

RECIPE: Peach Oatmeal Bake

PREP TIME: 10 minutes

DIFFICULTY: Low

INGREDIENTS:

- 1 can of peaches**
- 2 cups of quick oats**
- 1.5 cups milk**
- 2 eggs**
- 3 tbsp brown sugar**

TASTY TIP: You can top this oatmeal bake with yogurt for extra creaminess!

METHOD:

- 1. Preheat oven to 375 degrees.**
- 2. Whisk together milk and eggs.**
- 3. Add oats and brown sugar. Mix until combined.**
- 4. Spray a 9x9 dish with non-stick cooking spray.
Pour mixture into the dish.**
- 5. Top oatmeal with sliced peaches**
- 6. Bake for 25 minutes, or until a toothpick comes out clean.**

TASTY TIP: This dish is great leftover. Put a lid on it and store in the fridge for up to 3 days!

RECIPE: Pineapple Yogurt Parfaits

PREP TIME: 15 min

DIFFICULTY: Low

INGREDIENTS:

- 1 can of pineapple**
- 2 cups of vanilla Greek yogurt**
- 1 cup of quick oats**
- 2 tbsp brown sugar**
- 1 tsp cinnamon**

TASTY TIP: The quick oats, brown sugar, and cinnamon will be used to make an easy, homemade granola - but feel free to add any of your favorite ingredients, like raisins, walnuts, etc.

METHOD:

- 1. Preheat oven to 350 degrees.**
 - 2. In a bowl, combine oats, brown sugar, and cinnamon. Mix until combined.**
 - 3. Pour mixture onto a greased pan and bake for 12-15 min, or until desired crispiness is obtained. Allow 1-2 hours to cool to room temperature. This will be your homemade granola!**
 - 4. Using a bowl or large cup, layer 1/4 cup yogurt, a spoonful of pineapple (without juice), and 2 tbsp granola. Repeat layering two times. Enjoy!**
- TASTY TIP: Double the batch of granola and store extras in an air tight container in your pantry!**

RECIPE: Mushroom Scramble

PREP TIME: 15 minutes

DIFFICULTY: Medium

INGREDIENTS:

1 can of mushrooms, drained

6 eggs

2 cups of shredded cheese

Salt and pepper, to taste

TASTY TIP: Using milk in your egg mixture makes them fluffier and adds calcium.

METHOD:

- 1. Heat a greased pan on medium-high. Add mushrooms and saute for 1 minutes.**
- 2. In a bowl, whisk eggs together.**
- 3. Pour eggs over mushrooms and scramble.**
- 4. Sprinkle cheese on top and continue cooking until cheese is melted and eggs are done to your liking.**

TASTY TIP: Add spinach or tomatoes to this scramble for extra vitamins and minerals!

RECIPE: Fiesta Pasta

PREP TIME: 15 minutes

DIFFICULTY: Medium

INGREDIENTS:

1 box whole wheat rotini

1 can of black beans, drained and rinsed

1 can of corn, drained

1 can of diced tomatoes, drained

2 cups of shredded cheese

TASTY TIP: You can use any cheese you have on hand! I think pepper jack gives it a nice spicy flavor.

METHOD:

- 1. Cook pasta according to package directions. Save 1/2 of a cup of the pasta water, drain the rest. Turn pot down to low-medium heat.**
- 2. Add corn, black beans, and tomatoes to the pasta. Let cook for 10 minutes, stirring occasionally.**
- 3. Sprinkle in cheese. Add pasta water, if needed, to help the pasta mix easier. Cook until cheese is melted.**

TASTY TIP: The pasta can easily be replaced with rice, for a different twist!

RECIPE: Chicken Waldorf Wraps

PREP TIME: 10 minutes

DIFFICULTY: Kid-friendly

INGREDIENTS:

4 whole wheat tortillas

2 - 12 oz. cans of chicken

1 apple

1 cup red grapes, halved

1 cup plain Greek yogurt

TASTY TIP: You can mix in anything you like, such as: raisins, walnuts, almonds, dried cranberries, celery, etc.

METHOD:

- 1. Drain canned chicken and place in a large bowl.**
- 2. Add Greek yogurt to bowl and mix.**
- 3. Wash the apple and grapes. Dice the apple and halve the grapes.**
- 4. Gently fold the apple and grapes into the chicken mixture.**
- 5. Fold chicken waldorf into a whole wheat tortilla and enjoy!**

TASTY TIP: If you don't want a wrap, place the chicken mixture on a bed of lettuce for yummy and simple salad!

RECIPE: **Egg Salad Sandwich**

PREP TIME: **20 minutes**

DIFFICULTY: **Medium**

INGREDIENTS:

8 eggs

1/4 cup mayonnaise

2 tbsp yellow mustard

1/4 cup red onion

8 slices whole wheat bread

TASTY TIP: You can use spicy brown mustard, if you have it, to give the egg salad more flavor!

METHOD:

- 1. The day or morning before you plan to make this recipe, bring a pot of water to a boil. Gently add 8 eggs to the boiling water, then turn heat to low. Cook eggs for 10-12 minutes.**
- 2. Run the eggs under cold water and allow to cool to room temperature.**
- 3. Peel eggs and dice. Dice 1/4 cup of onion.**
- 4. Add eggs, onion, mayonnaise, and mustard to a bowl. Mix gently so the eggs do not fall apart.**
- 5. Add to bread to make a sandwich.**

TASTY TIP: Boil a few extra eggs to keep in the fridge as snacks!

