

**BONUS
RECIPES
EBOOK**

**quick &
exciting ways
to transform
tonight's
dinner *into*
tomorrow's
feast**

COOK ONCE

DINNER FIX

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DINNER SERIES 1

Chicken Breast

This dinner series is a great option if you're looking for an even split between an exceptionally healthy (but still delicious) dinner and a dinner that's, though still nutritious, feels more indulgent. Meal 1 is a great example of letting the ingredients shine, a simple roasted chicken and vegetable medley served with wild rice. Meal 2 was a really fun one to dream up and test!

I took my favorite raw salad, caprese, and morphed it into a gooey pasta bake.

NOTES:

- This meal series can be made dairy-free by swapping the butter for extra-virgin olive oil and opting for a vegan-friendly cheese to replace the Buffalo Mozzarella.
- An equal amount of chicken tenders or boneless, skinless chicken thighs can be substituted for the chicken breasts; the method and cooking time will be exactly the same.





MEAL 1

Chicken, Roasted Veggie and Wild Rice Dinner

Serves 4

Active time: 20 MINUTES

Total Time: 1 HOUR

- 1 cup wild rice
- 3 pounds boneless, skinless chicken breast
- 2 tablespoons extra-virgin olive oil, divided
- 2 teaspoons fine sea salt, divided
- 2 pints cherry tomatoes, ¼ cup reserved for Meal 2
- 1 bunch asparagus, ends trimmed
- 1 yellow bell pepper, core removed and cut into ½-inch cubes
- 1 red onion, thinly sliced, half reserved for Meal 2
- 4 carrots, peeled and cut into thin coins, half reserved for Meal 2

NUTRITION: Calories: 486, Fat: 10.7 g,
Carbohydrates: 46.6 g, Protein: 48.2 g



1. Preheat the oven to 375F.
2. Make the wild rice according to the package instructions.
3. Place the chicken breast on a sheet pan and rub with 1 tablespoon of the olive oil and 1 teaspoon of the salt.
4. Spread out the cherry tomatoes (reserving ¼ cup for the salad) on a separate sheet pan and toss with ½ teaspoon of the sea salt and ½ tablespoon of the olive oil.
5. On a third sheet pan, add the asparagus, bell pepper, half of the red onion, and half of the carrots, then toss with the remaining ½ teaspoon of sea salt and ½ tablespoon of olive oil.
6. Transfer all three sheet pans to the oven and bake for 40 minutes, until the tomatoes have burst, the vegetables have wilted, and the chicken is cooked to 165F.
7. Let the chicken cool slightly, then thinly slice half of it and set aside. Chop the remaining chicken into 1-inch cubes, then transfer to an airtight container and refrigerate to use for Meal 2.
8. Transfer ¾ of the roasted tomatoes to an airtight container and refrigerate to use for Meal 2.
9. Serve the sliced chicken with the roasted tomatoes and veggies with the wild rice alongside

MEAL 2

Caprese Casserole and Italian Side Salad

Serves 4

Active time: 20 MINUTES

Total Time: 55 MINUTES

For the Caprese Casserole

- 12 ounces rotini pasta
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon fine sea salt
- ¼ teaspoon ground black pepper
- 1 ½ cups cubed cooked chicken breast (reserved from Meal 1)
- 4 tablespoons balsamic vinegar, divided
- Roasted cherry tomatoes (reserved from Meal 1)
- 16 ounces Buffalo Mozzarella pearls (may also use larger mozzarella balls cut into ½-inch cubes)
- ½ cup thinly sliced fresh basil

For the Italian Salad

- ¼ cup extra-virgin olive oil
- ¼ cup red wine vinegar
- 2 teaspoons honey
- ½ teaspoon fine sea salt
- ¼ teaspoon ground black pepper
- 4 cups chopped romaine lettuce
- ¼ cup cherry tomatoes (reserved from Meal 1)
- Sliced red onion (reserved from Meal 1)
- Sliced carrots (Reserved from Meal 1)



