

RECIPE: Mug Omelet

PREP TIME: 5-Minutes (Serves 4; See Tasty Tip)

DIFFICULTY: Medium

INGREDIENTS:

- 8 Large Eggs
- 1 Cup Spinach
- 1/2 Can Diced Tomatoes
- 1 Bell Pepper (Diced)

Tasty Tip: Add additional topping if desired (Mozzerella Cheese, Onion, Avocado, etc.)!

METHOD:

1. Prepare all ingredients, spray mug (or skillet; **see Tasty Tip**) with non-stick cooking spray.
2. Crack 2 eggs into a medium-sized bowl and beat until yolks are combined. Add 1/4 of prepared ingredients/toppings per mug.
3. Stir ingredients until combined.
4. Add contents of bowl to prepared mug.
5. Microwave on high for 90 seconds or until egg is cooked through.
6. Allow to rest for 1 minute before eating.

Tasty Tip: This is a great recipe when the family is eating at different times throughout the morning! It can also be made into an easy scramble for the whole family by adding all ingredients into medium-bowl, scrambling, and cooking in the prepared skillet until eggs are cooked through.

RECIPE: Vegetable Quesadilla

PREP TIME: 10-Minutes (Serves 4)

DIFFICULTY: Low

INGREDIENTS:

- 4 Whole Wheat Tortillas
- 1 Cup Mozzarella Cheese
- 2 Cups Spinach
- 1/2 Cup Can Diced Tomatoes
- 1/2 Cup Salsa (For Dipping)

Tasty Tip: Add additional toppings as desired; Add some hot sauce into the salsa to spice things up!

METHOD:

1. Prepare all ingredients and spray skillet with non-stick cooking spray.
2. Add 1 Whole Wheat Tortilla to the Skillet and allow one side to brown. Flip tortilla.
3. Fill one side of tortilla with all ingredients: Spinach, Diced Tomatoes, Mozzarella Cheese and fold.
4. Allow cheese to melt completely and remove quesadilla from skillet. Repeat with all tortillas.
5. Cut and serve with a side of salsa for dipping.
 - **Tasty Tip:** Add a sprinkle of cheese to top of tortilla and allow to melt before serving!

RECIPE: Black Bean Burger

PREP TIME: 20-Minutes (Serves 4)

DIFFICULTY: Medium

INGREDIENTS:

1 Can (No-Salt Added) Black Beans

1 Medium Onion

1/2 Cup Rolled Oats

1 Lime

1/2 Teaspoon Chili Powder

Sea Salt and Pepper to Taste

- **Tasty Tip:** Add additional seasonings if desired!

2 Pieces Pita Bread, Quartered

+Burger Toppings if desired

METHOD:

1. Prepare all ingredients and spray skillet with non-stick cooking spray.
2. In a medium-sized bowl, mash black beans with fork until most of the beans are combined.
3. Add onion (diced), rolled oats, juice of lime, chili powder, and salt + pepper to bowl.
4. Stir until combined.
5. Form 4 patties from contents of bowl.
6. Heat the skillet to medium heat and add burgers.
7. Cook burgers 8-10 minutes or until each side is slightly browned.
8. Serve with desired toppings and enjoy!

Tasty Tip: Serve with baked chips or side of choice

RECIPE: Fruit Pizza

PREP TIME: 10-Minutes (Serves 4)

DIFFICULTY: Low

INGREDIENTS:

- 2 English Muffins, Halved
- 1/4 Cup Vanilla Yogurt
- 1/4 Cup Strawberries (Chopped)
- 1/4 Cup Blueberries (Halved)
- 1/4 Cup Pineapple (Chopped)

Tasty Tip: Add chia seeds for additional crunch!

METHOD:

1. Toast english muffins in toaster until crispy.
2. Add 1 Tablespoon of the yogurt to each half of muffin.
3. Add 1 Tablespoon of each prepared fruit (strawberries, blueberries, pineapple) to the top of the english muffin.
 - **Tasty Tip:** Drizzle english muffin with honey for additional natural sweetness!
4. Serve and enjoy!

RECIPE: Peach Smoothie

PREP TIME: 5-Minutes (Serves 4)

DIFFICULTY: Low

INGREDIENTS:

4 Cups Fat-Free Vanilla Yogurt

3 Cups Skim Milk

2 Cans Peaches

Cinnamon

- **Tasty Tip:** Use as much or as little cinnamon as desired to reach preferred taste!

2 Teaspoons Sugar

- **Tasty Tip:** Choose your preferred type of sugar or sugar alternative, while sticking to the recommended portion!

METHOD:

1. Measure out all ingredients and add to a blender.
2. Blend on "Puree" setting for 1 minute or until all ingredient reach desired consistency.
3. Serve immediately and enjoy!

RECIPE: Tuna Wraps

PREP TIME: 5-Minutes (Serves 4)

DIFFICULTY: Low

INGREDIENTS:

4 Cans Tuna

1/4 Cup Sriracha

1/2 Cup Unflavored Greek Yogurt

1 Onion (Diced)

1/4 Cup Celery (Chopped)

- **Tasty Tip-** Don't care for celery in your tuna salad? Leave it out! Love celery? Add a little extra!

