

RECIPE: BREAKFAST BURRITOS

PREP TIME: 7-MINUTES (SERVES 4)

DIFFICULTY: MEDIUM

INGREDIENTS:

4 WHOLE WHEAT TORTILLAS

8 EGGS

1 CAN BLACK BEANS

- **TASTY TIP: RINSE AND DRAIN THE BLACK BEANS TO GET RID OF EXCESS SODIUM.**

1 HANDFUL OF SPINACH

- **TASTY TIP: STORE SPINACH WITH A PAPER TOWEL INSIDE THE PACKAGING TO KEEP IT FRESH FOR TWICE AS LONG.**

6 TBSP OF SALSA

METHOD:

1) RINSE AND DRAIN CAN OF BLACK BEANS.

2) HEAT BEANS IN MICROWAVE OR ON STOVETOP.

3) CRACK EGGS INTO A BOWL AND SCRAMBLE.

4) POUR SCRAMBLED EGGS INTO A GREASED SKILLET OVER MEDIUM-HIGH HEAT. COOK UNTIL NO MORE LIQUID EGG IS VISIBLE AND EGGS ARE FORMED.

5) LAY OUT BURRITO SHELLS ONTO 4 SEPARATE PLATES. ADD HEATED BLACK BEANS, COOKED EGGS, HANFUL OF SPINACH, AND SALSA TOPPING TO EACH SHELL. FOLD AND ROLL SHELL AND TOPPINGS INTO A FORMED BURRITO.

ENJOY!

RECIPE: MEDITERRANEAN PASTA SALAD

PREP TIME: 15-MINUTES (SERVES 8)

DIFFICULTY: MEDIUM

INGREDIENTS:

1-16 OZ BOX 100% WHOLE WHEAT PASTA

1 CAN DICED TOMATOES

1 CAN CHICKPEAS

1 CAN SLICED OLIVES

- **TASTY TIP: OPT FOR A LOW SODIUM CAN OF OLIVES!**

1/2 BOTTLE OF ITALIAN DRESSING

- **TASTY TIP: TRY CHOOSING A FAT-FREE DRESSING TO REDUCE TOTAL FAT AND CALORIES!**

METHOD:

1) BRING 4-6 QUARTS OF WATER TO A BOIL. ADD 1 BOX OF PASTA TO WATER AND BOIL FOR 9-12 MINUTES, OR ACCORDING TO BOX INSTRUCTIONS. DRAIN AND SET PASTA ASIDE.

2) RINSE AND DRAIN CAN OF CHICKPEAS.

3) RINSE AND DRAIN CAN OF DICED TOMATOES.

4) RINSE AND DRAIN CAN OF OLIVES.

5) IN A LARGE BOWL, COMBINE THE PASTA WITH THE TOMATOES, CHICKPEAS AND OLIVES. ADD ITALIAN DRESSING AND PLACE IT IN THE REFRIGERATOR TO CHILL.

ENJOY THIS MEAL AND THE LEFTOVERS THROUGHOUT THE WEEK!

RECIPE: PITA PIZZA

PREP TIME: 10-MINUTES (SERVES 4)

DIFFICULTY: MEDIUM

INGREDIENTS:

100% WHOLE WHEAT PITA POCKETS

- **TASTY TIP: THE WHOLE WHEAT OPTION HAS MORE FIBER TO KEEP YOU FULL LONGER.**

2 CUPS PIZZA SAUCE

2 CUPS SHREDDED MOZZARELLA CHEESE

1 CAN DICED TOMATOES

SEVERAL HANDFULS OF CHOPPED SPINACH

- **TASTY TIP: ADDING EXTRA VEGGIES ON TOP PROVIDES MORE NUTRIENTS AND FIBER!**

METHOD:

1) CUT THE ROUND PITA POCKETS TRANSVERSELY, SEPARATING THE TOP FROM THE BOTTOM. YOU WILL END UP WITH 2 SEPARATE ROUNDS PER PITA.

2) PLACE PITA ROUNDS INTO THE OVEN ON BROIL TO TOAST THE CRUST.

3) ADD PIZZA SAUCE TO THE TOASTED PITA ROUNDS AND SPRINKLE WITH CHEESE.

4) TOP THE ROUNDS WITH DICED TOMATOES AND CHOPPED SPINACH.

5) PLACE THE FINISHED PITA ROUNDS BACK IN THE OVEN ON A COOKIE SHEET UNTIL THE CHEESE IS MELTED AND THE PIZZA IS HEATED THROUGH. ENJOY!

RECIPE: APPLE AND PEANUT BUTTER SNACK

PREP TIME: 3-MINUTES (SERVES 4)

DIFFICULTY: LOW

INGREDIENTS:

4 WHOLE APPLES

- **TASTY TIP: IF STORING APPLE SLICES, SQUEEZE WITH LEMON JUICE AND STORE IN REFRIGERATOR TO PREVENT BROWNING!**

8 TABLESPOONS PEANUT BUTTER

- **TASTY TIP: CHOOSING A NATURAL PEANUT BUTTER WILL REDUCE PROCESSED FATS!**

OPTIONAL: CINNAMON

METHOD:

1) USING A CUTTING BOARD, SLICE APPLE AROUND THE CORE MAKING SURE NOT TO CUT YOUR FINGERS.