NUTRITION: Calories: 892, Fat: 23.6 g,
Carbohydrates: 80.9 g, Protein: 48.2 g



1. Preheat the oven to 375F.
2. Make the Caprese Casserole: Cook the noodles according to the package instructions.
3. Add the cooked noodles to a 9x13 inch, or other 3-quart, baking dish. Add the olive oil, salt, and pepper to the noodles and toss to combine.
4. Spread the cubed chicken breast over the noodles, drizzle 2 of the tablespoons of the balsamic vinegar over the chicken, then top with the roasted cherry tomatoes and mozzarella.
5. Bake the casserole for 30 minutes, until the cheese is browned on top.
6. Meanwhile, make the Italian Salad: In a small bowl, whisk together the olive oil, vinegar, honey, salt, and pepper.
7. Put the lettuce, tomatoes, onion, and carrots in a large bowl. Pour the dressing over the salad and toss to combine.
8. Once the casserole comes out of the oven, drizzle with the remaining 2 tablespoons of balsamic vinegar, then sprinkle the basil over top. Serve with the Italian salad.

DINNER SERIES 2

Ground Beef

This ground beef dinner series is comfort food at its finest. With a large batch of ground beef cooked and then split between the two meals, they come together easily. Meal 1 is a really fun sloppy joe casserole complete with a crispy tater tot crust. Meal 2 is the most delicious, but extremely easy, ground beef and veggie stir-fry. Both meals come with sides, so your dinner will be well-rounded.

NOTES:

- This meal series makes very generous portions! If you're feeding fewer people or want smaller servings, I recommend scaling everything down to 75 percent of what's listed (you'd use 3 pounds of beef versus 4 pounds, for example). Otherwise, enjoy! It's a great dinner series to leave you feeling full and satisfied.
- Any ground meat can be substituted for the ground beef! The texture and macros may change, but you will follow the exact same method and cooking times for ground turkey, ground pork, ground chicken, or ground bison.





NUTRITION: Calories: 892, Fat: 23.6 g,
Carbohydrates: 80.9 g, Protein: 48.2 g

MEAL 1

Sloppy Joe Casserole and Spinach Ranch Salad

Serves 6

Active time: 35 MINUTES

Total Time: 1 HOUR 15 MINUTES

For the Casserole

- 4 pounds ground beef
- 1 cup ketchup
- ¼ cup honey
- ¼ cup yellow mustard
- 2 tablespoons balsamic vinegar
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon paprika
- 32 ounces frozen tater tots
- 1 ½ cups cheddar cheese
- 1 cup thinly sliced green onion (¾ cup reserved for Meal 2).
- Sour cream, for garnish

For the Salad

- 6 cups loosely packed baby spinach
- 1 carrot, peeled and thinly sliced
- 2 medium tomatoes, cut into thick wedges
- ¼ cup ranch dressing

1. Add the ground beef to a large skillet or pot over medium heat. Cook, breaking up the ground beef as it cooks, until it is fully browned, 15 to 20 minutes.
2. Transfer 3 ¾ cup of the ground beef to an airtight container and store in the refrigerator for Meal 2.
3. Preheat the oven to 400F.
4. In a large bowl, whisk together the ketchup, honey, mustard, balsamic vinegar, garlic powder, onion powder, and paprika until fully combined. Add the ground beef to the bowl and stir to fully coat.
5. Pour the ground beef mixture into a 11-inch cast-iron skillet, then top with the tater tots. Bake for 40 minutes, until the tater tots are browned.
6. Meanwhile, make the salad: Add the baby spinach, sliced carrots, and tomato wedges to a large bowl. Pour the ranch dressing over top then toss to coat.
7. Sprinkle the cheese over the tater tots, and return to the oven for 5 more minutes, until the cheese has fully melted.
8. Garnish the casserole with ¼ cup of the green onions and the sour cream and serve with the salad.

