



FIRE FIGHTER
nutrition

Eat for Health.
Eat for Life.
Eat for Real.



IAFF FIRE FIGHTER NUTRITION

RECIPE GUIDE




Quality nutrition can help your body reach its full potential. By using food in conjunction with a comprehensive approach to wellness, you can find balance and sustainability, decrease your job-related health risks and improve your quality of life. It all starts with food. You are in control. By putting yourself in the driver's seat and learning how to eat, you'll decide what, when and how much, according to what's right for you.


We have created this recipe guide to give you some whole, real food ideas for meals at the firehouse or at home. This guide does not promote any specific dietary theory. Most of the recipes can easily be modified based on your dietary preferences.

For example, if the recipe calls for ground turkey, you can also use ground beef, chicken, diced tofu or a vegan meat replacement product. If you are gluten free, you can substitute a gluten free option if one is not listed. Veggies can also be swapped out. Just keep in mind that some vegetables might take longer to cook than others, so the cooking time may vary. Experiment and make the recipes your own!


DAILY MEAL PLANNING




PROTEIN
1-2 palm-sized portions per meal (average 4-8 oz.)
For example: Beans, pork, chicken, fish, beef



VEGGIES
1-2 fist-sized portions per meal (average 5-10 oz.)
For example: Cucumbers, carrots, squash, cauliflower, spinach



CARBOHYDRATES
1-2 cupped handfuls per meal (average 0.5-1.5 cup)
For example: Sweet potatoes, rice, quinoa, potatoes



HEALTHY FATS
1-2 thumbs per meal (average 1-3 tbsp.)
For example: Almonds, nut butters, olive oil

Adjust your portions up or down depending on your goals, gender, size, body type and training. If performance is lacking or you want to build muscle, eat slightly more. If you want to lose weight, eat slightly less. Most other goals are about consistency and making higher-quality food choices.

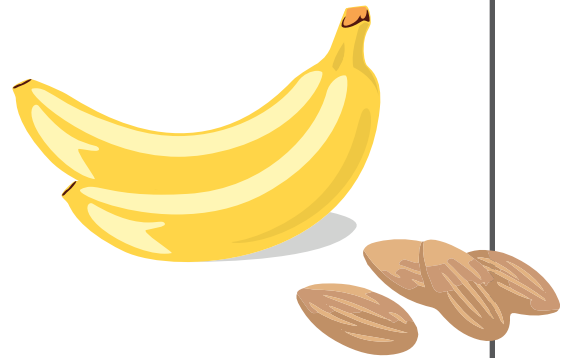
*Image credit: Precision Nutrition

BREAKFAST

PROTEIN PANCAKES

INGREDIENTS

- 1 scoop vanilla protein powder or your favorite protein powder
- 1/4 cup egg whites
- 1/2 banana mashed
- 1 teaspoon cinnamon
- 1 tablespoon flax seed meal



DIRECTIONS

Mix all the ingredients together in a bowl. Pour about ¼ cup of batter into a pan that has been sprayed with olive oil cooking spray and heat on medium. Cook one side until you see the little bubbles, just like cooking any pancake. Flip over carefully and cook on the other side until the middle is done. Peek inside with a fork to check the middle.

BLUEBERRY PANCAKES: Add a handful of fresh or frozen blueberries after the above ingredients are mixed together.

OPTIONAL: Top with two sliced strawberries and powdered stevia. Enjoy your protein pancakes! If you need more carbohydrates, you may add 1 tablespoon raw honey or maple syrup for extra sweetness.

GLUTEN-FREE PANCAKES

Adapted from Bob's Red Mill

INGREDIENTS

- 1 1/3 cups gluten free flour
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon sea salt
- 2 eggs
- 1/2 cup non-dairy milk
- 2 tablespoon olive oil or coconut oil

Combine the flour, baking powder, baking soda and salt in a medium bowl. In a separate bowl, whisk together the eggs, non-dairy milk, and oil. Stir wet ingredients into dry ingredients until smooth. Ladle approximately ¼ cup pancake batter onto hot griddle. Flip when bubbly and edges are slightly dry.

VEGGIE TOFU SCRAMBLE

INGREDIENTS

- 1/4 cup chopped red onions
- 1/2 jalapeño, seeded and membranes removed (if you like it hot, leave seeds)
- 1/2 cup baby bella mushrooms, sliced
- 1 teaspoon coconut oil
- 1/2 cup organic tofu or tempeh
- 1/8 teaspoon of Himalayan pink or Celtic sea salt
- 1 teaspoon dried coriander
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground turmeric
- 1/2 cup fresh tomatoes, chopped

DIRECTIONS

Sauté red onions, jalapeño, and mushrooms in coconut oil until slightly softened. Crumble tofu (or tempeh) using a fork. Add seasonings and crumbled tofu to the sautéed mixture and cook for 3 minutes. Add chopped tomatoes and serve.

