

RECIPE: OATMEAL WITH PINEAPPLE CHUNKS

PREP TIME: 5 MINUTES (SERVES 4)

DIFFICULTY: LOW

INGREDIENTS:

- 2 CUPS OF INSTANT OATMEAL**
- 2 CUPS OF SKIM MILK**
- 1 20-OZ. CAN OF PINEAPPLE CHUNKS IN 100% JUICE**
 - TASTY TIP: DRAIN OUT THE JUICE AND RINSE THE PINEAPPLE WITH WATER BEFORE SERVING TO REDUCE SUGAR INTAKE!**

METHOD:

- 1) OPEN AND DRAIN THE CAN OF PINEAPPLE. SET ASIDE.**
- 2) SCOOP 2 CUPS OF OATMEAL INTO A LARGE, MICROWAVE-SAFE BOWL.**
- 3) POUR 2 CUPS OF SKIM MILK INTO THE BOWL WITH THE OATMEAL. STIR UNTIL MIXED WELL.**
- 4) MICROWAVE MIXTURE FOR 2 MINUTES, STOPPING EVERY 30 SECONDS TO STIR THE OATMEAL.**
- 5) ONCE MICROWAVED, SCOOP 1/2 CUP OF THE COOKED OATMEAL INTO 4 DIFFERENT BOWLS.**
- 6) SCOOP 1/2 CUP PINEAPPLE CHUNKS ON TOP OF EACH BOWL OF OATMEAL. SERVE AND ENJOY!**
 - TASTY TIP: ADD 1 TBSP. OF PEANUT BUTTER TO OATMEAL FOR EXTRA FLAVOR AND HEALTHY FATS!**

RECIPE: VEGGIE QUESADILLAS

PREP TIME: 20 MINUTES (SERVES 4)

DIFFICULTY: MEDIUM

INGREDIENTS:

- 4 WHOLE WHEAT TORTILLAS**
- 1 CUP LOW-FAT SHREDDED CHEDDAR CHEESE**
- 1 CAN OF DICED TOMATOES**
- 1 CAN OF FIRE-ROASTED CORN**
- 1 CAN OF BLACK BEANS**
 - TASTY TIP: DRAIN AND RINSE THE BEANS AND CORN WITH COLD WATER TO GET RID OF EXTRA SALT!**
- NON-STICK COOKING SPRAY**

METHOD:

- 1) OPEN AND DRAIN THE CANS OF TOMATOES, BLACK BEANS, AND CORN. RINSE BEANS AND CORN WITH COLD WATER.**
- 2) SPRAY A COOKING PAN WITH NON-STICK COOKING SPRAY AND PLACE 1 WRAP FLAT ON THE PAN. TURN STOVE TOP ON LOW HEAT.**
- 3) AS THE PAN HEATS, SPRINKLE 1/4 CUP SHREDDED CHEESE ON THE WRAP.**
- 4) SPRINKLE A HANDFUL OF EACH OF THE FOLLOWING ON ONE HALF OF THE WRAP: BLACK BEANS, TOMATOES, CORN.**
- 5) AS THE CHEESE MELTS, FOLD THE SIDE WITHOUT FILLING ON TOP OF THE OTHER SIDE. COOK UNTIL CHEESE IS COMPLETELY MELTED.**
- 6) REPEAT STEPS 2-5 FOR THE REMAINING WRAPS. SLICE INTO 4 TRIANGLES AND ENJOY!**
- 7) TASTY TIP: USE LEFTOVER GREEK YOGURT AS A HEALTHY SOUR CREAM TO DIP THE QUESADILLAS!**

RECIPE: CHICKEN "FRIED" RICE

PREP TIME: 20 MINUTES (SERVES 4)

DIFFICULTY: MEDIUM

INGREDIENTS:

- 1 PACKAGE OF 90-SECOND INSTANT BROWN RICE (2 CUPS)
- 1 12.5-OZ. CAN OF CHUNK CHICKEN IN WATER
- 1 CAN OF PEAS AND CARROTS
 - o TASTY TIP: IF YOU WANT A FRESHER TASTE FOR THIS MEAL, TRY BUYING THESE FROZEN!
- 2 EGGS, SCRAMBLED
- 4 TBSP. OF SOY SAUCE
- NON-STICK COOKING SPRAY
 - o TASTY TIP: PURCHASING THIS NOT ONLY LIMITS CALORIES, BUT CAN BE USED FOR SO MANY OTHER RECIPES INSTEAD OF OIL!

METHOD:

- 1) FOLLOW MICROWAVE INSTRUCTIONS ON BROWN RICE PACKAGE. SET ASIDE.
- 2) OPEN AND DRAIN PEAS & CARROTS. SET ASIDE.
- 3) SPRAY NON-STICK SPRAY ON A LARGE PAN AND SET ON STOVE TOP WITH MEDIUM HEAT.
- 4) CRACK AND SCRAMBLE TWO EGGS IN THE PAN UNTIL COMPLETELY COOKED.
- 5) IN THAT SAME PAN, ADD CHICKEN, PEAS, CARROTS, AND SOY SAUCE TO PAN. STIR AND COOK FOR ABOUT 5 MINUTES.
- 6) ONCE HEATED, SERVE THE MIXTURE OVER 1/2 CUP OF BROWN RICE AND ENJOY!

