

## **RECIPE: PEANUT BUTTER OATMEAL WITH BERRIES**

**PREP TIME: 10 MINS (SERVES 4)**

**DIFFICULTY: LOW**

### **INGREDIENTS:**

**1 CUP FROZEN BERRIES**

- **TASTY TIP: BERRIES ARE HIGH IN FIBER AND ANTIOXIDANTS. USE MIXED FROZEN BERRIES FOR A COMBINATION OF NUTRIENTS.**

**2 CUPS QUICK COOKING OATS**

**3 CUPS MILK (ANY TYPE) OR WATER**

- **TASTY TIP: KEEP CANS OF SHELF-STABLE EVAPORATED MILK FOR RECIPES THAT CALL FOR MILK (1/2 WATER, 1/2 MILK)**

**4 TBSP MAPLE SYRUP**

**¼ CUP PEANUT BUTTER**

### **METHOD:**

**1) PLACE THE BERRIES IN A MICROWAVE-SAFE BOWL AND COOK FOR 30 SECONDS UNTIL PARTIALLY THAWED. SET ASIDE.**

**2) PLACE THE OATS AND MILK IN A SMALL SAUCEPAN AND SWIRL TO COMBINE. COVER AND COOK OVER MEDIUM-LOW HEAT UNTIL THE LIQUID COMES TO A SIMMER.**

**3) UNCOVER, STIR, AND CONTINUE TO COOK UNTIL MOST OF THE LIQUID HAS BEEN ABSORBED.**

**4) REMOVE FROM THE HEAT AND STIR IN THE PEANUT BUTTER. TOP WITH BERRIES AND JUICES. DRIZZLE WITH MAPLE SYRUP AND SERVE.**

## **RECIPE: TUNA SALAD WRAPS AND APPLE SLICES**

**PREP TIME: 5-7 MINS (SERVES 4)**

**DIFFICULTY: LOW**

### **INGREDIENTS:**

**2 6OZ CANS TUNA**

- **TASTY TIP: TUNA PACKED IN WATER IS LOWER IN FAT THAN TUNA IN OIL.**

**1/3 CUP MAYO**

**1 TABLESPOON MUSTARD**

**\*OPTIONAL: PEPPER TO TASTE**

**4 WHOLE WHEAT TORTILLAS**

**4 APPLES, SLICED**

- **TASTY TIP: APPLES WILL KEEP FOR 6-8 WEEKS IN THE CRISPER DRAWER OF FRIDGE. STORE SEPARATELY FROM OTHER PRODUCE.**

### **METHOD:**

**DRAIN TUNA WELL. PLACE IN LARGE MIXING BOWL AND BREAK UP WITH FORK. ADD MAYO AND MUSTARD AND TOSS TOGETHER WITH FORK. ADD PEPPER TO TASTE IF DESIRED. DIVIDE INTO FOUR SERVINGS AND WRAP UP IN TORTILLAS.**

**DIVIDE SLICED APPLES IN 4 SERVINGS. SERVE ALONGSIDE TUNA WRAPS. ENJOY!**

## **RECIPE: BLACK BEAN SOUP**

**PREP TIME: 30 MINS (SERVES 4)**

**DIFFICULTY: LOW**

### **INGREDIENTS:**

**3- 15.5 OZ CANS BLACK BEANS, RINSED AND DRAINED**

- **TASTY TIP:USE LOW SODIUM OR NO SODIUM BLACK BEANS, TACO SEASONING AND BROTH FOR LOW SODIUM SOUP**

**1 -12 OZ JAR SALSA OF CHOICE**

**1- 16 OZ VEGETABLE OR CHICKEN BROTH**

**2 CUPS FROZEN ONION AND BELL PEPPER MEDLEY**

**1/2 PACKAGE LOW SODIUM TACO SEASONING**

- **TASTY TIP:USE SPICES YOU HAVE ON-HAND IN PLACE OF TACO SEASONING TO REDUCE COST AND CONTROL SODIUM CONTENT. SUGGESTIONS: 1 TBSP CHILI POWDER, ½ TBSP CUMIN, 1 TSP GARLIC POWDER**