VEGGIE SCRAMBLE WITH EGGS

INGREDIENTS

- 2 tablespoon olive oil
- 5-6 baby potatoes, sliced
- 4 cups (400 g) sliced vegetables: onions, mushrooms, bell peppers, tomatoes, summer squash, broccoli, etc.
- 1 teaspoon minced fresh herbs, such as basil, rosemary, or thyme, or 1/2 teaspoon dried herbs
- 6 large pasture-raised eggs, lightly beaten
- 1/2 cup (112 g) goat cheese crumbles (optional)
- 3 big handfuls of greens (spinach, kale, beet greens, etc.)
- salt and pepper to taste

DIRECTIONS

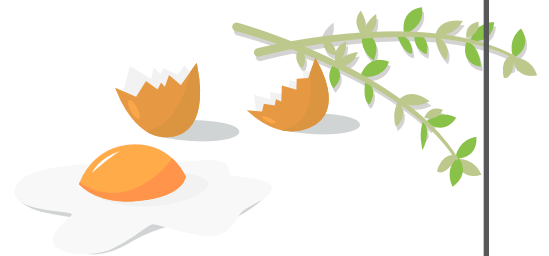
Heat the oil in a large skillet over medium heat. When the oil is shimmering, add potatoes and cover, cooking until they soften, about 8-10 minutes. Be sure to stir them often so they don't stick.

Remove the cover and add the sliced veggies and continue cooking for another 10 minutes, until they begin to brown and are fork tender.

Reduce heat slightly and add the eggs. Cook, stirring often, until the eggs start to set.

Stir in the optional goat cheese and the greens and cook until the greens are wilted.

Season with salt and pepper and serve.



EGG AND VEGGIE FAJITAS

INGREDIENTS

- 2 tablespoons olive oil
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1/2 teaspoon red pepper flakes
- juice of 1 lime
- Himalayan salt and ground black pepper
- 3 bell peppers, seeded and sliced
- 1 yellow onion, halved and sliced
- 2 large portabella mushrooms, sliced
- 6 large eggs
- 1 avocado, halved, peeled, seeded and sliced
- *Optional:* 1/4 cup (15 g) chopped fresh cilantro, lime wedges for garnish

DIRECTIONS

Preheat oven to 400°F (200°C). Lightly oil a rimmed baking sheet or coat with nonstick spray.

In a small bowl, stir together the olive oil, chili powder, cumin, lime, and salt and pepper. Set aside. Place peppers, onion, and mushrooms in a large bowl and pour the oil mixture over them, tossing well to combine.

Place the veggies on the baking sheet in a single layer and put in the oven to bake until tender, about 15 minutes. Stir halfway through to make sure they cook evenly.

Remove from the oven and create six wells in the veggie mixture. Crack each of the eggs into a well, keeping the yolks intact (it can help to crack the egg into a small bowl and pour onto the pan, repeating for each egg).

Season with a little more salt and pepper and place the sheet back in the oven to bake until the eggs are set, about, 8-10 minutes. Remove from the oven and serve with avocado, lime wedges, and optional cilantro.

BUFFALO CHICKEN EGG MUFFINS

INGREDIENTS

- 2-3 tablespoons your favorite buffalo / hot wings sauce
- 1/2 tablespoon olive oil
- 1/2 sweet bell pepper, diced
- 2 cups of chopped fresh spinach
- 1 cup of cooked and diced chicken
- 8 eggs
- salt and pepper to taste

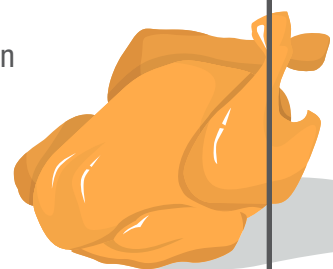
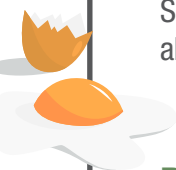
DIRECTIONS

Preheat your oven to 350 degrees F and grease a 12-cup muffin pan.

In a medium skillet, heat the olive oil and sauté the pepper about 5 minutes, until soft. Add the spinach, chicken, and buffalo sauce, stirring to combine. Heat until the spinach just begins to wilt and remove from heat.

Add the mixture in equal portions to each of the 12 muffin wells.

Meanwhile, crack the eggs into a bowl and beat until combined, adding salt and pepper if desired. Pour equal amounts into each muffin well, over the veggie/chicken mixture. Bake for 20 minutes. The eggs should be set – you'll know it's done when a toothpick inserted in the middle comes out clean.