MEAL 2

Ground Beef Stir-Fry

Serves 4

Active time: 30 MINUTES

Total Time: 30 MINUTES

- 1 cup white rice, rinsed
- 1 tablespoon ghee or extra-virgin olive oil
- ½ purple cabbage, thinly sliced
- 10 ounces julienned carrots
- 1 red bell pepper, cored and sliced into thin strips
- 3 ¾ cups cooked ground beef (reserved from Meal 1)
- ¾ cup sliced green onion (reserved from Meal 1)
- ½ cup coconut aminos
- ½ teaspoon fish sauce
- 2 teaspoons sesame oil
- 1 teaspoon ground ginger
- 1 teaspoon garlic powder
- ¼ teaspoon dried red pepper flakes



NUTRITION: Calories: 611, Fat: 13.4 g,
Carbohydrates: 65 g, Protein: 55.8 g

1. Cook the rice according to the package instructions.
2. Add the ghee to a skillet over medium-high heat. Once melted, add the cabbage, carrots, and bell pepper and cook, stirring occasionally, until the cabbage is wilted and the carrots have started to brown, about 15 minutes.
3. Add the ground beef, ½ cup of the green onions, the coconut aminos, fish sauce, sesame oil, ginger, garlic powder, and red pepper flakes to the pan. Cook, stirring, until the beef is warmed through, about 5 minutes longer.
4. Serve the stir-fry over the white rice, garnished with the remaining sliced green onions.

DINNER SERIES 3

Pork Tenderloin

This dinner series is exactly what I make in my own home about every other week. Pork tenderloin is a highly underrated cut of meat, in my opinion. It's easy to cook, takes on marinade flavors really well, and re-crisps beautifully for a second meal. Meal 1 is a lovely honey garlic-roasted pork tenderloin right out of the oven, complete with harissa-seasoned sweet potato wedge fries and some roasted broccolini. Meal 2 is what I call a "tropical pork bowl" complete with fluffy white rice, fresh mango, avocado, lime, and a generous sprinkling of a spicy and salty seasoning mix.

NOTES:

- The harissa isn't typically a heat-forward spice blend, but you can substitute paprika if you want.
- This entire dinner series can be made with chicken thighs instead of pork tenderloin. You'd need about 3 pounds and would follow the same cooking methods listed below, but the internal temperature would need to reach 175F before they're finished.





NUTRITION: Calories: 415, Fat: 14.1 g,
Carbohydrates: 44.5 g, Protein: 31.2 g

MEAL 1

Honey-Garlic Pork Tenderloin with Harissa Sweet Potato Fries and Broccolini

Serves 4

Active time: 20 MINUTES

Total Time: 1 HOUR 10 MINUTES

For the Harissa Sweet Potato Fries

- 2 large sweet potatoes, sliced into thick wedges
 - 1 tablespoon extra-virgin olive oil
 - 4 teaspoons harissa spice blend
 - 1 teaspoon fine sea salt
- Sour cream, for dipping the sweet potato wedges

For the Honey-Garlic Pork Tenderloin

- 2 (1.5 pounds each) pork tenderloins
- ½ cup honey
- 4 cloves garlic, finely minced
- 2 tablespoons coconut aminos
- 1 ½ teaspoons fine sea salt, divided
- ¼ teaspoon red pepper flakes
- 1 bunch broccolini
- 1 tablespoon extra-virgin olive oil



1. Preheat the oven to 400F and line a sheet pan with parchment paper.
2. Toss the sweet potato wedges with the olive oil, harissa spice blend, and sea salt. Spread the sweet potatoes onto the sheet pan and bake for 15 minutes.
3. Meanwhile, prepare the pork tenderloin: In a large bowl, whisk together the honey, garlic, coconut aminos, 1 teaspoon of the salt, and the red pepper flakes. Reserve 2 tablespoons of the honey mixture for garnish and set aside.
4. Place the pork tenderloins in the bowl, toss to coat with the honey, then transfer to a 9x13-inch baking dish or rimmed baking sheet.
5. Scatter the broccolini around the pork tenderloin, then drizzle it with the olive oil and sprinkle with the remaining ½ teaspoon of salt.
6. Put the pork and broccolini in the oven alongside the sweet potatoes. Bake for 30 to 35 minutes more, until a thermometer inserted into the center of the pork reads 145F. Remove the pork from the oven and let rest for 10 minutes.
7. Chop one of the pork tenderloins into ½-inch cubes, then store in an airtight container in the refrigerator for Meal 2.
8. Thinly slice the remaining pork tenderloin. Serve the pork tenderloin slices alongside the broccolini and sweet potato wedges with sour cream for dipping. Garnish the pork tenderloin with the remaining honey-garlic sauce.

