; Carb 56 g; Fiber 5 g; Cholesterol 195 mg; Sodium 560 mg; Total Sugar 12 g (includes 0 g Added Sugars)

### Tip from Ellie:

Swap in any leafy green for the kale, such as spinach, collard greens or Swiss chard, and feel free to use mozzarella or soft goat cheese instead of feta.







4

SERVINGS



25 MIN



# SHAKSHUKA

## PREPARATION STEPS

1. Heat olive oil in a large pan over medium heat. Add onion sauté for 2-3 minutes until onion is translucent.
2. Add in zucchini and chopped bell pepper. Sauté for about 5 minutes.
3. Add kale to the pan and sauté for about 1 minute, until slightly wilted.
4. Add in tomato sauce, thyme, oregano, garlic powder, salt and pepper, adjusting for taste. Cook for 3 minutes, stirring regularly.
5. Using the back of a spoon, make a “well” in the sauce mixture and crack the eggs into the sauce. Next, sprinkle with crumbled cheese and cover the pan with a lid. Turn heat down to medium-low and simmer.
6. Let cook until egg whites are done (around 5-10 minutes), making sure not to overcook.
7. Remove pan from heat, and top with fresh parsley, cracked pepper and an extra drizzle of olive oil. Enjoy hot and serve with a side of freshly toasted whole wheat toast!



# ZUCCHINI ROLL UPS

## INGREDIENTS

- 3 Large Zucchini, Ends Trimmed
- 2 tsp. Olive Oil
- 8 Tbsp. Shredded Part Skim Mozzarella Cheese, Divided
- 1 Large Egg, Lightly Beaten
- 1½ Cups Low-Fat Cottage Cheese
- 1 (10 oz.) Package Frozen Spinach, Thawed And Squeezed Dry
- 1 tbsp. Garlic Powder
- ¼ tsp. Ground Black Pepper
- ⅛ tsp. Kosher Salt
- ¾ Cup Low-Sodium Marinara Sauce, Divided Or The Marinara Sauce On Page 7-8
- 2 tbsp. Italian Seasoning



### Prep Time

10 Minutes



### Cook Time

20 Minutes



### Servings

4 (20 roll ups)

**Serving size:** 5 roll ups

### Per serving:

Calories 220; Total Fat 9 g; (Sat Fat 3 g); Protein 21 g; Carb 17 g; Fiber 4 g; Cholesterol 60 mg; Sodium 570 mg; Total Sugar 9 g (includes 0 g Added Sugars)

### Tip from Ellie:

Serve this beautiful dish with a simple green salad and some crusty whole grain bread for sopping up every last bit of sauce.





4

SERVINGS



40 MIN



## ZUCCHINI ROLL UPS

### PREPARATION STEPS

1. Preheat the oven to 425° F and position racks in upper and lower thirds of the oven.
2. Slice zucchini lengthwise as thin as possible to get 20 total strips, about 1/8 inch thick each. Toss the zucchini in olive oil and arrange in a single layer on 2 rimmed baking sheets. Bake the zucchini, turning once, until tender, about 10 minutes total.
3. Meanwhile, combine 6 tablespoons. mozzarella, egg, cottage cheese, spinach, garlic powder, black pepper and kosher salt in a medium bowl.
4. Spread 1/4 cup marinara in an 8-inch square baking dish. Place 1 tablespoons. of the cottage cheese mix near the bottom of the strip of zucchini. Roll it up and place, standing up, in the baking dish. Repeat with the remaining zucchini and filling. Top the rolls with the remaining 1/2 cup marinara sauce and sprinkle with the remaining mozzarella cheese. Sprinkle Italian seasoning on top.
5. Bake the zucchini until the cheese is bubbly, about 20 minutes. Sprinkle with more Italian seasoning, if desired, right before serving. Enjoy!