LUNCH / DINNER

BUTTERNUT SQUASH WITH A HINT OF APPLE SOUP

INGREDIENTS

- 2 tablespoons extra-virgin olive oil
- 1 onion, chopped
- 2 garlic cloves, chopped
- 1-inch fresh ginger root, minced
- 1/2 teaspoon ground turmeric
- pinch of cinnamon
- pinch of cardamom powder
- pinch of ground cloves
- 3 carrots, peeled and chopped
- 1 green apple, peeled, quartered, and chopped
- 3 cups water
- 4 cups chopped butternut squash
- Himalayan sea salt and pepper to taste

DIRECTIONS

Heat extra virgin olive oil in a medium saucepan over medium heat. Add onion and garlic and cook until tender (about 6 to 8 minutes). Add ginger, turmeric, cinnamon, cardamom, and cloves and cook until fragrant, about 1 minute. Add carrots, apple, squash, and 3 cups water. Bring to a boil, then cover partially and reduce to a simmer.

Use an immersion blender to puree the soup and then season with Himalayan sea salt and pepper to taste.

Cook until vegetables are tender, about 20 minutes. Let it cool slightly.

CARNE ASADA BOWLS

INGREDIENTS

- jasmine rice (1/2-1 c. pp, cooked)
- 2 pounds carne asada steak
- 2 packages enchilada seasoning
- 2 bell peppers
- 1 large onion
- 2-4 zucchini
- 2 tablespoons avocado oil
- lime, sliced
- **Optional toppings:** salsa, cotija cheese, avocado, cilantro, jalapenos, sour cream

DIRECTIONS

Prepare steak by drizzling with avocado oil and heavily season with seasoning packets. Let marinate 30 minutes (up to overnight) until you are ready to grill.

Prepare rice according to package instructions.

Heat avocado oil in a pan to med-high heat. Thinly slice vegetables into strips. Cook onions until soft. Add in peppers and zucchini. Season with salt, pepper and garlic powder. Once cooked, turn down to low while you prepare the steak.

Place thinly sliced steak on a hot grill for 2-3 minutes per side. The steak is thin, so it cooks quickly. The trick to delicious carne asada is to not overcook. Once it's done, set aside for 5 minutes before slicing.

Assemble bowls according to individual portion-sizes, including protein, vegetables and rice. Add additional toppings of choice.



CHICKEN PAD THAI

INGREDIENTS

- 1 package rice noodles (16 oz.)
- 2 pounds boneless chicken breast or thighs
- 4 carrots, thinly sliced
- 2 bell peppers, thinly sliced
- 1 tablespoon minced garlic
- 2 tablespoons coconut oil
- 2 eggs
- green onions, thinly sliced
- 2 cups peanut sauce (store bought or recipe)
- 1/2 cup fresh cilantro
- 1/2 cup roasted peanuts, crushed
- limes, sliced
- bean sprouts, optional
- Set aside cilantro, peanuts, sprouts and limes in separate bowls for topping.

DIRECTIONS

Season chicken liberally with salt and pepper on each side. Grill on med-high heat approximately 8 minutes per side, checking for doneness. Remove from grill and set aside.

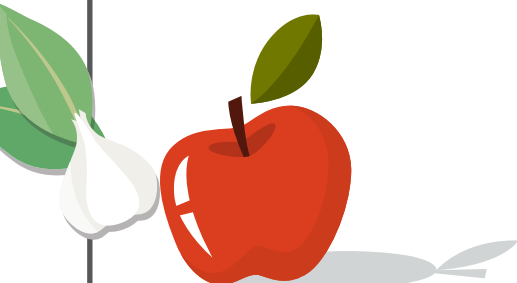
While chicken is grilling, heat coconut oil on med-high heat. Add garlic and carrots. Once carrots begin to soften, add peppers. Cook 4 minutes. Remove from pan and set aside.

In same pan (sprayed with nonstick cooking spray), scramble eggs.

Once eggs are cooked, slice chicken and add to pan with eggs, veggies and onions. Toss with 1 cup peanut sauce and coat.

Cook rice noodles according to package instructions. Strain and place back in pot and toss with 1/2 cup peanut sauce.

Assemble bowls according to individual portion-sizes. Top with additional peanut sauce, cilantro, peanuts, sprouts and lime.



STUFFED MEATBALLS

INGREDIENTS

- 2 pounds lean ground beef
- 1 onion, finely diced or grated
- 1/4 cup grated parmesan cheese
- 1/4 cup breadcrumbs
- 1 egg
- 1 small can tomato paste
- salt, pepper, oregano and garlic powder
- 4 cheese sticks, cut into 1/6 pieces
- 1 jar marinara
- brown rice pasta
- mixed greens
- cucumber, diced
- tomatoes, diced
- red wine or other vinegar
- extra virgin olive oil
- salt and pepper to taste

DIRECTIONS

Preheat oven to 425. Line a sheet pan with parchment paper.

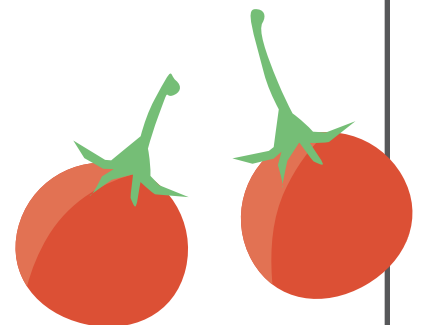
Combine first seven ingredients in a large bowl, mixing with hands. Form into meatball, approximately the size of a golf ball.