### **METHOD:**

**1) ADD BEANS TO A BLENDER OR FOOD PROCESSOR WITH ABOUT A CUP OF THE BROTH. BLEND UNTIL SMOOTH. (ALTERNATIVELY, MASH WITH POTATO MASHER OR HAND MIXER AFTER COOKING. TO AVOID BURNS, NEVER ADD HOT FOODS TO BLENDER OR FOOD PROCESSOR).**

**2)HEAT A LARGE SAUCEPAN OVER MEDIUM-HIGH HEAT. ADD A SMALL AMOUNT OF OIL, THEN FROZEN ONIONS AND PEPPERS. SAUTEE UNTIL SOFT, ABOUT 2 MINUTES. ADD THE REMAINING INGREDIENTS TO THE PAN. BRING TO A SIMMER. COVER AND COOK FOR 15 MINS.**

**\*OPTION: MAKE 2 CHEESE QUESADILLAS TO SERVE ON THE SIDE BY USING 2TORTILLAS AND 1/2 CUP SHREDDED CHEESE. FOLLOW METHOD ON CREAMY CHICKEN AND SPINACH QUESADILLAS. CUT IN HALF FOR 4 SERVINGS.**

## **RECIPE: CARROT FRIES**

**PREP TIME: 35 MINS (SERVES 4)**

**DIFFICULTY: LOW**

### **INGREDIENTS:**

**6 LARGE CARROTS**

- **TASTY TIP: CARROTS WILL LAST FOR UP TO A MONTH IN THE REFRIGERATOR IF STORED PROPERLY. KEEP THEM IN AN AIRTIGHT BAG AND WASH JUST BEFORE USING. IF CARROTS GET LIMP, CUT OFF TOPS AND PLACE THEM IN ICE WATER, CUT SIDE DOWN.**

**2 TBSP OLIVE OIL**

**1 TBSP DRY RANCH DRESSING MIX**

**1 CUP GREEK YOGURT**

- **TASTY TIP: GREEK YOGURT HAS FAT AND PROTEIN TO HELP YOU STAY FULL AND SATISFIED. THE FIBER IN CARROTS MAKE THIS SNACK WELL ROUNDED AND SATISFYING.**

**1 TBSP LEMON JUICE (SAVE THE REST OF THE LEMON FOR LATER)**

### **METHOD:**

**(1) PREHEAT OVEN TO 425°.**

**2) PEEL AND CUT CARROTS INTO FRIES AND TOSS WITH OLIVE OIL AND RANCH DRESSING MIX.**

**3) PLACE ON BAKING SHEET LINED WITH PARCHMENT PAPER. BAKE FOR 20-25 MINUTES, FLIPPING HALFWAY.**

**4) MAKE DIPPING SAUCE BY MIX YOGURT AND LEMON JUICE TOGETHER.**

**5) AT THE END OF BAKING TIME, BROIL FOR 2-3 MINUTES WHILE WATCHING CLOSELY. REMOVE FROM OVEN AND LET COOL 5 MINS. ENJOY!**

## **RECIPE: COFFEE MUG OMELETS**

**PREP TIME: 5-10 MINS (SERVES 4)**

**DIFFICULTY: LOW (KID FRIENDLY)**

### **INGREDIENTS:**

**4 OZ CAN MUSHROOMS, DRAINED, DIVIDED**

**¼ CUP SHREDDED CHEESE**

**½ CUP FROZEN ONIONS AND PEPPERS, CHOPPED**

**½ CUP SPINACH, CHOPPED**

- **TASTY TIP: FRESH CAN BE SUBSTITUTED WITH CANNED SPINACH. DRAIN & WRING IN CLEAN DISH TOWEL OVER SINK**

**8 EGGS**

- **TASTY TIP: WASH HANDS THOROUGHLY AFTER HANDLING EGGS TO PREVENT SPREADING GERMS THAT LIVE ON THE OUTSIDE & INSIDE OF SHELLS.**

### **METHOD:**

**1) SET OUT 1 COFFEE MUG OR SMALL MICROWAVE SAFE BOWL FOR EACH FAMILY MEMBER. SPRAY WITH COOKING SPRAY.**

**2) CRACK 2 EGGS INTO EACH MUG. ADD 1 OZ MUSHROOMS, 1 TBSP CHEESE, 2 TBSP ONION AND PEPPER MIX, & 2 TBSP SPINACH TO MUG. USE A FORK TO COMBINE.**