# TOMATO BASIL SPAGHETTI SQUASH

## INGREDIENTS

- 1 Medium Whole Spaghetti Squash
- 2 tbsp. Olive Oil, Divided
- 1/8 tsp. Kosher Salt
- Pinch Ground Black Pepper
- 1/2 tsp. Garlic Powder
- 1/2 Medium Yellow Onion, Diced
- 2 Cloves Garlic, Minced
- 1/4 tsp. Dried Thyme
- 1/2 tsp. Dried Oregano
- 1 (14.5 oz.) Can Diced Tomatoes, Preferably Fire-Roasted
- 1 (8 oz.) Can No-Salt-Added Tomato Sauce
- 1 (15.5 oz.) Can Cannellini Beans, Drained And Rinsed
- 1/4 Cup Chopped Fresh Basil, For Serving



### Prep Time

30 Minutes



### Cook Time

45 Minutes



### Servings

2 : Yield 3 1/4 cups sauce, squash 568 g

**Serving size:** 2 servings

### Per serving:

Calories 440; Total Fat 19 g; (Sat Fat 2.5 g); Protein 13 g; Carb 61 g; Fiber 15 g; Cholesterol 0 mg; Sodium 730 mg; Total Sugar 23 g (includes 0 g Added Sugars)

### Tip from Ellie:

This tomato and bean sauce is not only delicious with spaghetti squash, it's also excellent served over a baked potato, rice or pasta.







2  
SERVINGS



1 HR 15  
MIN

# TOMATO BASIL SPAGHETTI SQUASH

## PREPARATION STEPS

1. To prepare the squash, preheat your oven to 375° F. Use a sharp knife to trim the top and bottom of the squash off and slice the squash in half lengthwise. Scrape out the seeds with a spoon.
2. Line a baking sheet with parchment paper or foil. Brush the inside of the squash with 1 tablespoon olive oil and sprinkle with a pinch each of the salt and pepper. Place the squash, cut side down, on the baking sheet. Bake for 40 to 45 minutes, or until the squash skin is tender enough to pierce easily with a fork. Allow the squash to cool down enough to handle, and then use a fork to scrape out the flesh into a mixing bowl. Add the garlic powder and more salt and pepper to taste. Return spaghetti squash to hollowed out skin so that the skin becomes a bowl for the filling.
3. While the squash roasts, make the sauce. Heat the remaining olive oil in a medium pot over medium heat. Add the onion and sauté for 5 to 7 minutes, stirring often, until the onion is soft and translucent. Add in the garlic and saute for another 2 minutes, adding a splash of water if the onions are sticking. Add the thyme, oregano, the remaining  $\frac{1}{8}$  teaspoon salt, pepper to taste, tomatoes, tomato sauce and beans to the pot and stir them well. Bring the mixture to a boil and reduce to a simmer. Simmer for 10 minutes, uncovered, or until the sauce has thickened. Taste sauce and adjust seasonings as desired.
4. Top spaghetti squash with sauce and sprinkle with chopped basil. Enjoy!




# TOMATO CHICKEN FETA WRAPS

## INGREDIENTS

- 2 (6 oz.) Boneless, Skinless Chicken Breast, Trimmed Of Fat And Cut Into Small Chunks
- 1 tbsp. Olive Oil
- Pinch Kosher Salt
- 1/8 tsp. Ground Black Pepper,
- 1 (14.5 oz.) Can Petite Diced Tomatoes, Drained
- 1 (12 oz.) Bag Frozen Spinach, Thawed & Squeezed Dry
- 1/4 Cup Crumbled Feta Cheese
- 4 tbsp. Classic Hummus, Store-Bought, Or Hummus From Page #26
- 4 (10 inch) Flour Tortillas, Preferably Whole Grain



 **Prep Time**  
10 Minutes

 **Cook Time**  
10 Minutes

 **Servings**  
4

**Serving size:** 1 wrap sandwich

### Per serving:

Calories 440; Total Fat 16 g; (Sat Fat 3.5 g); Protein 32 g; Carb 45 g; Fiber 3 g; Cholesterol 70 mg; Sodium 730 mg; Total Sugar 5 g (includes 0 g Added Sugars)

### Tip from Ellie:

If you have leftover chicken (or turkey) in the refrigerator, this is a great way to use it up. Just dice it up and skip the first step of the recipe here.





4

SERVINGS



20 MIN

# TOMATO CHICKEN FETA WRAPS

## PREPARATION STEPS

1. Season chicken with salt and pepper, and set aside while you preheat a large saute pan over medium heat. Add olive oil and saute chicken, stirring occasionally, until cooked through, about 7 minutes. Set aside to cool.
2. While the chicken cooks, in a medium bowl, mix together drained diced tomatoes, spinach and feta cheese. Taste and season with salt and pepper, if desired.
3. Assemble wraps: Spread a tbsp. of hummus onto each wrap. Divide tomato/spinach mixture between tortillas and top each with diced chicken.
4. Roll each wrap up and slice in half and enjoy!