Press cheese stick piece into each ball and reform ball. Evenly space each meatball on sheet pan. Bake in oven for approximately 25 minutes. During last 5 minutes spoon a small amount of marinara over the top of each meatball.

While meatballs bake, cook brown rice pasta according to package instructions. Heat remaining marinara sauce in a pan.

Toss together a salad with mixed greens, cucumber, tomatoes and 2:1 ratio of vinegar and extra virgin olive oil.

Serve according to individual portions of meat, pasta (with sauce) and salad.



PASTA PRIMAVERA

INGREDIENTS

- 12 ounces gluten-free or regular spaghetti or linguine
- 1/2 bunch of broccoli, cut into 1-inch pieces (about 2 cups)
- 1 tablespoon extra virgin olive oil
- 12 ounces mushrooms, halved
- 1 small onion, minced
- 1 small carrot, cut into julienne slices
- 1 small red pepper, cut into ¼-inch thick strips
- 8 ounces almond, coconut, rice, or hemp milk
- 1/2 cup gluten-free, organic vegetable broth
- 1 teaspoon sweet rice flour
- 1/2 teaspoon Himalayan sea salt
- 2 cloves garlic, minced
- 1 medium-sized, organic Roma tomato, seeded and diced
- 3 tablespoons shredded vegan mozzarella cheese (optional)
- 2 tablespoons minced fresh parsley

DIRECTIONS

Cook pasta as directed on label in a large saucepan; drain and return to saucepan. Keep warm.

Meanwhile, in a 2-quart saucepan over high heat, add broccoli pieces to 1 inch of boiling water. Cover and decrease heat to low. Simmer 2-3 minutes, stirring once or twice until tender. Drain.

Preheat a 12-inch skillet over high heat. When hot, add olive oil, garlic, onion, and carrot. Stir frequently until golden and tender-crisp. Add red pepper and mushrooms. Cook until vegetables are tender.

In a large bowl, add milk, broth, rice flour, and salt. Blend well with a fork until all the lumps are dissolved. Add the milk mixture to the vegetables in the skillet. Bring to a boil over high heat and cook for one minute. Add tomato, cheese, parsley, broccoli, and pasta, tossing to coat everything with sauce, and heat thoroughly.



LEMON BAKED SALMON

INGREDIENTS

- 2 pounds salmon fillets (wild-caught)
- 1 teaspoon lemon zest
- 1/2 lemon, juiced; 1/2 sliced
- 1 teaspoon dill
- 1/4 cup capers
- 2 bunches asparagus, cut
- 1 tablespoon olive oil
- 1/2 cup parmesan cheese
- salt and pepper

DIRECTIONS

Preheat oven to 425, line a sheet pan with parchment paper.

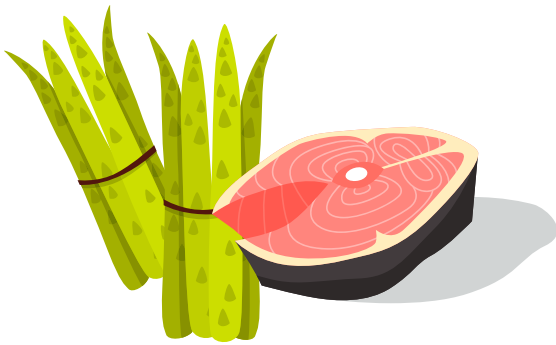
Pat salmon fillets dry with a paper towel and lay skin side down on sheet pan.

Season with salt and pepper. Squeeze lemon juice over the top of the fillets. Sprinkle with lemon zest and dill. Reserve capers.

On a separate sheet pan (or same, if room), spread asparagus and drizzle with olive oil, salt and pepper. Toss to coat. Spread evenly and sprinkle parmesan cheese on top.

Bake for 8-12 minutes until salmon is done. During the last 2-3 minutes top salmon with capers.

Serve salmon and asparagus portioned appropriately. Best served alongside a Caesar salad for additional vegetables and/or rice.



SWEET POTATO HASH

INGREDIENTS

- 3-4 sweet potatoes, diced
- 1 head cauliflower, chopped
- 1 pound kale, chopped
- 1 pound Brussels sprouts, halved
- 1 large onion, diced
- 2 pounds ground pork sausage
- 1/4 cup avocado or coconut oil
- 1 tablespoon garlic powder
- 1 teaspoon chili flakes
- salt and pepper to taste



DIRECTIONS

Preheat oven to 425. Line a large sheet pan with parchment paper.

Place diced sweet potatoes in a microwave-safe bowl. Microwave on “potato” setting to pre-cook slightly. This will ensure all vegetables are cooked in similar time frame in the oven.

Add all veggies to the sheet pan along with potatoes. Drizzle with oil and sprinkle with seasonings. Toss to coat.