**4) PLACE 1 MUG AT A TIME IN THE MICROWAVE. COOK AND STIR IN 20 SECOND INCREMENTS UNTIL EGGS ARE SET.**

**5) SEASON WITH SALT AND PEPPER IF DESIRED. ENJOY!**

## **RECIPE: ONE POT WONDER PASTA**

**PREP TIME: 25 MINUTES (SERVES 4)**

**DIFFICULTY: LOW**

### **INGREDIENTS:**

**1 - 12 OZ BOX WHOLE GRAIN SHORT PASTA**

- **TASTY TIP: USE WHOLE GRAIN PASTA INSTEAD OF WHITE PASTA FOR ADDED FIBER, PROTEIN, AND IRON!**

**4 CUPS CHICKEN BROTH**

- **TASTY TIP: CHOOSE LOW SODIUM BROTH TO LOWER THE SALT CONTENT OF YOUR MEAL!**

**2.5 CUPS FROZEN CALIFORNIA VEGETABLE MIX**

**1 CUP TOMATO-BASED PASTA SAUCE**

**1 CUP PARMESAN CHEESE**

### **METHOD:**

**1) PLACE ALL INGREDIENTS EXCEPT PARMESAN CHEESE IN A LARGE POT. COVER AND BRING TO A FULL ROLLING BOIL.**

**2) STIR AND REDUCE HEAT TO MEDIUM LOW. SIMMER COVERED FOR 10-15 MINUTES, STIRRING OCCASIONALLY. COOK UNTIL THERE IS ABOUT ½ INCH LIQUID IN THE BOTTOM OF THE POT.**

**3) REMOVE PASTA FROM HEAT AND STIR IN PARMESAN CHEESE. LET SIT FOR 3-5 MINUTES. PASTA WILL ABSORB REMAINING LIQUID. STIR AND ENJOY!**

## **RECIPE: CREAMY CHICKEN AND SPINACH QUESADILLAS**

**PREP TIME: 30 MNS (SERVES 4)**

**DIFFICULTY: LOW**

### **INGREDIENTS:**

**12.5 OZ CAN WHITE CHUNK CHICKEN**

**2 CUPS FRESH SPINACH**

- **TASTY TIP: STORE IN A CLEAN CONTAINER WRAPPED IN PAPER TOWELS. PLACE IN CRISPER DRAWER IN THE FRIDGE TO KEEP FRESH FOR UP TO 10 DAYS.**

**4 OZ SHREDDED CHEDDAR CHEESE**

**½ CUP SOUR CREAM**

**\*OPTION: GARLIC POWDER TO TASTE**

**4 (8 INCH) WHOLE WHEAT TORTILLAS**

- **TASTY TIP: STORE UNUSED PORTIONS IN THE FREEZER IN AN AIRTIGHT CONTAINER FOR UP TO 6 MONTHS.**

### **METHOD:**

**1) DRAIN CHICKEN AND ADD TO A MIXING BOWL.**

**2) CHOP FRESH SPINACH INTO SMALLER PIECES**

**3) ADD SPINACH, CHEESE, AND SOUR CREAM TO THE CHICKEN. MIX WELL.**

**4) DIVIDE THE FILLING BETWEEN FOUR TORTILLAS, THEN FOLD THE TORTILLAS CLOSED. PLACE THE QUESADILLAS (ONE OR TWO AT A TIME) IN A SKILLET OVER MEDIUM HEAT. COOK ON EACH SIDE UNTIL THE TORTILLAS ARE BROWN AND CRISPY, AND THE FILLING IS MELTED (3-5 MINUTES EACH SIDE).**

**5) SLICE EACH QUESADILLA IN HALF AND SERVE.**

## **RECIPE: PEANUT BUTTER CHEERIO BARS**

**PREP TIME: 1 HR 10 MINS (SERVES 6)**

**DIFFICULTY: LOW (KID FRIENDLY)**

### **INGREDIENTS:**

**3 CUPS PLAIN CHEERIOS**

**$\frac{3}{4}$  CUPS PEANUT BUTTER**

- **TASTY TIP: CHECK YOUR PEANUT BUTTER'S INGREDIENT LIST FOR ADDED SUGAR. REDUCE MAPLE SYRUP TO 2 TBSP IF YOUR BRAND CONTAINS SUGAR.**