# SHRIMP TACOS

## INGREDIENTS

- 1 lb. Peeled And De-veined Large Shrimp (31/40) Tails Removed, Thawed If Frozen (Or Substitute With A Mild White Fish, Such As Tilapia)
- 1/8 tsp. Kosher Salt, Plus More To Taste
- 1/2 tsp. Chili Powder
- 1 tbsp. Canola Oil
- 1/2 Cup Red Cabbage, Shredded
- 1/2 Cup Corn, Cooked And Cooled
- 1/4 Cup Red Onion, Sliced
- 8 Corn Tortillas, Warmed
- 1/2 Cup Jarred Salsa, Or The Salsa From Page 10
- Lime Wedges, For Serving



**Prep Time**

10 Minutes



**Cook Time**

5 Minutes



**Servings**

4

**Serving size:** 2 tacos

### Per serving:

Calories 300; Total Fat 4.5 g; (Sat Fat 0 g); Protein 27 g; Carb 35 g; Fiber 2 g; Cholesterol 185 mg; Sodium 480 mg; Total Sugar 2 g (includes 0 g Added Sugars)

### Tip from Ellie:

Sliced avocado, drizzled with lime juice and sprinkled with salt, is a simple, delicious and healthy accompaniment for these tacos.







4

SERVINGS



15 MIN

## SHRIMP TACOS

### PREPARATION STEPS

1. In a large bowl, toss shrimp (or fish) with salt and chili powder. Set aside.
2. Heat a large skillet over medium heat and add oil. When oil is hot, add shrimp and cook until pink and curled, about 3-4 minutes. Add additional salt to taste.
3. To assemble tacos, place red cabbage on warmed corn tortillas. Divide shrimp between tortillas and sprinkle with corn and red onions. Top with salsa and serve with lime wedges. Enjoy!



# SLOW ROASTED TOMATO HUMMUS

## INGREDIENTS

### Slow Roasted Tomatoes

- 2 (28 oz.) Cans Peeled Whole Tomatoes, Drained, Halved, And Seeded
- 2 tbsp. Olive Oil, For Drizzling
- A Few Sprigs Of Fresh Herbs, Such As Rosemary Or Thyme (Optional)

### Hummus

- 2 (15.5 oz.) Cans Chickpeas, Drained And Rinsed
- 1 Cup Tahini Paste
- 2 Garlic Cloves
- 1 ½ tbsp. Lemon Juice
- ¼ tsp. Kosher Salt
- ½ tsp. Ground Pepper
- ⅔ Cup Slow Roasted Tomatoes, Plus More Chopped For Garnish
- 2 To 3 tbsp. Ice Water
- 1 ½ tbsp. Olive Oil
- 6 Pitas, Preferably Whole Wheat, For Serving



### Prep Time

20 Minutes



### Cook Time

2 Hours



### Servings

6 ; Yield 4 cups

**Serving size:** 2/3 cup hummus and 1 pita

### Per serving:

Calories 570; Total Fat 31 g; (Sat Fat 4 g); Protein 19 g; Carb 61 g; Fiber 7 g; Cholesterol 0 mg; Sodium 710 mg; Total Sugar 6 g (includes 0 g Added Sugars)

### Tip from Ellie:

To make this a fast weeknight meal, prepare the roasted tomatoes ahead. They keep in the refrigerator for up to 4 days and are delicious rewarmed or at room temperature. (They are also great on sandwiches.) Also, you can use store-bought hummus and simply top it with the roasted tomatoes to make this meal even more convenient.





6

SERVINGS



2 HRS

20 MIN



# SLOW ROASTED TOMATO HUMMUS

## PREPARATION STEPS

1. Roast Tomatoes: Preheat the oven to 300°F. Line a rimmed baking sheet with parchment paper. Arrange tomatoes on prepared baking sheet in one layer, season with salt to taste, and drizzle all over with olive oil. Scatter herbs on top, if using.
2. Transfer to oven and cook until the tomatoes look slightly dry on the exterior but are still moist, 1 to 2 hours. Discard herbs.
3. Make hummus: Place the chickpeas, tahini, lemon juice, garlic, salt and pepper in a blender. Blend until the chickpeas break down and the mixture starts to come together, scrape down the sides as needed to ensure proper blending. Add in the tomatoes and blend until combined.
4. Drizzle in the ice water. Blend until you reach a smooth consistency – if you need a little more water, add in 1 tablespoon at a time. Add in the olive oil. Taste and season with more salt and pepper if desired.
5. Transfer to your serving dish and garnish with extra chopped roasted tomatoes and an extra drizzle of olive oil. Serve with warm whole wheat pita. Enjoy!