Bake in oven for approximately 20 minutes until Brussels and cauliflower have crispy ends.

While veggies cook, brown pork sausage in a pan, strain oil and set aside.

During the last 5 minutes, toss the sausage in with the veggies and finish in the oven.

Portion appropriately in individual bowls. Top with 1-2 eggs, cooked over-easy. Serve alongside sliced tomatoes or fresh fruit.

LENTILS WITH GREENS

INGREDIENTS

- 2 tablespoons coconut oil or butter
- 2 celery stalks, chopped
- 2 carrots, peeled and chopped
- ½ onion, chopped
- ¼ cup apple cider or white wine vinegar
- 2 cups uncooked lentils, rinsed
- 2 medium potatoes, peeled and chopped
- 6 cups (1.4 liters) veggie or chicken broth, divided
- 1 bay leaf
- 1 teaspoon each dried marjoram and thyme
- ½ cup (120 ml) full-fat coconut milk
- 4 large handfuls fresh spinach or kale
- salt and pepper to taste
- olive oil and lemon juice (or vinegar) for topping

DIRECTIONS

In a soup pot or good-sized saucepan, melt the butter or coconut oil over medium heat. Add the celery, carrots, and onion and sauté for 10 minutes, until they are soft. Drizzle in the vinegar and stir to deglaze the pan.

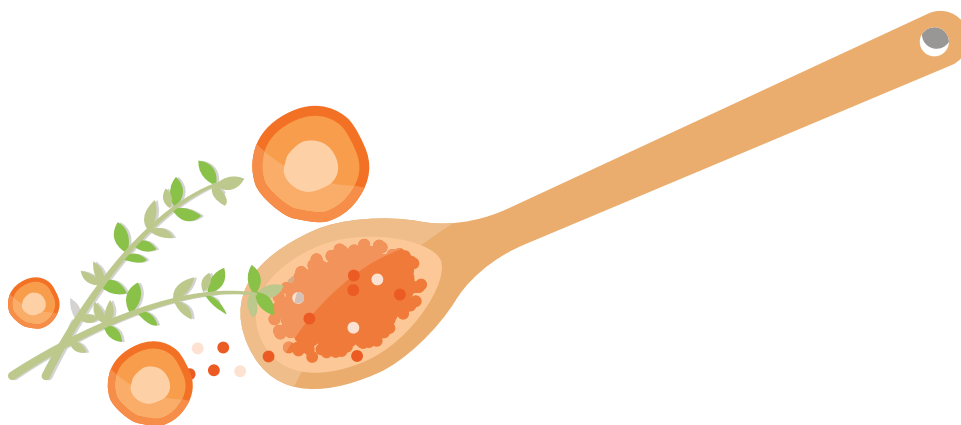
Add the lentils, potatoes, and 4 cups (950 ml) of the broth, stirring. Add the bay leaf and spices and let simmer for 45 minutes.

Stir occasionally and keep your eye on the pot, adding extra broth when needed so there's enough liquid to cover the mixture.

When the lentils are cooked through, pour in the coconut milk, and stir to incorporate.

Add salt and pepper to taste.

Just before serving, drizzle with olive oil and lemon juice.



POTATO, BEAN AND SPINACH HASH

INGREDIENTS

- 2 tablespoons olive oil
- 1 white onion, sliced
- 2 large potatoes, peeled and diced
- Himalayan salt, to taste
- 1 can white beans, drained and rinsed
- 6 big handfuls of fresh spinach, chopped
- ½ cup (60 g) feta cheese, crumbled
- zest of 1 lemon
- ground black pepper to taste



DIRECTIONS

Heat the olive oil in a large skillet over medium-high heat.

Add the onion and sauté until it starts to soften, 4-5 minutes.

Add the potatoes and 2 pinches of salt, tossing well to combine. Cover the skillet and cook for 8-10 minutes, stirring occasionally to make sure the potatoes brown on all sides.

Add the beans and cook for another 5 minutes, stirring occasionally.

Add the spinach and cook till wilted, about 3-5 minutes.

Take off the stove and stir in the cheese, lemon, and season with salt and pepper to taste.

Serve immediately.

MOROCCAN INSPIRED QUINOA SALAD

INGREDIENTS

- 1 tablespoon olive oil
- 1 medium onion, diced
- 1 clove garlic, minced
- 2 teaspoons Ras El Hanout OR ½ teaspoon each: turmeric, cumin, ginger, cinnamon
- freshly ground black pepper
- 2 cups (475 ml) vegetable broth
- 1 cup (170 g) uncooked quinoa
- 1 (15 ounce) (400 g) can chickpeas, rinsed and drained
- ½ cup (80 g) chopped dates
- ½ cup (50 g) toasted sliced almonds
- *For serving:* 2 small cucumbers, peeled and diced
- *For serving:* 1 large tomato, deseeded and chopped
- *Optional:* Goat cheese crumbles (about a half-cup/110 grams), 6 oz. tuna

DIRECTIONS

Heat the olive oil in a large pot over medium heat. Add the onion and sauté for 3-4 minutes, and then add garlic, stirring constantly so that it doesn't burn, cooking for 1 minute. Add the spices and cook for another 60 seconds.