**$\frac{1}{3}$  CUP MAPLE SYRUP**

- **TASTY TIP: MAPLE SYRUP CONTAINS ABOUT 3 GRAMS LESS SUGAR THAN HONEY. REPLACING HONEY WITH MAPLE SYRUP IN RECIPES IS A GREAT WAY TO REDUCE SUGAR WITHOUT SACRIFICING SWEETNESS.**

### **METHOD:**

**1) HEAT PEANUT BUTTER AND SYRUP IN MEDIUM SAUCEPAN OVER LOW HEAT. STIR UNTIL SMOOTH AND COMBINED WELL.**

**2) REMOVE FROM HEAT AND STIR IN CHEERIOS.**

**3) PRESS MIXTURE INTO AN 8X8 BAKING DISH. REFRIGERATE FOR 1 HOUR. CUT INTO BARS AND ENJOY!**

**STORE LEFTOVERS IN THE FRIDGE**



## **RECIPE: SWEET POTATO PANCAKES**

**PREP TIME: 20 MINS (SERVES 4)**

**DIFFICULTY: MEDIUM**

### **INGREDIENTS:**

**1 CUP CANNED SWEET POTATO PUREE**

**1 CUP UNCOOKED QUICK OATS**

- **TASTY TIP: USING OATS IN PLACE OF FLOUR ADDS FIBER, WHICH KEEPS YOU FULLER LONGER.**

**1.5 CUPS MILK**

- **TASTY TIP: SUBSTITUTE MILK WITH 1.5 CUPS WATER AND 2 TSP MELTED BUTTER TO SAVE MILK FOR DRINKING**

**2 EGGS**

**MAPLE SYRUP**

**\*OPTIONAL: 1 CUP FROZEN BERRIES, THAWED**

### **METHOD:**

**1) COMBINE OATS AND MILK IN A MICROWAVE SAFE BOWL AND WARM IN MICROWAVE FOR ABOUT 30 SECONDS. STIR AND SET ASIDE.**

**2) HEAT A GRIDDLE OR NON-STICK SKILLET OVER MEDIUM HEAT.**

**3) MIX EGGS, AND SWEET POTATO PUREE WITH OATS.**

**4) LIGHTLY OIL SKILLET. POUR  $\frac{1}{4}$  CUP OF BATTER PER PANCAKE ONTO HOT SKILLET. LET COOK FOR APPROX. 3 MINUTES OR UNTIL EDGES ARE BROWNEED. FLIP AND COOK AN ADDITIONAL 3 MINUTES.**

**5) TOP WITH A DRIZZLE OF MAPLE SYRUP AND THAWED BERRIES (IF DESIRED). ENJOY!**

## **RECIPE: FRIED RICE**

**PREP TIME: 35 MINS (SERVES 4)**

**DIFFICULTY: MEDIUM**

### **INGREDIENTS:**

**1 TABLESPOON REFINED OLIVE OIL (OR MORE AS NEEDED)**

**1 CAN MIXED VEGETABLES**

- **TASTY TIP: INCORPORATE ANY UNUSED FROZEN OR FRESH VEGETABLES, SUCH AS ONIONS, PEPPERS, BROCCOLI, CAULIFLOWER, ETC. TO BUMP UP NUTRIENT CONTENT**

**2 TO 3 CUPS COOKED BROWN RICE**

- **TASTY TIP: BROWN RICE IS HIGHER IN FIBER THAN WHITE**

**2 LARGE EGGS**

**1/4 CUP LOW-SODIUM SOY SAUCE (OR TO TASTE)**

**\*OPTIONAL GARNISHES: FRESH CHOPPED CILANTRO, CHOPPED SCALLIONS, CHOPPED PEANUTS, OR SESAME SEEDS**

### **METHOD:**

**1) DRAIN AND RINSE VEGETABLES. PAT DRY**

**2) HEAT OIL IN LARGE NON-STICK SKILLET OVER MEDIUM HEAT. ADD VEGETABLES. COOK STIRRING OCCASIONALLY FOR 2-3 MINUTES.**

**3) ADD THE RICE AND STIR TO COMBINE. COOK FOR ANOTHER 2-3 MINUTES.**

**4) PUSH ALL OF THE VEGETABLES AND RICE TO THE OUTSIDE OF THE PAN, LEAVING A CLEAR SPACE IN THE MIDDLE. ADD A DRIZZLE OF OIL**