# SALAD PIZZA

## INGREDIENTS

- 3 Cups Mixed Salad Greens, Any Variety
- 1 (15.5 oz.) Can Garbanzo Beans, Drained And Rinsed
- ½ Cup Sliced Orange Bell Pepper, Or Any Type Of Bell Pepper
- ¼ Cup Red Onion, Sliced
- ½ Cup Small Cubed Part-Skim Mozzarella
- ½ Cup Jarred Marinara Sauce, (Or Sauce From Page 8-9)
- 4 Pita Or Flatbread, Preferably Whole Wheat, Toasted

### Dressing

- 1 tbsp. Tomato Paste
- 1 ½ tbsp. Water
- 1 tsp. Red Wine Vinegar
- 1 tbsp. Olive Oil
- ⅛ tsp. Kosher Salt
- ¼ tsp. Oregano
- Dash Ground Black Pepper



### Prep Time

15 Minutes



### Cook Time

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### Servings

4

**Serving size:** 1 pizza

### Per serving:

Calories 330; Total Fat 9 g; (Sat Fat 2.5 g); Protein 15 g; Carb 51 g; Fiber 4 g; Cholesterol 10 mg; Sodium 710 mg; Total Sugar 5 g (includes 0 g Added Sugars)

### Tip from Ellie:

Tomato paste adds a deep, lightly sweet flavor, beautiful color, and nutrition to salad dressings. Add a touch of it to just about any oil and vinegar based or Italian dressing to give it that extra layer of tomato goodness.







4

SERVINGS



15 MIN

## SALAD PIZZA

### PREPARATION STEPS

1. In a large bowl, combine the spring mix, garbanzo beans, bell pepper, red onion and mozzarella.
2. In a separate bowl or mason jar, add all the dressing ingredients and mix well. Taste and adjust seasoning if desired.
3. Place your toasted pitas or flatbreads down and spread with 2 tablespoons. of marinara sauce.
4. Right before serving, toss salad with dressing and top your pita/flatbread. Enjoy!



# SWISS STEAK

## INGREDIENTS

- 2 tbsp. All-Purpose Flour
- ½ tsp. Paprika
- ½ tsp. Garlic Powder
- ¼ tsp. Kosher Salt
- ¼ tsp. Ground Black Pepper
- 1 lb. Round Or Top Round Steak, About An Inch Thick
- 3 tbsp. Olive Oil
- 1 Cup Sliced Mushrooms
- 1 Small Onion, Roughly Chopped
- 1 Clove Garlic, Chopped
- ½ tsp. Dried Thyme And/Or Dried Sage
- 2 Cups Canned Puréed Tomatoes
- 4 Small Russet Potatoes, Each Peeled And Cut Into 8 Pieces
- 2 Large Carrots, Cut Into 2 Inch Segments



### Prep Time

15 Minutes



### Cook Time

2 hrs 30 minutes



### Servings

4

**Serving size:** Scant ½ cup sauce and vegetables

### Per serving:

Calories 430; Total Fat 16 g; (Sat Fat 3.5 g); Protein 32 g; Carb 45 g; Fiber 5 g; Cholesterol 55 mg; Sodium 420 mg; Total Sugar 11 g (includes 0 g Added Sugars)

### Tip from Ellie:

If you don't have pureed tomatoes on hand, don't worry. You can use whole, diced or crushed tomatoes and simply puree them in the blender.





