

RECIPE: PEANUT BUTTER TOAST AND YOGURT PARFAIT

PREP TIME: 5 MINUTES (SERVES 4)

DIFFICULTY: KID FRIENDLY

INGREDIENTS:

8 SLICES WHOLE WHEAT BREAD

8 TBSP PEANUT BUTTER, CREAMY

TASTY TIP: CRUNCHY PEANUT BUTTER IS A GREAT ALTERNATIVE FOR TEXTURE AND ADDED PROTEIN

30 OZ PLAIN GREEK YOGURT, NON FAT

1/2 CAN, 7 OZ FRUIT OF CHOICE

TASTY TIP: ADD GRANOLA FOR ADDITIONAL FIBER

METHOD:

- 1. PLACE 2 SLICES OF WHOLE WHEAT BREAD IN A TOASTER FOR 2-3 MINUTES OR UNTIL GOLDEN BROWN.**
- 2. SPREAD 1 TBSP OF PEANUT BUTTER ON EACH SLICE OF BREAD.**
- 3. SCOOP 7.5 OZ OF GREEK YOGURT INTO A BOWL.**
- 4. ADD 1 TBSP OF CANNED FRUIT TO YOGURT.**
- 5. REPEAT THREE TIMES FOR FOUR SERVINGS.**

RECIPE: APPLE TUNA SANDWICHES

PREP TIME: 15 MINUTES (SERVES 4)

DIFFICULTY: LOW

INGREDIENTS:

8 SLICES WHOLE WHEAT BREAD

1 APPLE

**TASTY TIP: A HONEYCRISP OR FUJI APPLE WILL
CREATE A SWEET TASTE!**

1 CAN, 12 OZ CHUNK LIGHT TUNA (DRAINED)

2 TBSP LOW-FAT PLAIN YOGURT

**TASTY TIP: ADD SPINACH TO INCREASE IRON
INTAKE**

METHOD:

- 1. CUT APPLE IN QUARTERS; REMOVE CORE AND CHOP.**
- 2. IN A MEDIUM SIZE BOWL, MIX TUNA AND LOW FAT YOGURT.**
- 3. MAKE SANDWICHES, USING WHOLE-GRAIN BREAD (TOASTED, IF DESIRED), AND FILL WITH TUNA APPLE SALAD.**

RECIPE: VEGETARIAN CHILI

PREP TIME: 15 MINUTES (SERVES 4, WITH LEFTOVERS)

DIFFICULTY: LOW

INGREDIENTS:

1 CAN, 28 OZ CRUSHED TOMATOES

1 CAN, 15 OZ CHILI BEANS

TASTY TIP: ADD 1 CAN OF SLICED GREEN CHILES TO MAKE IT SPICY

1 PACKET CHILI SEASONING

1 CAN, 15 OZ HORMEL CHILI, VEGETARIAN WITH BEANS, 99% FAT FREE

1 CAN, 14.5 OZ VEGETABLE BROTH, NO SALT ADDED

TASTY TIP: EASILY DOUBLE THIS RECIPE AND FREEZE LEFTOVERS TO EAT LATER!

METHOD:

- 1. IN A LARGE SOUP POT, COMBINE VEGETABLE BROTH, CHILI BEANS, CRUSHED TOMATOES, CHILI SEASONING, AND HORMEL CHILI.**
- 2. HEAT ON MEDIUM AND STIR OCCASIONALLY, UNTIL BUBBLES START TO FORM.**
- 3. OPTIONAL: ADD 1 SCOOP OF SOUR CREAM AND A HANDFUL OF FRITOS TO THE TOP AND SERVE.**

RECIPE: APPLE SLICES AND NUTS

PREP TIME: 5 MINUTES (SERVES 4)

DIFFICULTY: KID FRIENDLY

INGREDIENTS:

2 APPLES

TASTY TIP: USE HONEYCRISP OR FUJI APPLES FOR A SWEETER TASTE

1 CUP OF YOUR CHOICE OF NUTS (PEANUTS, CASHEWS, ALMONDS)

TASTY TIP: USE LOW SODIUM NUTS TO REDUCE SODIUM INTAKE

METHOD:

1. USING A CUTTING BOARD AND A KNIFE, SLICE THE APPLE IN HALF. CUT EACH HALF INTO 3 SLICES. CAREFULLY CARVE OUT THE CORE FROM EACH PIECE.

