

RECIPE: BLUEBERRY OATMEAL

PREP TIME: 10 MIN (SERVES 4)

DIFFICULTY: LOW

INGREDIENTS:

2 cups quick cooking oats

1 1/2 cups 2% milk

2/3 cup packed brown sugar

1 teaspoon brown cinnamon

1 1/2 cups frozen blueberries

METHOD:

- 1) In a small saucepan, bring milk to a boil.
- 2) Stir in oats. Cook over medium heat until thickened, 1-2 minutes, stirring occasionally.
- 3) Stir in brown sugar and cinnamon.
- 4) Divide between four serving bowls; top with thawed blueberries.

Tasty Tips:

Try other fruit toppings.

Add nuts.

RECIPE: SPINACH CHICKPEA SALAD

PREP TIME: 10 MIN (SERVES 4)

DIFFICULTY: KID-FRIENDLY

INGREDIENTS:

10 oz fresh spinach

2 cans chickpeas drained, rinsed

1/2 cup Lite Asian Toasted Sesame Dressing

1/3 cup reduced-fat, shredded cheddar cheese

2 handful raisins

METHOD:

1) Sprinkle the cheese with the spinach and chickpeas and toss in a large bowl

2) Drizzle dressing over the salad

3) Enjoy!

Tasty Tips:

Add spices for pop of flavor.

Add lemon juice for acidity.

RECIPE BAKED TILAPIA & VEGGIES

PREP TIME: 30 MIN (SERVES 4)

DIFFICULTY: MEDIUM

INGREDIENTS:

1 cup brown rice

4 (4 oz) tilapia fillets

1 (16 oz) canned or frozen mixed veggies

1 diced yellow onion

1/2 tsp garlic powder

Tasty Tip:

Don't like tilapia? Try using cod!

METHOD:

- 1) Prepare rice according to package directions. Set aside
- 2) Preheat oven to 450°F & tear four large squares of foil. Lightly coat with cooking spray & place one fillet in the center of each square.
- 3) Mix garlic & onion with vegetables. Spoon vegetable mix over fish.
- 4) Fold foil up to make leak proof packets & place on a baking sheet. Bake 15-20 minutes, or until fish flakes with a fork.

RECIPE: FRUIT SALAD

PREP TIME: 15 MIN (SERVES 4)

DIFFICULTY: KID-FRIENDLY

INGREDIENTS:

- 2 apples peeled, chopped
- 2 oranges peeled, slices cut in half
- 4 cups strawberries hulled, quartered
- 3 cups blackberries
- 2 cups grapes

METHOD:

- 1) Cut apples, oranges, and strawberries
- 2) Add fruit to a large bowl and mix
- 3) Chill until ready to serve.

Tasty Tips:

Add honey.

Add nuts.

RECIPE: BREAKFAST TACOS

PREP TIME: 15 MIN (SERVES 4)

DIFFICULTY LOW

INGREDIENTS:

4 medium wheat tortillas

4 eggs

1 cup black beans, canned

1 cup tomatoes, canned

1/3 cup reduced-fat, shredded cheddar
cheese

METHOD:

1) Heat the tortillas over medium heat in a pan. Set aside.

2) Cook the eggs over medium heat. Once cooked, place in each tortilla.

3) Heat up the black beans and place in tortillas.

4) Slice the tomatoes and sprinkle cheese. Place in tortillas.

Tasty Tips:

Kidney beans can be used instead of black beans

You can also add leftover meat

RECIPE: SPINACH & CHICKEN QUESADILLA

PREP TIME: 15 MIN (SERVES 4)

DIFFICULTY: MEDIUM

INGREDIENTS:

2 lb. ground chicken

4 cups canned spinach

1 1/2 cups reduced-fat, shredded cheddar cheese

4 large wheat tortillas

1/2 cup salsa

Tasty Tips:

Add sour cream.

Salt & pepper to taste.

METHOD:

- 1) Cook ground chicken in skillet until done.
- 2) Heat grill to medium. In a large bowl, combine the chicken, spinach, and cheese.
- 3) Dividing evenly, place the mixture on one half of each tortilla. Fold over the other half to cover.
- 4) Grill the quesadillas in skillet until the cheese has melted and the tortillas are crisp, 3 to 4 minutes per side.
- 5) Serve quesadillas with salsa.