4  
SERVINGS



2 HRS  
45 MIN

## SWISS STEAK

### PREPARATION STEPS

1. In a small bowl, combine flour, paprika, garlic powder, salt and pepper (20.5 g)(11.5g left in bowl NOT used on steak). Mix well. Rub flour mixture onto both sides of the steak.
2. Heat 2 tablespoons of oil in a wide, shallow pan (that has a lid) over medium heat. Place the steak in the pan, and cook for approximately 10 minutes on each side, enough to brown the steak. Remove the steak from the pan and set aside.
3. Add mushrooms and saute until beginning to brown, about 5 minutes. Add another tablespoon of oil to the pan then add in onions and garlic. Cook for 3 to 5 minutes more and, using a wooden spoon, scrape up any brown bits that have formed on the bottom of the pan.
4. Return the steak to the pan, placing it on top of the mushroom/onion mixture. Sprinkle the thyme and/or sage on top of the steak. Add in the puréed tomatoes to the pan and bring to a simmer. Lower the heat to the lowest heat possible to maintain a low simmer. Cover the pan with a tight fitting lid and cook for 45 minutes.
5. After 45 minutes of cooking, turn the steak over and add in the potatoes and carrots. Recover and cook for an additional 1 hour 15 minutes.
6. The steak should be done after a total cooking time of 2 hours. Check tenderness of steak and vegetables with a fork.
7. To serve, remove the steak and slice. Spoon the sauce over the steak and serve with vegetables. Enjoy!





# PAN SEARED FISH IN TOMATO SAUCE

## INGREDIENTS

- 2 tbsp. Oil, Divided
- 1 Large White Onion, Finely Diced
- 3-4 Garlic Cloves, Minced
- 1 Medium Green Bell Pepper, Diced Fine
- 2 (14.5 oz.) Cans Diced Tomatoes
- 2 tbsp. Tomato Paste (37.4 G)
- ½ Cup Water
- ⅛ tsp. Freshly Ground Black Pepper
- 4 (6 oz.) Cod Fish Filet, Or Other Firm White Fish Filet (Thawed If Frozen)
- 1 Bunch Parsley, Finely Chopped



### Prep Time

10 Minutes



### Cook Time

30 Minutes



### Servings

4 ; Yield 3 cups sauce

**Serving size:** 1 fish fillet and about  $\frac{3}{4}$  cup sauce

### Per serving:

Calories 300; Total Fat 8 g; (Sat Fat 1 g); Protein 34 g; Carb 21 g; Fiber 4 g; Cholesterol 75 mg; Sodium 630 mg; Total Sugar 11 g (includes 0 g Added Sugars)

### Tip from Ellie:

Any type of white flakey fish, or even shrimp, works in this dish so buy what looks best or what is on sale. And don't count out frozen seafood. It's just as healthy and sometimes even "fresher" than fresh fish because it is frozen right after being caught. Plus, it's super convenient and economical.







4

SERVINGS



40 MIN



# PAN SEARED FISH IN TOMATO SAUCE

## PREPARATION STEPS

1. Make the sauce: Heat 1 tablespoon. of oil in a large saute pan over medium heat. Add onions and bell pepper and saute until the onions are translucent, about 5 minutes. Add in the garlic and saute for another minute.
2. Mix in the diced tomatoes and their juices to the pan. Add the tomato paste, water, salt and pepper. Stir well. Cook for about 15-20 minutes or until the peppers and onions are very soft. Taste and adjust seasoning to your preference and keep over low heat.
3. In a separate saute pan, heat remaining olive oil over medium heat. Pat the cod dry with paper towels and season both sides of cod with pepper.
4. Place cod in the oil and cook until golden brown, about 3 minutes. Carefully flip the cod over and continue cooking for another 2 minutes. Transfer to pan with tomato sauce, spoon sauce over fish and gently cook for an additional 3 minutes, or until fish is firm and cooked through. Sprinkle with parsley.
5. Serve fish and sauce with steamed vegetables, over rice or whole wheat pasta. Enjoy!



# ONE POT CHICKEN FAJITA

## INGREDIENTS

- 2 tbsp. Olive Oil
- 3 Cups Sliced Bell Pepper, Any Color
- 2 Cups Sliced White Onion
- 1 lb. Boneless Skinless Chicken Breasts, Cut Into Thin Slices
- 1 tsp. Chili Powder
- 1/2 tsp. Ground Cumin
- 1 (14.5 Oz) Can Diced Tomatoes & Green Chilies, Drained
- 8 Flour Tortillas (6 Inch, Preferably Whole Grain), Warmed
- Serving Suggestions: Sour Cream Or Yogurt, Sliced Avocado Or Guacamole, Salsa, Shredded Cheese



### Prep Time

10 Minutes



### Cook Time

20 Minutes



### Servings

4 ; Yield 6 cups

**Serving size:** 2 fajitas

### Per serving:

Calories 590; Total Fat 19 g; (Sat Fat 3 g); Protein 38 g; Carb 67 g; Fiber 4 g; Cholesterol 85 mg; Sodium 730 mg; Total Sugar 11 g (includes 0 g Added Sugars)

### Tip from Ellie:

For a fun, stress-free dinner, serve these fajitas just like you would tacos, where you put out all the fixin's and let everyone build their own at the table.