4 Whole Wheat Tortillas

METHOD:

1. Prepare all ingredients.
 - **Tasty Tip-** Finely dice the onion and celery!
2. Combine tuna, sriracha, greek yogurt, onion, and celery in a medium-sized bowl.
3. Prepare each tortilla on serving dish of choice. Scoop 1/4 of the mixture on each wrap, fold, and cut.
4. Serve with your choice of side and enjoy!

RECIPE: Ground Turkey Spaghetti

PREP TIME: 20-Minutes (Serves 4)

DIFFICULTY: Medium

INGREDIENTS:

1 pack spaghetti noodles

0.75 lb ground turkey meat

1 can pureed tomato sauce

2 cans green beans

- **Tasty Tip-** Substitute green beans for your vegetable of choice if desired!

METHOD:

1. Prepare all ingredients. Boil water and cook noodles according to package.
2. While noodles cook, prepare the sauce. Cook ground turkey over medium heat, breaking up pieces as it cooks. Allow to cook through.
 - **Tasty Tip-** We always want to cook ground meat to an internal temperature of 160 F!
3. Drain meat and return to pan. Add pureed tomato sauce and warm.
4. Cook green beans in a separate pan until warmed through.
5. Prepare plates. Add noodles and top with prepared sauce.
6. Serve with a side of green beans and enjoy!

RECIPE: Apple and Peanut Butter Sandwiches

PREP TIME: 5-Minutes (Serves 4)

DIFFICULTY: Kid-Friendly

INGREDIENTS:

2 Apples (color of choice)

1/4 Cup of Peanut Butter

- **Tasty Tip-** Any type of nut-butter will do!

METHOD:

1. Slice each apple into thin slices.
 - **Tasty Tip-** We recommend an adult to do this step!
2. Spread peanut butter on one side of apple and place another apple slice on top.
3. Enjoy!

RECIPE: Vanilla Parfait with Fresh Fruit

PREP TIME: 5-Minutes (Serves 4)

DIFFICULTY: Kid-Friendly

INGREDIENTS:

4 Cups Fat-Free Vanilla Yogurt
1/2 cup fresh strawberries
1/2 cup fresh blueberries
1/2 cup fresh pineapple
1 can peaches

Tasty Tip- Add additional toppings of choice! Granola, coconut flakes, honey; anything you can think of!

METHOD:

1. Prepare all ingredients.
2. Add 1 cup of vanilla yogurt to each serving bowl.
3. Top with preferred amount of fresh fruit and serve!
 - **Tasty Tip-** Layer the yogurt and fruit in a clear glass to create a fun parfait look!

RECIPE: Pita Pizza

PREP TIME: 15-Minutes (Serves 4)

DIFFICULTY: Low

INGREDIENTS:

- 4 Circles of Pita Bread
- 1 Can Pureed Tomato Sauce
- 1 Cup Shredded Mozzarella Cheese
- 1/4 Cup Pepperoni (Diced)

Tasty Tip- Get creative! Add whatever toppings you have in your pantry and enjoy!

METHOD:

1. Prepare all ingredients.
2. Top each pita bread with desired amount of sauce, cheese, and pepperoni.
3. Using a microwave or oven, cook until cheese is melted through.
 - **Tasty Tip-** If using a microwave, place on high for about 1 minute or until cheese is melted. If using oven, set temperature to 350 F and cook until cheese is melted through, about 6-8 minutes.
4. Remove from microwave or oven and allow to cool for five minutes before slicing.
5. Serve and enjoy!

RECIPE: Southwest Turkey Tacos

PREP TIME: 20-Minutes (Serves 4)

DIFFICULTY: Medium

INGREDIENTS:

8 Whole Wheat Tortillas
0.75 lb Ground Turkey
Southwest Seasoning Packet
3/4 Cup Shredded Mozzarella Cheese
2 Cups Shredded Lettuce
1 Cup Salsa

METHOD:

1. Prepare all ingredients.
2. Cook ground turkey in a skillet over medium-high heat, breaking up pieces as it cooks.
 - **Tasty Tip-** We always want to cook ground meat to an internal temperature of 160 F!
3. Drain meat and return to skillet. Add southwest seasoning packet and stir.
4. Prepare tortillas. Add lettuce, cheese, and salsa to tortilla. Top with ground turkey.
 - **Tasty Tip-** Add additional toppings if desired! Have some diced tomato left over from yesterday? Add it in! Sriracha? Add it! Use what you have to spice up your tacos!

RECIPE: Peanut Butter Toast with Banana

PREP TIME: 5-Minutes (Serves 4)

DIFFICULTY: Kid-Friendly

INGREDIENTS:

4 English Muffins
8 Tablespoons Peanut Butter
2 Bananas

Tasty Tip- Use this recipe for a quick breakfast or a snack!

METHOD:

1. Toast each english muffin.
2. Add 1 tablespoon of peanut butter to each half of english muffin. Add 1/4 sliced banana to each half.
 - **Tasty Tip-** Drizzle with honey to add additional sweetness if desired!
3. Serve and enjoy!