Add the broth slowly, stirring to incorporate the spices, and then add quinoa. Bring the mixture to a boil and reduce heat to low, cover and cook for 15 minutes.

Remove from the heat and stir well. Add the chickpeas and dates, and taste for seasoning. Add salt and pepper if necessary.

Serve immediately or refrigerate for later. When it's time to eat, stir in tomatoes and cucumbers, optional goat cheese and a garnish of toasted almonds.



SKILLET ZUCCHINI LASAGNA

INGREDIENTS

- 2 large zucchinis, washed
- 2-3 tablespoons olive oil
- 1 pound (450 g) ground meat (turkey, chicken, beef, vegan meat substitute)
- 1 teaspoon sea salt
- 1 onion, diced
- 2 cloves garlic, minced
- 1 cup (70 g) mushrooms, chopped
- 1 cup (125 g) marinara sauce or canned crushed tomatoes
- 1/2 teaspoon black pepper
- 1 teaspoon each dried basil and oregano (or use Italian seasoning)
- 2-3 big handfuls spinach
- *Optional:* 1/2 cup (45 g) shredded mozzarella

DIRECTIONS

Cut the ends off the zucchinis and, using a peeler or mandolin, carefully slice them lengthwise into long strips resembling lasagna noodles. Pat down your noodles with a clean kitchen towel or paper towels to get rid of excess moisture and set aside.

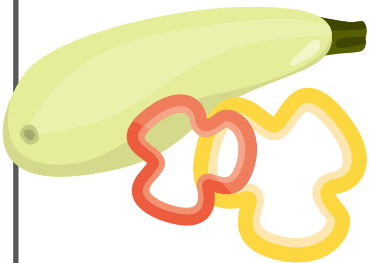
Heat a large, deep skillet on medium heat. If you're using lean meat (like ground turkey or chicken breast), heat 1 tablespoon of olive oil in the skillet to prevent sticking.

Place the meat in the skillet and brown, seasoning with 1/2 teaspoon of sea salt. When it's browned, spoon it onto a plate, and set aside, draining off any excess fat.

Add 1 tablespoon of olive oil to the pan and when it's hot, add the onions and garlic and cook, stirring frequently, until the onions are translucent. Add the mushrooms and zucchini "noodles" and sauté until softened, about 5 minutes.

Spoon the browned meat back into the skillet, along with the marinara sauce and seasonings. Cook for a few minutes to combine the flavors and stir in the spinach and heat until wilted. Taste and add more salt and pepper if necessary.

Sprinkle with mozzarella and serve!



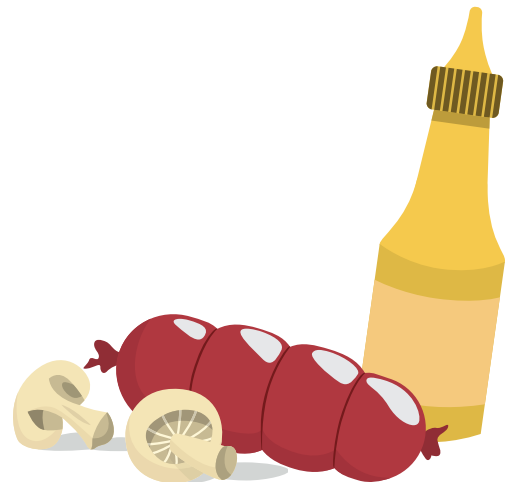
“CHEESEBURGER” SKILLET

INGREDIENTS

- 1-2 tablespoons olive oil
- 2 potatoes, peeled and diced
- 2 teaspoons pink Himalayan salt, divided
- 2 teaspoons ground pepper
- 1/2 large onion, diced
- 1 cup (120 g) mushrooms, sliced
- 1 pound (450 g) ground meat / meat substitute
- 1 tablespoon yellow mustard
- 1 tablespoon tomato paste
- 1 tablespoon nutritional yeast
- 1 tablespoon liquid aminos
- 1 teaspoon garlic powder

Toppings (choose your favorites):

- lettuce / tomato / avocado
- crumbled bacon
- pickles



DIRECTIONS

Heat a large skillet over med-high heat with about 1 tablespoon of olive oil. Add the potatoes with about 1 teaspoon each of salt and pepper. Sauté for about 10-12 minutes until brown and barely fork-tender.

Using a slotted spoon, remove the potatoes to a plate and set aside. Lower the heat and add the onion to the skillet and cook for 3-4 minutes before adding the garlic and sauté for 1 minute before adding the mushrooms.