MEAL 2

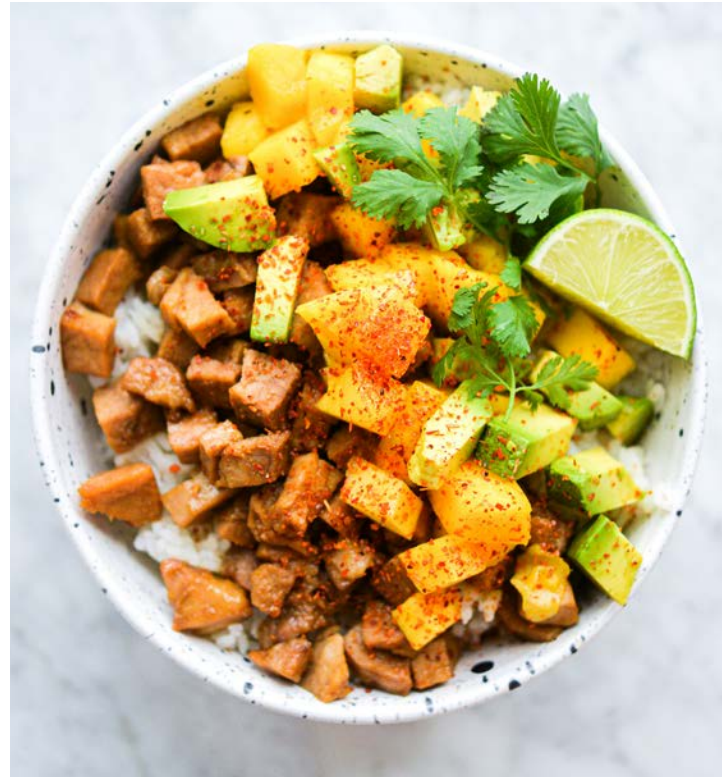
Tropical Pork Bowls

Serves 4

Active time: 30 MINUTES

Total Time: 30 MINUTES

1 cup white rice, rinsed
1 tablespoon ghee or extra-virgin olive oil
Diced pork tenderloin (reserved from Meal 1)
2 tablespoons coconut aminos
1 tablespoon sesame oil
1 large mango, diced
2 tablespoons lime juice (about 1 lime)
1 teaspoon Tajin seasoning
1 large avocado, diced
½ cup roughly chopped cilantro



Calories: 544, Fat: 15.2 g,
Carbohydrates: 74.9 g, Protein: 28.6 g

1. Cook the white rice according to package instructions.
2. Add the ghee to a large skillet over medium-high heat. Once the ghee has melted, add the pork. Cook until the pork has browned, 2 to 3 minutes, then flip and cook for an additional 1 to 2 minutes.
3. Add the coconut aminos and sesame oil to the skillet and cook, stirring, until the pork absorbs the coconut aminos, 2 to 3 minutes.
4. Add the mango to a small bowl and toss with the lime juice and tajin seasoning.
5. Serve the pork over white rice with the mango, avocado, and chopped cilantro alongside.

DINNER SERIES 4

Vegetarian, Black Beans

Say goodbye to bland or disappointing vegetarian dinners—these two are bursting with fabulous flavor, filling ingredients, and spot-on textures. The first meal is a really clever black bean burger with a cheesy twist, thanks to the vitamin powerhouse nutritional yeast. The burgers are served with oven-baked carrot fries, and I recommend piling them high with your favorite burger toppings!

Meal 2 is a delicious and comforting dinner of black bean and cheese enchiladas complete with a fresh salsa rice on the side.

NOTES:

- You can also use kidney or pinto beans in this dinner series as a 1:1 swap for the black beans.
- If you want to make these meals with an animal protein, I recommend using 3 pounds of a ground meat (beef, chicken, turkey, pork, or bison), browning, and then following the instructions as listed.
- Use canned black beans instead of cooking them from scratch. You'll need 2 drained and rinsed 15-ounce cans of black beans for each meal (4 total cans).