RECIPE: White Bean & Kale Soup

PREP TIME: 30 minutes

DIFFICULTY: Medium

INGREDIENTS:

3 cups of kale, removed from stem

2 cans of cannellini beans, drained and rinsed

1/2 onion, finely chopped

4 cups chicken broth

Salt and pepper, to taste

TASTY TIP: This recipe is great left over and easily stored in the freezer for up to 6 months.

METHOD:

1. Dice half of the onion.

2. Heat a large, greased pot to medium-high heat. Add onion. Stir constantly so the onion does not burn. Add enough water to cover the bottom of the pot, plus about 1/2 an inch.

3. Drain and rinse the beans. Add to the pot.

4. Add broth. Bring this mixture to boil.

5. Add kale, salt, and pepper. Reduce heat to low. Simmer until the kale is soft. Serve warm.

TASTY TIP: This soup is excellent on its own, or feel free to add any leftover meat you have, such as chicken, sausage, or pork!

RECIPE: Spaghetti Carbonara

PREP TIME: 20 minutes

DIFFICULTY: Medium

INGREDIENTS:

- 1 box whole wheat spaghetti noodles**
- 2 cans of green peas, drained and rinsed**
- 2 eggs**
- 1/2 cup of grated parmesan**
- 1 clove of garlic, minced**

TASTY TIP: Bacon or ham are great additions to this meal, if you have any in your fridge.

METHOD:

- 1. Cook the pasta according to box directions. Reserve 1/2 cup of pasta water and drain the rest.**
- 2. In a bowl, combine the eggs and parmesan. Add the minced garlic clove. While the pasta is still warm, pour in and mix. Add pasta water slowly.**
- 3. Pour the green peas into a microwave safe container and heat in the microwave for 2 minutes. Add green peas to the spaghetti mixture.**
- 4. Top with extra parmesan and serve warm!**

TASTY TIP: Pasta is a great way to add extra vegetable to our diet. Some of my favorites are broccoli, mushrooms, spinach, and peas!

RECIPE: **Red Beans & Rice**

PREP TIME: **20 minutes**

DIFFICULTY: **Medium**

INGREDIENTS:

2 cans of kidney beans, drained

1.5 cups white rice

1 can of tomatoes

1 green bell pepper, diced

1/2 onion, diced

TASTY TIP: Sausage can be expensive, but sautéing a chopped hot dog can give a similar flavor, without breaking the bank. Just be sure and watch your serving size, because hot dogs are full of fat and sodium.

METHOD:

- 1. Cook the rice according to package instruction.**
- 2. In a greased pan on medium heat, add diced onion and bell pepper. Cook for 5 minutes, stirring occasionally.**
- 3. Add beans and tomatoes (with juice). Turn heat to low and simmer for 15-20 minutes.**
- 4. Serve beans over 3/4 cup of rice.**

TASTY TIP: Add creole seasoning, for an authentic southern flavor.

RECIPE: Apple Nachos

PREP TIME: 15 minutes

DIFFICULTY: Kid-friendly

INGREDIENTS:

- 2 apples, cored and sliced**
- 4 tablespoons peanut butter**
- 1 cup quick oats**
- 2 tablespoons brown sugar**
- 1 tsp cinnamon**

TASTY TIP: This is the same granola that was used to make pineapple parfaits for breakfast. Make extra granola to keep on hand for snacks.

METHOD:

- 1. Preheat oven to 350 degrees.**
- 2. In a bowl, combine oats, brown sugar, and cinnamon. Mix until combined.**
- 3. Pour mixture onto a greased pan and bake for 12-15 min, or until desired crispiness is obtained. Allow 1-2 hours to cool to room temperature. This will be your homemade granola!**
- 4. On a plate add sliced apples. Drizzle with room temperature peanut butter. Sprinkle on granola.**

TASTY TIP: You can use a sweet or sour apple for this recipe. For sweet, I recommend a fuji. For sour, I recommend a granny smith.

RECIPE: Cheese Quesadilla

PREP TIME: 5 minutes

DIFFICULTY: Low

INGREDIENTS:

- 4 whole wheat tortillas**
- 2 cups of shredded cheese**
- 1 can tomatoes, drained**

TASTY TIP: Serve with a side of salsa or avocado

METHOD:

- 1. Sprinkle shredded cheese and tomatoes onto your whole wheat tortilla and fold in half.**
- 2. Microwave until cheese is melted, in 30 second increments. It should take 1 - 1.5 minutes.**
- 3. Enjoy!**

TASTY TIP: Add your favorite spices, such as paprika, cayenne, or cumin. You can also use a spicy cheese, like pepper jack, if you have it!

RECIPE: Fruit with Yogurt Dip

PREP TIME: 5 minutes

DIFFICULTY: Kid-friendly

INGREDIENTS:

8 oz. Greek yogurt

1 apple, sliced

1 cup strawberries, sliced

2 tbsp peanut butter

1 tsp cinnamon

TASTY TIP: This dip can be served with any fruit, or enjoyed alone!

METHOD:

- 1. In a bowl, combine Greek yogurt, peanut butter, and cinnamon. Add a little water, if needed, to create a runny texture.**
- 2. Wash the apple and strawberries, and slice.**
- 3. Dip the fruit in the dip and enjoy!**

TASTY TIP: Any type of yogurt can be used to make this dip different flavors, such as mixed berry or key lime pie!