Cook until the onions and mushrooms start to soften. Push the veggies off to the side and add the ground meat or meat substitute to the center of the skillet and stir to break it up. Add the mustard, tomato paste, nutritional yeast, liquid aminos, the mustard, garlic powder, and the rest of the salt and pepper.

Cook the meat until it reaches your desired level of doneness and add the potatoes back to the skillet and stir to combine the mixture. When the potatoes are heated through, serve with suggested toppings.

CHICKEN STEW

INGREDIENTS

- 2 tablespoons olive oil
- 2 stalks celery, chopped
- 1 carrot, peeled, chopped
- 1 small onion, chopped
- salt and freshly ground black pepper
- 14.5 oz. (400 g) can diced tomatoes
- 2 medium sweet potatoes, diced
- 2 cups (475 ml) chicken broth
- 1 tablespoon tomato paste
- 1 bay leaf
- 1 teaspoon dried basil
- 1/2 teaspoon dried thyme leaves
- 1 pound/ (450 g) chicken breast, chopped into bite-sized pieces
- 4 handfuls fresh spinach, chopped

DIRECTIONS

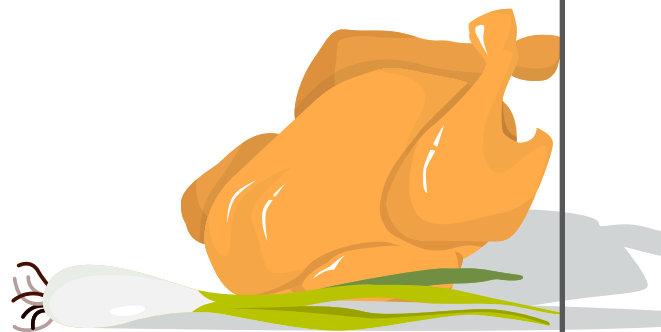
Heat the oil in a heavy saucepan over medium heat. Add the celery, carrot, and onion and sauté about 5 minutes, until the onion is translucent. Season with salt and pepper, to taste.

Stir in the tomatoes and juice, sweet potato, chicken broth, tomato paste, bay leaf, basil, and thyme. Stir well, and then add the chicken breasts, making sure they are fully covered.

Bring to a simmer and reduce heat to medium low cooking liquid to a simmer. Reduce the heat to medium-low and simmer gently uncovered until the chicken is cooked through, about 30 minutes.

Remove the bay leaf. Stir the spinach into the pot and cook until wilted, about 5 minutes. Season with additional salt and pepper to taste.

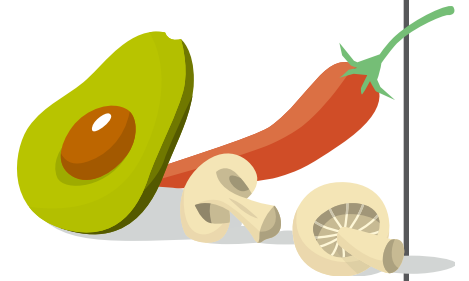
Serve and enjoy!



SLOW COOKER CHICKEN CURRY

INGREDIENTS

- 1/2 cup (120 ml) coconut milk
- 1/2 cup (120 ml) low-sodium chicken stock
- 14.5 oz (400g) can chopped fire-roasted tomatoes
- 4 tablespoons mild curry paste
- 2 tablespoons chopped fresh ginger
- 2 large sweet potatoes, peeled and diced
- 1 yellow onion, chopped
- 2 red bell peppers, chopped
- 1 pound (450 g) skinless chicken thighs
- 1 14 oz (400 g) can chickpeas
- *Optional:* 1 cup (200 g) cooked brown rice



DIRECTIONS

Pour coconut milk, stock, tomatoes, and curry paste into a slow cooker and mix together well.

Add the ginger, sweet potatoes, onions, peppers, and chicken thighs. Make sure the chicken is fully submerged.

Set the slow cooker on low and cook for 2-3 hours and then add the chickpeas.

Cook for another 2-3 hours, until the chicken and potatoes are tender.

Serve as-is or over cooked rice.

MEAT AND POTATOES SHEET PAN DINNER

INGREDIENTS

- 4 x 1-inch (2.5 cm) thick top sirloin steaks (about 1.5 pounds./680 g)
- 1/4 cup olive oil
- 1/4 cup lemon juice
- 2 cloves garlic, minced.
- 1 teaspoon sea salt plus more to taste
- ground black pepper to taste
- 2 pounds (900 g) baby potatoes, scrubbed and cut into bite-sized pieces
- 1 pound (450 g) carrots, peeled and cut into circles
- 1 pound (450 g) green beans, trimmed
- 1 yellow onion, chopped
- chopped parsley optional, for garnish

DIRECTIONS

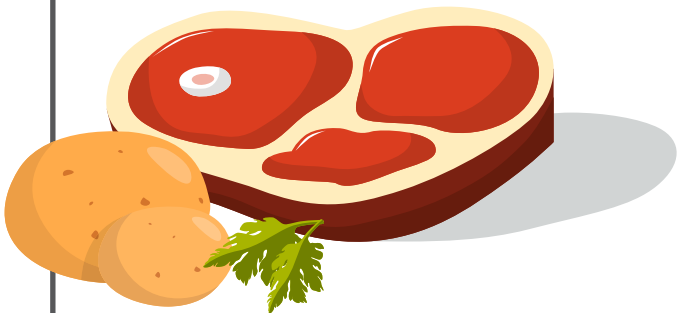
Preheat the oven to 400°F (200°C) degrees F and lightly grease a large baking sheet.