2) MEASURE OUT 2 TBSP OF PEANUT BUTTER INTO 4 SEPARATE CONTAINERS (ONE FOR EACH PERSON).

3) ENJOY THE PAIR BY DIPPING OR SPREADING PEANUT BUTTER ONTO APPLE SLICES.

OPTIONAL: SPRINKLE WITH CINNAMON FOR ADDED FLAVOR.

RECIPE: BANANA OATMEAL

PREP TIME: 7-MINUTES (SERVES 4)

DIFFICULTY: LOW

INGREDIENTS:

2 CUPS OATS (OLD-FASHIONED, QUICK COOKING, OR STEEL-CUT)

- **TASTY TIP: TRY CHOOSING PLAIN OATS AND ADD YOUR OWN SWEETENER AS NEEDED TO REDUCE THE SUGARS!**

4 CUPS MILK

- **TASTY TIP: OPT FOR A LOW-FAT OR FAT-FREE MILK TO REDUCE TOTAL FAT AND CALORIES!**

4 TBSP PEANUT BUTTER

4 BANANAS, SLICED

OPTIONAL: CINNAMON

METHOD:

1) IN A SAUCEPAN OVER MEDIUM-HIGH HEAT, COMBINE OATS AND MILK AND STIR.

2) ADD PEANUT BUTTER AND STIR INTO THE MIXTURE.

3) COOK FOR ABOUT 5 MINUTES OR UNTIL DESIRED THICKNESS IS REACHED.

4) TOP COOKED OATMEAL WITH SLICED BANANAS AND SERVE.

OPTIONAL: SPRINKLE WITH CINNAMON FOR SOME ADDED FLAVOR!

ENJOY!

RECIPE: TURKEY AND CHEESE PITA

PREP TIME: 5-MINUTES (SERVES 4)

DIFFICULTY: LOW

INGREDIENTS:

4 WHOLE WHEAT PITA POCKETS

1 PACKAGE OF SLICED TURKEY LUNCH MEAT

2 CUPS SHREDDED MOZZARELLA CHEESE

- **TASTY TIP: ADD A DRIZZLE OF LIGHT ITALIAN DRESSING TO ADD FLAVOR TO THE PITA!**

1 CAN OF FAVORITE FRUIT

- **TASTY TIP: CHOOSING FRUIT CANNED IN WATER OR LIGHT SYRUP LOWERS THE SUGAR AND CALORIE CONTENT!**

1-16 OZ BAG OF PRETZELS OR PRETZEL STICKS

METHOD:

1) CUT EACH PITA HORIZONTALLY INTO 2 HALVES. OPEN UP EACH PITA POCKET.

2) STUFF 2-3 SLICES OF TURKEY BREAST INTO EACH. ADD SHREDDED CHEESE IN WITH TURKEY.

OPTIONAL: TOAST PITA IN THE OVEN FOR A WARM SANDWICH!

3) RINSE AND DRAIN THE CANNED FRUIT WELL.

4) PORTION OUT A SERVING OF PRETZELS ON EACH PLATE AND SERVE.

ENJOY!

RECIPE: BAKED CHICKEN DINNER

PREP TIME: 30-MINUTES (SERVES 4)

DIFFICULTY: MEDIUM

INGREDIENTS:

4 CHICKEN BREASTS

1 LEMON

- **TASTY TIP: SQUEEZE LEMON OVER CHICKEN BREASTS AND POTATOES FOR SOME EXTRA ZEST!**

6 RUSSET POTATOES, CUBED (LEFTOVERS WANTED)

2 CANS GREEN BEANS

- **TASTY TIP: RINSE AND DRAIN GREEN BEANS TO GET RID OF EXTRA SODIUM!**

SALT AND PEPPER TO TASTE.

METHOD:

1) PREHEAT OVEN TO 350 DEGREES F.

2) CUT POTATOES INTO CUBES ABOUT THE SIZE OF YOUR THUMB. DRIZZLE WITH OLIVE OIL AND SALT AND PEPPER TO TASTE.

3) EVENLY DRIZZLE 4 TBSP OF OIL OVER THE CHICKEN BREASTS. SALT AND PEPPER TO TASTE. PLACE CHICKEN BREASTS ON A SEPARATE BAKING TRAY.

4) BAKE POTATOES AND CHICKEN FOR ABOUT 25-30 MIN.
• **COOK CHICKEN UNTIL INTERNAL TEMP. REACHES 165 DEGREES F AND JUICES RUN CLEAR.**

5) RINSE AND DRAIN GREEN BEANS WELL. MICROWAVE OR HEAT IN A SAUCEPAN UNTIL HEATED THROUGH.