**5) BREAK THE TWO EGGS INTO THE CENTER AND IMMEDIATELY BEGIN STIRRING THE EGGS UNTIL THEY START SOLIDIFYING.**

**6) GRADUALLY STIR THE VEGETABLES BACK INTO THE MIDDLE OF THE PAN, DISTRIBUTING THE EGGS THROUGHOUT THE VEGETABLES AND RICE.**

**7) DRIZZLE WITH SOY SAUCE TO TASTE.**

**8) SPRINKLE WITH GARNISHES IF DESIRED**

## **RECIPE: ONE PAN ROASTED VEGGIES AND SAUSAGE**

**PREP TIME: 45 MINUTES (SERVES 4)**

**DIFFICULTY: LOW**

### **INGREDIENTS:**

**2.5 CUPS FROZEN CALIFORNIA STYLE VEGETABLES**

**12 OZ PACKAGE CHICKEN APPLE SAUSAGE OR SMOKED TURKEY SAUSAGE, SLICED**

- **TASTY TIP: CHICKEN OR TURKEY SAUSAGE INSTEAD OF PORK OR BEEF REDUCES SATURATED FAT, WHICH SHOULD MAKE UP LESS THAN 10% OF TOTAL DAILY CALORIES.**

**SALT AND PEPPER**

**3 TBSP OLIVE OIL**

- **TASTY TIP: REFINED OLIVE OIL IS GREAT FOR ALL-PURPOSE COOKING. IT IS HIGH IN HEART-HEALTHY FATS, HAS A MILD FLAVOR, AND HIGH SMOKE POINT.**

**BROWN RICE**

**\*OPTIONAL, MAPLE MUSTARD DRESSING**

### **METHOD:**

**1) PREPARE BROWN RICE ACCORDING TO PACKAGE DIRECTIONS FOR 4 SERVINGS.**

**2) WHILE THE RICE IS COOKING, PREHEAT OVEN TO 425°F. SPRAY A LARGE SHEET PAN WITH NON-STICK COOKING SPRAY. PLACE VEGETABLES ON PAN. TOSS WITH OLIVE OIL, SALT, AND PEPPER.**

**3) ROAST IN THE OVEN FOR 15 MINUTES. TOSS VEGETABLES AND ADD SAUSAGE TO THE PAN. RETURN TO OVEN FOR AN ADDITIONAL 15-20 MINUTES, TOSSING AFTER 10 MINUTES. VEGETABLES SHOULD BE SLIGHTLY CARAMELIZED.**

**4) TO SERVE, PLACE ROASTED VEGETABLES AND SAUSAGE OVER INDIVIDUAL SERVINGS OF RICE.**

**\*DRIZZLE WITH MAPLE MUSTARD DRESSING IF DESIRED (1/2 C MAYO, 1 TBSP MUSTARD, 1.5 TABLESPOON MAPLE SYRUP)**

## **RECIPE: FROZEN YOGURT BARK**

**PREP TIME: 3 HRS 10 MINS (SERVES 4)**

**DIFFICULTY: LOW (KID FRIENDLY)**

### **INGREDIENTS:**

**2 CUPS PLAIN GREEK YOGURT**

**¼ TSP LEMON JUICE**

**2 TBSP MAPLE SYRUP**

**FROZEN BERRIES**

- **TASTY TIP: FRESH BERRIES ARE CHEAPER WHEN THEY ARE IN SEASON. FROZEN BERRIES ARE AVAILABLE AT A GREAT PRICE YEAR AROUND AND OFFER THE SAME HEALTH BENEFITS AS FRESH BERRIES. WHICHEVER VERSION YOU CHOOSE FOR YOUR FAMILY IS A GREAT CHOICE!**

### **METHOD:**

**1) LINE A BAKING SHEET WITH PARCHMENT PAPER. MIX YOGURT, LEMON JUICE AND SALT IN A MIXING BOWL.**

**2) SPREAD MIXTURE IN AN EVEN LAYER ON BAKING SHEET. TOP WITH BERRIES AND NUTS.**

**3) PLACE IN THE FREEZER FOR 2-3 HOURS. BREAK INTO PIECES BEFORE SERVING. STORE LEFTOVERS IN AN AIRTIGHT CONTAINER IN THE FREEZER.**

- **TASTY TIP: KEEPING AIR FROM GETTING TO FROZEN FOODS WILL PREVENT FREEZER BURN.**