In a large bowl, whisk together the olive oil, lemon juice, garlic, salt and pepper. Add the potatoes, carrots, green beans, and onion, and toss well to coat.

Place the veggies in a single layer on the baking sheet, and roast in the preheated oven for 25-30 minutes, stirring at least once to make sure they cook evenly. They will be done when they are tender. Remove from the oven and place on a plate, set aside.

Turn on the broiler. Generously season both sides of the steaks with salt and pepper and place on the baking sheet. Broil the steaks for about 4-5 minutes per side (medium-rare) or longer. Let the steak rest for 5-10 minutes before slicing.

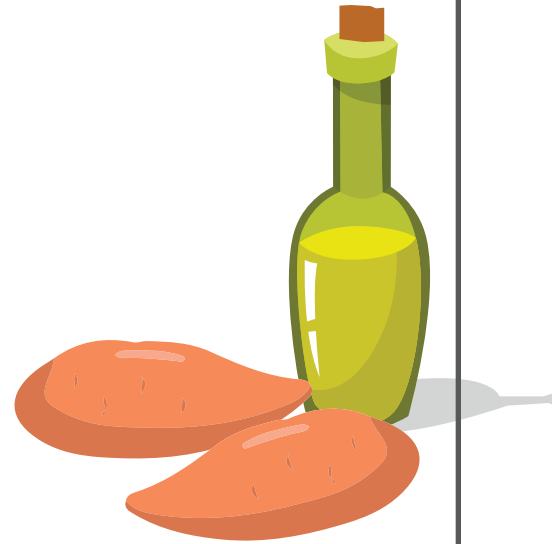
Serve with the potatoes and veggies. Enjoy!



SWEET POTATO TURKEY BURGERS

INGREDIENTS

- 2 tablespoons olive oil
- 1/4 cup diced onion
- 1 sweet potato, cooked, cooled, peeled and mashed
- 2 teaspoons minced garlic
- 3 cups chopped/shredded spinach
- 1 pound 94 percent fat-free ground turkey
- 1 egg
- 1/8 cup to 1/4 cup gluten-free rolled oats
- 1 tablespoon mustard (Dijon)



DIRECTIONS

Preheat a cast iron skillet on medium to medium-high heat. Mix all the ingredients in a bowl, being careful not to overwork the meat mixture. If the mixture is too loose, add more oats. Form into 6 burger patties.

Add the olive oil to the pan, and when it is hot, add the burgers. Cook for 4-6 minutes each side, or until done. Eat immediately or store in the refrigerator/freezer for later.

SLOW COOKER GREEK CHICKEN THIGHS

INGREDIENTS

- 1 pound trimmed green beans
- 1 15 oz. can diced tomatoes
- 1 yellow onion, diced
- 1 cup chicken broth
- 2 cloves garlic, minced
- 2 tablespoons fresh lemon juice
- 1/4 cup fresh chopped dill (if unavailable, use 1 tablespoon dried)
- 1 1/2 pound skin-on chicken thighs
- salt and pepper to taste

DIRECTIONS

Place all ingredients except chicken and oil in a slow cooker. Place the chicken in the slow cooker with the other ingredients and cook on low for 8 hours or high for 4 hours.

INSTANT POT BEEF STEW

INGREDIENTS

- 1 tablespoon butter
- 1 pound grass-fed beef stew meat
- 1 teaspoon salt
- ½ cup your favorite gluten-free flour
- 1 yellow onion, diced
- 4 carrots, diced
- 2 celery stalks, diced
- 3 potatoes, diced (about 2 cups)
- 4 garlic cloves, minced
- 3 cups beef broth
- 1 can diced tomatoes
- 2 teaspoons thyme
- 1 teaspoon pink Himalayan salt
- 1/2 teaspoon ground pepper

DIRECTIONS

Turn the Instant Pot to sauté for 10 minutes. While it's warming, toss the stew meat in the flour and 1 teaspoon salt to coat. Add the butter to the Instant Pot and brown the beef on all sides, stirring occasionally.

When the meat is browned, add the rest of the ingredients to the Instant Pot. Carefully attach the lid and seal. Select the meat/stew setting and set your timer for 17 minutes. When it's done cooking, allow the steam to naturally release for 5 minutes, and then perform a manual release.

Serve or package for storage.



For more nutrition guidance and resources, please visit the [IAFF Fire Fighter Nutrition Campaign site here](#).