4

SERVINGS



30 MIN

## ONE POT CHICKEN FAJITA

### PREPARATION STEPS

1. Prep your ingredients then add 1 tablespoon olive oil to a large skillet and heat over medium-high heat.
2. Add bell peppers and onion and cook for 7 minutes or until tender, stirring occasionally. Remove from skillet; set aside.
3. Heat remaining tablespoon of oil in the skillet then add the chicken. Sprinkle with chili powder and cumin and saute for 4-6 minutes or until no longer pink, stirring occasionally.
4. Return peppers and onion to skillet; add drained tomatoes. Cook 2 minutes more or until hot.
5. Divide chicken mixture evenly between tortillas and top with your favorite toppings. Enjoy!






# LOADED VEGGIE TURKEY CHILI

## INGREDIENTS

- 2 tbsp. Olive Oil
- 1 Medium Yellow Onion, Medium Diced
- 1 Medium Red Bell Pepper, Medium Diced
- 1 Jalapeño, Seeded And Finely Chopped
- 1 Large Carrot, Peeled And Medium Diced
- 1 Medium Zucchini, Medium Diced
- 1 lb. Ground Turkey
- 4 Cloves Garlic, Minced
- 1 tbsp. Chili Powder
- 2 tsp. Dried Parsley
- 1 tsp. Ground Cumin
- ½ tsp. Kosher Salt
- 1 (14.5 oz) Can Diced Tomatoes (No Salt Added Recommended), Undrained
- 3 Cups Low-Sodium Chicken Broth
- 1 (15.5 oz.) Can Black Beans, Rinsed And Drained
- 1 (15.5 oz.) Can Kidney Beans, Rinsed And Drained
- 1 Cup Frozen Corn
- Serving Suggestions: Cheddar Cheese, Sour Cream, Avocado, Red Onion And Green Onion

**Serving size:**  
about 1 ½ cups



 **Prep Time**  
15 Minutes

 **Cook Time**  
45 Minutes

 **Servings**  
6

### Per serving:

Calories 320; Total Fat 11 g; (Sat Fat 2 g); Protein 26 g; Carb 37 g; Fiber 10 g; Cholesterol 35 mg; Sodium 460 mg; Total Sugar 11 g (includes 0 g Added Sugars)

**Tip from Ellie:** This recipe is excellent as is, but feel free to riff on it. Sub in whatever vegetables you like or have on hand; use ground chicken, lean beef or an extra can of beans instead of the turkey, or use canned crushed tomatoes or tomato purée instead of diced.







6

SERVINGS



1 HR

## LOADED VEGGIE TURKEY CHILI

### PREPARATION STEPS

1. Heat the olive oil over medium-high heat in a large stock pot that has a lid. Add the chopped onion and saute, stirring occasionally, until translucent, about 5 to 8 minutes. Add the bell pepper, jalapeño, carrot and zucchini. Cover and cook, stirring occasionally, until vegetables have softened a bit but are still firm, about 5 to 8 minutes.
2. Move the vegetables to one side of the pot and add in the ground turkey. Allow it to brown untouched for 2 minutes then break up the meat into large chunks and stir it into the vegetables. Cook for 1 additional minute. Add the garlic, chili powder, dried parsley, cumin and salt. Continue cooking, stirring occasionally, until very fragrant, about 2 minutes.
3. Add in the diced tomatoes, chicken broth, beans and corn. Bring the chili to a full boil. Reduce the heat to low, cover, and cook at a gentle boil for 25 minutes. Remove the lid and cook for 10 additional minutes.
4. Taste chili for flavor and add sea salt and/or additional chili powder to taste. Serve heaping bowls of chili with cheddar cheese, sour cream, avocado, red onion and green onion.