2. IN A BOWL, ADD 1/4 CUP OF YOUR CHOICE NUTS.

3. ADD 3 SLICED APPLES TO BOWL.

RECIPE: BANANA PANCAKES

PREP TIME: 10 MINS (SERVES 4, MAKES 8 SMALL PANCAKES)

DIFFICULTY: LOW

INGREDIENTS:

1 RIPE BANANA

TASTY TIP: USE SPOTTY OR BROWNING BANANAS FOR THE MOST FLAVOR

2 LARGE EGGS, LIGHTLY BEATEN

TASTY TIP: ADD 1/8 TSP BAKING POWDER FOR FLUFFIER PANCAKES

OPTIONAL: MAPLE SYRUP, JAM, POWDERED SUGAR, OR ANY OTHER TOPPINGS, FOR SERVING

METHOD:

- 1. PEEL THE BANANA AND MASH IN A BOWL. CONTINUE MASHING UNTIL BANANA HAS PUDDING LIKE CONSISTENCY AND NO LUMPS REMAIN.**
- 2. CRACK TWO LARGE EGGS INTO THE MASHED BANANA, MIX THOROUGHLY.**
- 3. HEAT PAN OVER MEDIUM HEAT, ADD 1 TBSP OIL OR NON STICK COOKING SPRAY.**
- 4. DROP 2 TBSP OF BATTER ONTO PAN FOR ONE PANCAKE. COOK UNTIL BOTTOM IS LIGHTLY BROWNEED AND THE TOP BEGINS TO BUBBLE.**
- 5. FLIP THE PANCAKE AND COOK FOR 1-2 MINUTES.**
- 6. REPEAT STEPS 1-5 FOR THE REST OF THE BATTER.**

NOTE: RECIPE CAN EASILY BE DOUBLED

RECIPE: CHEESY PEA PENNE PASTA SALAD

PREP TIME: 15 MINUTES (SERVES 6-8)

DIFFICULTY: MEDIUM

INGREDIENTS:

1/2 BOX, 16 OZ PENNE PASTA

TASTY TIP: ADD 1 CAN OF TUNA FOR INCREASED PROTEIN

1 CAN, 10 OZ OF PEAS

TASTY TIP: USE LOW SODIUM PEAS TO DECREASE SODIUM INTAKE

1/2 CUP SHREDDED CHEESE

METHOD:

- 1. IN A LARGE POT, HEAT WATER ON MEDIUM UNTIL BOILING. ADD ENTIRE BOX OF PENNE PASTA.**
- 2. COOK PASTA 8-10 MINUTES OR OTHERWISE SPECIFIED ON THE BOX. WITH 2-3 MINUTES REMAINING, DRAIN THE CAN OF PEAS AND ADD TO THE BOILING WATER AND PASTA.**
- 3. USING A COLANDER, STRAIN THE PASTA AND PEAS.**
- 4. RETURN THE PASTA AND PEAS BACK TO THE LARGE POT AND TURN THE BURNER TO LOW. ADD CHEESE AND HEAT UNTIL MELTED.**

RECIPE: CHICKEN FRIED RICE

PREP TIME: 20 MINUTES (SERVES 6-8)

DIFFICULTY: MEDIUM

INGREDIENTS:

1 CAN, 10 OZ CHICKEN IN WATER

TASTY TIP: USE LOW SODIUM CHICKEN TO REDUCE SODIUM INTAKE

1/2 CAN , 7 OZ PEAS AND CARROTS MEDLEY

1 LARGE EGG

1 CUP BROWN RICE

TASTY TIP: ADD HOT SAUCE FOR A SPICY TWIST

METHOD:

- 1. IN A LARGE SAUCE PAN, HEAT A HALF CAN OF THE PEAS AND CARROTS MEDLEY AND CHICKEN IN 1 TBSP OLIVE OIL.**
- 2. IN ANOTHER LARGE POT, BOIL WATER ON HIGH. PUT IN RICE, LOWER TO A SIMMER AND COVER FOR 18-20 MINUTES.**
- 3. ONCE VEGGIES AND CHICKEN ARE LIGHTLY BROWN, PUSH TO ONE SIDE OF THE PAN AND ADD ONE LARGE EGG.**
- 4. LET THE EGG SET FOR 1-2 MINUTES, THEN MIX INTO PEAS AND CARROTS AND CHICKEN.**
- 5. ADD 2 TBSP OF SOY SAUCE.**
- 6. IN THE MICROWAVE, HEAT UP PRECOOKED BROWN RICE FOR 2-3 MINUTES, OR AS SPECIFIED ON THE PACKAGE.**
- 7. MIX IN COOKED BROWN RICE.**

RECIPE: BANANAS AND PEANUT BUTTER

PREP TIME: 5 MINUTES (SERVES 4)

DIFFICULTY: LOW

INGREDIENTS:

2 RIPE BANANAS

TASTY TIP: FREEZE EXTRA BANANA FOR UP TO 2-3 MONTHS

8 TBSP PEANUT BUTTER

TASTY TIP: USE CRUNCHY PEANUT BUTTER AS AN ALTERNATIVE PROTEIN SOURCE

METHOD:

1. PEEL THE BANANAS.

2. SLICE EACH BANANA INTO BITE SIZE SLICES, ABOUT 1/2 INCH THICK EACH USING A SHARP KNIFE.

3. SPOON 2 TBSP OF PEANUT BUTTER INTO A SMALL BOWL.

4. DIP BANANA SLICES IN PEANUT BUTTER.

RECIPE: SCRAMBLED EGG CUPS

PREP TIME: 35 MINUTES (SERVES 4, MAKES 6 EGG CUPS)

DIFFICULTY: MEDIUM

INGREDIENTS:

6 LARGE EGGS

1/2 CAN, 7 OZ PEAS AND CARROTS MEDLEY

**TASTY TIP: ADD LEFTOVER MEATS OR VEGETABLES TO
ADD FLAVOR AND NUTRIENTS**

1/4 TEASPOON SALT

1/8 TEASPOON GARLIC POWDER

1/8 TEASPOON PEPPER

1/4 CUP SHREDDED CHEDDAR CHEESE

**TASTY TIP: DOUBLE THE RECIPE TO HAVE BREAKFAST
MADE FOR THE ENTIRE WEEK, EGG CUPS CAN BE FROZEN**

METHOD:

- 1. PREHEAT OVEN TO 350°.**
- 2. IN A LARGE BOWL, BEAT EGGS.**
- 3. ADD PEAS AND CARROTS MEDLEY, SALT, GARLIC POWDER AND PEPPER.**
- 4. STIR IN CHEESE.**
- 5. SPOON BY 1/3 CUPFULS INTO GREASED MUFFIN CUPS.**
- 6. BAKE UNTIL A KNIFE INSERTED IN THE CENTER COMES OUT CLEAN, 20-25 MINUTES.**

RECIPE: GRILLED CHICKEN AND GREEN BEANS

PREP TIME: 15 MINUTES (SERVES 4-6)

DIFFICULTY: LOW

INGREDIENTS:

1 CAN, 10 OZ CHICKEN IN WATER

TASTY TIP: ADD SHREDDED CHEESE FOR ADDED CALCIUM

1 CAN, 14.5 OZ GREEN BEANS CUT, NO SALT ADDED

1 TBSP GARLIC POWDER

1 TBSP ITALIAN HERBS

TASTY TIP: ADD SLICED GREEN CHILES FOR A SPICY DISH

METHOD:

- 1. IN A FRYING PAN OVER MEDIUM HEAT, COOK CHICKEN WITH 1 TBSP OLIVE OIL FOR 8-10 MINUTES, OR UNTIL LIGHTLY BROWN.**
- 2. ADD GREEN BEANS FOR THE LAST 3-5 MINUTES.**
- 3. OPTIONAL: ADD 1 TBSP OF YOUR CHOICE OF SEASONING -CAJUN SEASONING, GARLIC POWDER, ONION POWDER, SALT, PEPPER.**

RECIPE: PENNE PASTA BAKE

PREP TIME: 25 MINUTES (SERVES 8-10)

DIFFICULTY: KID FRIENDLY

INGREDIENTS:

1/2 BOX, 16 OZ PENNE PASTA

TASTY TIP: USE WHOLE WHEAT PASTA FOR INCREASED FIBER

1 CAN, 28 OZ CRUSHED TOMATOES

10 OZ SHREDDED CHEESE

1 CAN, 15 OZ TOMATO SAUCE

TASTY TIP: ADD COOKED GROUND BEEF FOR INCREASED PROTEIN INTAKE

METHOD:

- 1. IN A LARGE POT, HEAT WATER ON MEDIUM UNTIL BOILING. ADD ENTIRE BOX OF PENNE PASTA.**
- 2. COOK PASTA 8-10 MINUTES OR OTHERWISE SPECIFIED ON THE BOX. DRAIN THE PASTA.**
- 3. PREHEAT OVEN TO 350 DEGREES.**
- 4. IN A 9X13 PAN, PLACE THE COOKED PENNE PASTA EVENLY ACROSS THE PAN.**
- 5. ADD CRUSHED RED TOMATOES AND TOMATO SAUCE EVENLY ACROSS THE PASTA.**
- 6. BAKE FOR 10 MINUTES, ADD CHEESE, THEN BAKE FOR 5 MORE MINUTES, OR UNTIL CHEESE IS MELTED.**

RECIPE: TRAIL MIX

PREP TIME: 15 MINUTES (SERVES 6-8)

DIFFICULTY: MEDIUM

INGREDIENTS:

2 BANANAS

1 APPLE

TASTY TIP: ADD CHOCOLATE CHIPS FOR A SWEET ADDITION

1/2 CAN, 7 OZ CANNED FRUIT

1 CUP OF NUTS

TASTY TIP: CHOOSE LOW SODIUM NUTS TO REDUCE SODIUM INTAKE

METHOD:

- 1. PREHEAT OVEN AT 250 DEGREES.**
- 2. PEEL AND SLICE THE BANANA INTO BITE SIZE PIECES. PLACE ONTO GREASED COOKING SHEET.**
- 3. SLICE AND CORE THE APPLE AND PLACE SLICES ONTO COOKING SHEET.**
- 4. BAKE BANANA AND APPLE SLICES FOR 1 HOUR OR UNTIL BROWNE.**
 - 1. NOTE: LET BANANA PIECES REST FOR 20 MINUTES AFTER BAKING, AS THEY NEED TIME TO SET AND GET SOLID.**
- 5. OPEN THE CAN OF FRUIT AND DRAIN OUT ALL EXTRA JUICE AND WATER. RINSE.**
- 6. ADD BAKED BANANA SLICES, APPLE SLICES, CANNED FRUIT, AND 1 CUP OF NUTS INTO A LARGE BOWL.**
- 7. MAKE TO-GO BAGS BY PORTIONING THEM INTO SMALLER BAGS, OR EAT OUT OF THE LARGE BOWL.**