MEAL 1

Black Bean Burgers with Carrot Fries

Serves 4

Active time: 45 MINUTES

Total Time: 2 HOURS, 15 MINUTES,
PLUS 8 HOURS FOR SOAKING
THE BEANS

For the Black Bean Burgers

- 1 pound dried black beans, rinsed
- ¼ cup lime juice
- ¼ cup nutritional yeast
- 2 tablespoons flax meal
- 1 tablespoon plus 1 teaspoon sea salt, divided
- 1 tablespoon of ghee or extra-virgin olive oil, divided
- 4 hamburger buns, toasted
- Mayonnaise, for serving
- Bib lettuce, for serving
- 1 medium tomato, thinly sliced
- 1 avocado, thinly sliced
- Pickle spears, for serving
- Ketchup, for serving

For the Carrot Fries

- 2 pounds carrots
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon fine sea salt

NUTRITION: Calories: 671, Fat: 24.3 g,
Carbohydrates: 90.7 g ,Protein: 19.1 g

1. Cook the black beans: Place the beans in a large pot and add water to cover. Set aside to soak for at least 8 hours or up to overnight. Drain and rinse the beans, return them to the pot, and add fresh water to cover. Add 1 tablespoon of the salt, bring to a low boil over medium heat, then cover and cook, stirring occasionally, until the beans are tender, 1 to 1 ½ hours. Remove from the heat and transfer half of the beans (about 3 cups) to an airtight container and refrigerate for Meal 2.
2. Preheat the oven to 400F and line a rimmed baking sheet with parchment paper.
3. Cook the carrot fries: Peel the carrots and slice off the tops and bottoms. Cut the carrots in half lengthwise, then slice them in half cross-wise, and cut each piece lengthwise into thirds. Each carrot fry should be about 3 inches long by ½ inch thick.
4. Place the carrots, olive oil, and salt on the lined baking sheet and toss to coat. Bake for 35 minutes, until the fries are slightly wrinkled and browned.
5. Meanwhile, make the burgers: Place the remaining beans (about 3 cups) in a large bowl and mash with a potato masher.
6. Add the lime juice, nutritional yeast, flax meal, and the remaining 1 teaspoon salt to the mashed black beans and stir to combine. Shape the mixture into 4 patties.
7. Heat 1 tablespoon of ghee in a cast iron skillet over medium-high heat. Once melted, add the patties. Cook until a crisp crust forms on the burgers, 4 to 5 minutes, then flip the burgers and cook until the same crust forms, 3 to 4 minutes longer.
8. To assemble a burger: Smear mayonnaise on each bun, then place the black bean patty on the bottom bun. Top with lettuce, tomato, and avocado, then serve each burger with pickles, carrot fries, and ketchup for dipping.

MEAL 2

Black Bean Enchiladas with Salsa Rice

Serves 4

Active time: 30 MINUTES

Total Time: 55 MINUTES

For the Salsa Rice

- 1 cup white rice, rinsed
- 1 cup red salsa

For the Enchiladas

- 12 corn tortillas
- 3 cups of cooked black beans (reserved from Meal 1)
- 2 tablespoons lime juice (about 1 lime)
- 1 tablespoon chili powder
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- 1 teaspoon salt
- 2 cups Mexican cheese blend
- One 15-ounce can red enchilada sauce
- Sour cream, for garnish
- Chopped fresh cilantro, for garnish



NUTRITION: Calories: 775, Fat: 17.9 g, Carbohydrates: 120 g, Protein: 37.6 g



1. Preheat the oven to 350F.
2. Cook the rice according to the package instructions.
3. Add the beans, lime juice, chili powder, onion powder, garlic powder, cumin, and salt to a large bowl and stir to combine.
4. Stack the tortillas, then wrap them in a wet paper towel and microwave for one minute, flipping the tortillas halfway through.
5. Spoon 2 to 3 tablespoons of the black bean filling in a line down the center of a corn tortilla, then top with about 1 tablespoon of shredded cheese. Fold the tortilla over the filling, then roll and place seam side-down in the baking dish. Repeat for the remaining enchiladas.
6. Pour the enchilada sauce over the enchiladas, followed by the remaining cheese. Bake for 25 minutes, until the sauce has browned and the cheese is fully melted.
7. While the enchiladas cook, make the salsa rice by stirring the salsa into the rice.
8. Garnish each enchilada with a dollop of sour cream and serve alongside the salsa rice.