# VEGGIE LOADED AMERICAN GOULASH

## INGREDIENTS

- 1 lb. Elbow Macaroni, Preferably Whole Grain
- 2 tbsp. Olive Oil, Divided
- 1 Medium Yellow Onion, Diced
- 3 Cloves Garlic, Minced
- 1 Small Yellow Squash, Diced
- ½ Cup Broccoli (Fresh Or Frozen), Cut Into Small Florets
- 1 lb. Ground Beef 90% Lean
- 8 Button Mushrooms, Halved And Sliced
- 1 tsp. Dried Basil
- 1 tsp. Dried Oregano
- ½ tsp. Kosher Salt
- ½ tsp. Ground Black Pepper
- 3-4 Cups Low-Sodium Vegetable Juice (Such As V8), Divided
- 1 (14.5 Oz) Can Diced Tomatoes
- Kosher Salt And Ground Pepper (Optional)



### Prep Time

15 Minutes



### Cook Time

25 Minutes



### Servings

6

**Serving size:** about 2 heaping cups

### Per serving:

Calories 540; Total Fat 15 g; (Sat Fat 4 g); Protein 29 g; Carb 75 g; Fiber 2 g; Cholesterol 50 mg; Sodium 470 mg; Total Sugar 11 g (includes 0 g Added Sugars)

### Tip from Ellie:

Make this meal vegetarian by using two cans of beans (any type) drained and rinsed, instead of the beef.





6

SERVINGS



40 MIN

## VEGGIE LOADED AMERICAN GOULASH

### PREPARATION STEPS

1. Cook pasta according to package directions. Set aside.
2. Meanwhile, add 1 tablespoon oil to a large skillet and heat over medium-high heat until hot. Add onion and saute for 3-4 minutes, or until soft, stirring frequently. Add garlic, squash and broccoli to the skillet and cook for 4 minutes, stirring occasionally; set aside.
3. In a large sauce pot, heat remaining tablespoon of oil over medium heat until hot. Add ground beef and cook for 5 minutes, breaking up the meat, until beef is browned and mostly cooked through. Add the mushrooms and cook for 3 more minutes. Add in the squash mixture.
4. Mix in the basil, oregano, salt, pepper, 3 cups of the vegetable juice and the tomatoes. Bring to a boil then reduce heat to a simmer. Cook for 10 minutes, stirring occasionally. Remove from heat. Add in pasta and stir to combine. Add additional vegetable juice if desired and more salt and pepper to taste. Enjoy!





# TOMATO MUSSELS

## INGREDIENTS

- ¼ Cup Olive Oil
- 1 Medium White Onion, Finely Chopped
- 6 Cloves Garlic, Minced
- 3 tbsp. Chopped Fresh Parsley, Plus More For Finishing
- 1 (28-Oz) Can Whole Tomatoes, Drained And Chopped
- ¼ tsp. Dried Thyme
- ¼ tsp. Red-Pepper Flakes
- 4 Pounds Mussels, Scrubbed And Debearded
- ⅛ tsp. Ground Black Pepper
- Kosher Salt, To Taste
- Toasted Bread, Preferably Whole Grain (Optional)



**Prep Time**

15 Minutes



**Cook Time**

45 Minutes



**Servings**

4

**Serving size:** about 20 mussels

### Per serving:

Calories 370 ; Total Fat 19 g; (Sat Fat 3 g); Protein 29 g; Carb 20 g; Fiber 3 g; Cholesterol 65 mg; Sodium 590 mg; Total Sugar 5 g (includes 0 g Added Sugars)

### Tip from Ellie:

You need quite a large pot to make this recipe, but if you don't have one big enough, you can always halve the recipe (so it serves 2) and make it in a pot such as one you might use to boil pasta.







4

SERVINGS



1 HR

## TOMATO MUSSELS

### PREPARATION STEPS

1. In a large pot, heat the oil over medium-low heat. Add the onion and garlic and cook, stirring occasionally, until the onion is translucent, about 8 minutes. Stir in the parsley, tomatoes, thyme and red-pepper flakes. Reduce the heat and simmer, partially covered, for 25 minutes, stirring occasionally.
2. When cleaning mussels, discard any that have broken shells or that don't clamp shut when tapped. Add the mussels to the pot, bring to a boil and cover. Cook, shaking the pot occasionally, just until the mussels open. Check after 3 minutes and remove any open mussels. Continue to boil, uncovering the pot as necessary to remove the mussels as soon as their shells open. Discard any that do not open.
3. Stir the black pepper into the broth. Taste the broth and, if needed, add salt. Ladle the broth over the mussels and serve with the toasted bread. Enjoy!