RECIPE: PEANUT BUTTER PINWHEELS

PREP TIME: 3-MINUTES (SERVES 4)

DIFFICULTY: LOW

INGREDIENTS:

2 TORTILLA SHELLS, DIVIDED IN HALF

4 TBSP PEANUT BUTTER

2 BANANAS, SLICED

- **TASTY TIP: ADD A SPRINKLE OF CINNAMON FOR SOME EXTRA FLAVOR.**
- **TASTY TIP: TRY TOASTING THE PINWHEELS FOR A WARM TREAT!**

METHOD:

1) DIVIDE TORTILLA SHELLS IN HALF.

2) CUT BANANAS INTO 1/4 INCH SLICES.

3) SPREAD ABOUT 1 TABLESPOON OF PEANUT BUTTER ONTO EACH HALF TORTILLA SHELL.

4) EVENLY DISTRIBUTE BANANA SLICES ONTO EACH HALF TORTILLA SHELL.

OPTIONAL: SPRINKLE WITH CINNAMON FOR ADDED FLAVOR.

ENJOY!

RECIPE: BREAKFAST SCRAMBLE

PREP TIME: 7-MINUTES (SERVES 4)

DIFFICULTY: MEDIUM

INGREDIENTS:

4 EGGS, SCRAMBLED

LEFTOVER ROASTED POTATOES (FROM DINNER)

- **TASTY TIP: REHEAT POTATOES IN OVEN TO KEEP THEM CRISP!**

2 CUPS SPINACH, WILTED

- **TASTY TIP: STORING SPINACH WITH A PAPER TOWEL IN THE BAG/CONTAINER KEEPS IT FRESH FOR TWICE AS LONG!**

1 CUP SHREDDED CHEESE

8 TBSP SALSA

METHOD:

1) REHEAT LEFTOVER POTATOES IN THE OVEN OR MICROWAVE.

2) CRACK EGGS INTO A BOWL AND SCRAMBLE. SALT AND PEPPER TO TASTE.

3) COOK EGGS IN A GREASED SKILLET OVER MEDIUM-HIGH HEAT UNTIL EGGS ARE FORMED AND THERE ARE NO LIQUIDS VISIBLE.

4) ADD SPINACH TO THE EGG MIXTURE AND WILT SLIGHTLY. ADD HEATED POTATOES TO THE MIXTURE.

5) TOP WITH CHEESE SPRINKLES AND SALSA AND SERVE.

ENJOY!

RECIPE: QUESADILLAS

PREP TIME: 20-MINUTES (SERVES 4)

DIFFICULTY: MEDIUM

INGREDIENTS:

4 TORTILLA SHELLS

2 CUPS MOZZARELLA CHEESE

1 CAN BLACK BEANS

- **TASTY TIP: RINSE AND DRAIN BLACK BEANS WELL TO REMOVE EXTRA SODIUM!**

2 CUPS SPINACH, CHOPPED

- **TASTY TIP: SPRAY EITHER SIDE OF THE QUESADILLA WITH COOKING SPRAY BEFORE FLIPPING FOR ADDED CRUNCH!**

METHOD:

1) RINSE AND DRAIN BACK BEANS IN A STRAINER.

2) SPRAY SKILLET WITH COOKING SPRAY AND HEAT OVER MEDIUM-HIGH HEAT.

3) PLACE 1 TORTILLA SHELL ON THE SKILLET AND ADD CHEESE, BEANS, AND CHOPPED SPINACH ON 1/2 OF THE TORTILLA SHELL.

4) FLIP THE EMPTY HALF OVER THE FILLED HALF TO CREATE A HALF-MOON SHAPE. COOK ON EACH SIDE UNTIL TORTILLA IS SLIGHTLY BROWN AND THE CHEESE IS MELTED THROUGH.

5) REPEAT STEPS 1-4 FOR EACH QUESADILLA. CUT EACH INTO TRIANGLES AND SERVE. ENJOY!

RECIPE: HOMEMADE PITA CHIPS AND SALSA

PREP TIME: 10-MINUTES (SERVES 4)

DIFFICULTY: LOW

INGREDIENTS:

4 PITA POCKETS

- **TASTY TIP: MAKING PITA CHIPS IS A GREAT WAY TO USE LEFTOVER PITA THAT MAY BE GETTING STALE.**

2-3 TBSP OLIVE/CANOLA OIL

12 TBSP SALSA

- **TASTY TIP: ADD HOT SAUCE TO SALSA FOR EXTRA KICK WITHOUT EXTRA CALORIES!**

SALT AND PEPPER

METHOD:

1) PREHEAT OVEN TO 400 DEGREES F.

2) CUT PITA POCKETS INTO TRIANGULAR SHAPES, ABOUT 2-3 INCHES EACH.

3) DRIZZLE PITA LIGHTLY WITH OIL AND ADD SALT AND PEPPER TO TASTE.

- **OPTIONAL: SPRAY WITH COOKING SPRAY INSTEAD OF OLIVE OIL TO REDUCE CALORIES.**

4) PLACE CUT PITAS ONTO A COOKING SHEET AND BAKE FOR ABOUT 7 MINUTES OR UNTIL LIGHTLY BROWN.

- **WATCH CAREFULLY AS THEY CAN BURN EASILY.**

5) SERVE WITH SALSA AND ENJOY!