RECIPE: SWEET POTATO NACHOS

PREP TIME: 30 MIN (SERVES 4)

DIFFICULTY: MEDIUM

INGREDIENTS:

2 medium sweet potatoes (makes 4 cups of rounds)

1/3 cup canned black beans (drained)

1/3 cup reduced-fat, shredded cheddar cheese

1 Tbsp olive oil

1/3 cup no salt added, canned, diced tomatoes (drained)

Tasty Tip:

A well-stocked spice cabinet is an easy way to add flavor without added sodium

METHOD:

1) Preheat the oven to 425°F. Cover the baking pans with foil and coat with nonstick cooking spray.

2) Peel and slice the sweet potatoes thinly (about quarter-inch rounds). In a bowl, toss the rounds with olive oil. Spread evenly on prepared pan. Bake for 10 minutes and use a spatula to flip the sweet potato rounds. Bake for another 5-10 minutes or until crisp.

3) Remove the pan from the oven and sprinkle beans and cheese over the sweet potatoes. Return to oven until cheese melts, about 2 minutes. Sprinkle with tomato. Serve.

RECIPE: APPLES & PEANUT BUTTER

PREP TIME 10 MIN

DIFFICULTY: KID-FRIENDLY

INGREDIENTS:

4 small red/green apples

1/2 cup peanut butter

Tasty Tips:

Brush or dip sliced apples in lemon juice to prevent browning.

Substitute peanut butter for caramel.

METHOD:

- 1) Cut apples into slices
- 2) Dip into peanut butter
- 3) Enjoy!

RECIPE: VEGGIE OMELET

PREP TIME 15 MIN (SERVES 4)

DIFFICULTY: LOW

INGREDIENTS:

8 eggs, beaten

1/2 cup red bell peppers

1/4 cup yellow onion

4 cups spinach, canned

1/4 cup reduced-fat, shredded cheddar cheese

Tasty Tips:

Salt & pepper to taste.

Hot sauce adds an extra burst of flavor.

METHOD:

1) In nonstick skillet, heat oil over medium-high heat. Add bell pepper, onion to oil. Cook 2 minutes, Stir in spinach. Remove vegetables from pan to small bowl.

2) Beat egg product in bowl with fork until well mixed. Quickly pour egg mixture into pan. Let stand over heat a few seconds to lightly brown bottom of omelet.

3) Place cooked vegetable mixture over half of omelet; top with cheese. Fold other half of omelet over vegetables. Slide out of pan onto plate. Serve immediately.

RECIPE: PEAS & PASTA

PREP TIME 20 MIN (SERVES 4)

DIFFICULTY: LOW

INGREDIENTS:

3 cups whole wheat pasta

2 cups peas, canned

2 Tbsp oil

1/4 cup grated Parmesan cheese

Tasty Tips:

Salt & pepper to taste.

Refrigerate leftovers.

METHOD:

1) In a large pot, bring 12 cups of water to a boil.

2) Add pasta and cook for 8 minutes.

3) Add peas to pot and cook for 2 more minutes.

4) Drain peas and pasta and place in large bowl.

5) Toss cooked pasta and peas with oil.

6) Sprinkle with cheese and serve hot.

RECIPE: CHICKEN STIR FRY

PREP TIME: 20 MIN (SERVES 4)

DIFFICULTY: LOW

INGREDIENTS:

- 1 lb. boneless skinless chicken breasts, cut into thin strips
- 2 cups hot cooked brown rice
- 1/3 cup Lite Asian Toasted Sesame Dressing
- 1 cup canned peas

METHOD:

- 1) Heat oil in large nonstick skillet on medium-high heat. Add chicken; stir-fry 4 min. or until chicken is evenly browned.
- 2) Add peas; stir-fry 2 to 3 min. until chicken is done. Add water and dressing; stir-fry 2 min. or until heated through.
- 3) Serve over rice.

Tasty Tips:

Add colorful bell peppers to provide vitamin C.
Salt & pepper to taste.

RECIPE: TUNA & CRACKERS

PREP TIME: 5 MIN (SERVES 4)

DIFFICULTY LOW

INGREDIENTS:

4 tuna packs

24 crackers

Tasty Tips:

Store tuna packs in dry storage area.

Sprinkle lemon pepper.

METHOD:

1) Open tuna pack and place on plate with crackers

2) Enjoy!