# TOMATO PESTO FRITTATA

## INGREDIENTS

- 6 Large Eggs
- ¼ Cup 1% Low-Fat Milk
- 2 tbsp. Store-Bought Basil Pesto
- 1 tsp. Garlic Powder
- ¼ tsp. Kosher Salt
- ½ tsp. Ground Black Pepper
- 1 tbsp. Olive Oil
- ½ Small Red Onion, Thinly Sliced
- 2 Cups Spinach, Chopped
- 1 (14.5 Oz) Can Petite Diced Tomatoes, Drained
- 1 Cup Fresh Or Frozen Mixed Vegetables Diced E.G. Broccoli, Zucchini, Asparagus, Carrot, Peas, Cauliflower, Mushrooms
- Fresh Parsley, For Garnish



**Prep Time**

5 Minutes



**Cook Time**

25 Minutes



**Servings**

4

**Serving size:** ¼ frittata

### Per serving:

Calories 240 ; Total Fat 14 g; (Sat Fat 3.5 g); Protein 13 g; Carb 14 g; Fiber 2 g; Cholesterol 280 mg; Sodium 460 mg; Total Sugar 6 g (includes 0 g Added Sugars)

### Tip from Ellie:

Freeze any leftover pesto in an ice cube tray, then pop the cubes into a freezer bag so you have them on hand to add flavor to sauces and stews, or make this dish again (which you will definitely want to do!).





4

SERVINGS



30 MIN

# TOMATO PESTO FRITTATA

## PREPARATION STEPS

1. Preheat the oven to 425°F.
2. Whisk together the eggs, milk, pesto, garlic powder, salt, pepper and set aside.
3. In a large, oven safe skillet, heat oil over medium heat. Add onions and saute until softened and translucent, about 5 minutes. Add in spinach, tomatoes and vegetables of choice; saute until the spinach is wilted and veggies are tender.
4. Add egg mixture and cook, stirring occasionally, 1 to 2 minutes. Transfer to the oven and bake until puffed and center is just set, 10 to 12 minutes. Let sit for 5 minutes. Run a spatula around the edge and beneath before slicing into wedges. Garnish with chopped parsley and serve warm. Enjoy!



# MINISTRONE

## INGREDIENTS

- 2 tbsp. Olive Oil
- 1 Small Yellow Onion, Chopped
- 4 Cloves Garlic, Minced
- 3 Medium Carrots, Peeled And Diced
- 3 Celery Ribs, Diced
- 1 Medium Zucchini, Diced
- 1 Cup Fresh Or Frozen Green Beans, Cut Into Bite Size Pieces
- 1 (28 Oz.) Can Diced Tomatoes
- 6 Cups Low-Sodium Vegetable Broth
- 1 (15.5 Oz.) Can Cannellini Beans, Rinsed And Drained
- 2 tsp. Italian Seasoning
- 1 Cup Elbow Macaroni (Preferably Whole Wheat)
- 1½ Cups Fresh Spinach Leaves, Chopped
- Kosher Salt And Black Pepper, To Taste
- Per Serving: 1 Tbsp. Parmesan Cheese And Fresh Basil, For Garnish



### Prep Time

15 Minutes



### Cook Time

40 Minutes



### Servings

8 ; Yeild 8 cups

**Serving size:** 1 Cup

### Per serving:

Calories 200; Total Fat 5 g; (Sat Fat 1.5 g); Protein 7 g; Carb 31 g; Fiber 4 g; Cholesterol 5 mg; Sodium 500 mg; Total Sugar 8 g (includes 0 g Added Sugars)

### Tip from Ellie:

This flavorful, vegetable-packed soup has considerably less sodium than a typical bowl of soup, but if you want to reduce it even further use no-salt-added vegetable or chicken broth.







8

SERVINGS



55 MIN

# MINISTRONE

## PREPARATION STEPS

1. Heat olive oil in a large stockpot over medium heat. Add onion, garlic, carrot and celery and saute for about 5 minutes, or until veggies are starting to take on some color.
2. Add in zucchini, green beans, and diced tomatoes. Stir in vegetable broth, beans and Italian seasoning. Simmer on low for 20 minutes.
3. Add in the pasta and cook until tender, about 12 to 15 minutes.
4. Add in spinach and stir until wilted. Taste and season soup with salt and pepper, if desired. Ladle the soup into bowls and garnish with parmesan cheese and fresh basil. Enjoy!





FOOD RECIPES



# ***Tomato Wellness***