RECIPE: PB & BANANA BITES

PREP TIME: 10 MINUTES (SERVES 4)

DIFFICULTY: KID-FRIENDLY

INGREDIENTS:

- 2 BANANAS**
- 2 TBSP. OF PEANUT BUTTER**
- 2 TBSP. OF MINI CHOCOLATE CHIPS**

TASTY TIP: STORE RIPE BANANAS IN THE FREEZER TO PRESERVE FRESHNESS AND USE FOR SMOOTHIES LATER!

METHOD:

- 1) CUT BANANAS INTO 1/2 INCH SLICES AND SET ON A PLATE.**
- 2) MEASURE OUT THE PEANUT BUTTER, AND USE A KNIFE TO PUT A SMALL BLOB OF PEANUT BUTTER ON HALF OF THE BANANA SLICES.**
- 3) SPRINKLE MINIATURE CHOCOLATE CHIPS ON TOP OF THE BANANAS WITH PEANUT BUTTER.**
- 4) PLACE THE OTHER BANANA SLICES ON TOP OF THE PB-CHOCOLATE SLICES TO MAKE LITTLE SANDWICHES.**
- 5) ENJOY!**
- 6) TASTY TIP: MAKE EXTRAS AND PLACE IN THE FREEZER TO LAST LONGER AND HAVE A HEALTHY TREAT ALL WEEK LONG!**

RECIPE: PEACH SMOOTHIE

PREP TIME: 5 MINUTES (SERVES 4)

DIFFICULTY: LOW

INGREDIENTS:

- 1 BANANA**
- 1 CAN OF PEACHES IN WATER OR 100% JUICE**
 - o TASTY TIP: DRAIN, RINSE, AND PLACE THESE IN A TUPPERWARE IMMEDIATELY AFTER PURCHASE. STORE IN THE FRIDGE FOR AN EASY SNACK. THIS WILL ALSO LIMIT THE AMOUNT OF EXTRA SUGAR THE FRUIT ABSORBS.**
- 1/2 CUP PLAIN GREEK YOGURT**
- 1/2 CUP SKIM MILK**
- 1 TBSP. PEANUT BUTTER**

METHOD:

- 1) OPEN AND DRAIN PEACHES AND PLACE INTO A BLENDER.**
- 2) SLICE THE BANANA INTO SMALLER PIECES AND ADD TO BLENDER ALONG WITH MILK, GREEK YOGURT, AND PEANUT BUTTER.**
- 3) BLEND ALL CONTENTS UNTIL SMOOTH. POUR INTO 4 SEPARATE GLASSES AND ENJOY!**
- 4) TASTY TIP: IF THERE IS ANY LEFTOVER SMOOTHIE, POUR INTO ICE CUBE TRAYS AND FREEZE. THIS MAKES DELICIOUS HEALTHY POPSICLES FOR LATER.**

RECIPE: THREE-BEAN SALAD

PREP TIME: 10 MINUTES (SERVES 4)

DIFFICULTY: KID-FRIENDLY

INGREDIENTS:

- 1 CAN WHITE CANNELLINI BEANS
- 1 CAN BLACK BEANS
- 1 CAN GARBANZO BEANS
- 4 TBSP. ITALIAN DRESSING
 - o **TASTY TIP: THIS DRESSING CAN BE ADDED TO LOTS OF DIFFERENT VEGETABLES FOR ADDED FLAVOR THAT DOES NOT ADD A LOT OF EXTRA CALORIES!**
- 1 CAN DICED TOMATOES

METHOD:

- 1) OPEN AND DRAIN ALL CANS OF BEANS AND TOMATOES.**
- 2) POUR ALL BEANS AND THE TOMATOES INTO A LARGE BOWL.**
- 3) ADD THE ITALIAN DRESSING TO THE BOWL AND STIR ALL OF THE CONTENTS TOGETHER. (THE KIDS CAN HELP WITH THIS STIRRING!)**
- 4) SERVE ABOUT 1/2 CUP OF THE MIX TO EACH FAMILY MEMBER AND ENJOY!**
- 5) TASTY TIP: SERVE THE SALAD WITH WHOLE GRAIN CRACKERS FOR EXTRA CRUNCH AND FIBER!**

RECIPE: MEXICAN BROWN RICE BOWLS

PREP TIME: 15 MINUTES (SERVES 4)

DIFFICULTY: MEDIUM

INGREDIENTS:

- 1 PACKAGE OF 90-SECOND INSTANT BROWN RICE (2 CUPS)
- 1 CAN BLACK BEANS
- 1 CAN DICED TOMATOES, CORN, & OKRA MIX
 - o TASTY TIP: DRAIN AND RINSE THESE VEGETABLES BEFORE SERVING TO LIMIT SODIUM INTAKE.
- 1 CAN VERDE SALSA
- 1 MEDIUM YELLOW ONION
 - o TASTY TIP: FOR LONGER STORAGE, SLICE THE ONION AFTER PURCHASING AND STORE IN AN AIR-TIGHT CONTAINER IN THE FREEZER UNTIL USE.

METHOD:

- 1) OPEN AND DRAIN THE CANS OF BEANS AND TOMATOES, OPEN THE VERDE SALSA AND SET ALL INGREDIENTS ASIDE IN SEPARATE BOWLS.
- 2) FOLLOW MICROWAVE INSTRUCTIONS ON BROWN RICE PACKAGE. SET ASIDE.
- 3) PEEL AND SLICE THE ONION INTO SMALL STRIPS. PLACE THE STRIPS IN A SMALL PAN ON THE STOVE TOP ON MEDIUM HEAT.
- 4) COOK THE ONIONS, STIRRING OCCASIONALLY UNTIL THEY BROWN AND SOFT.
- 5) SERVE THE BOWLS BY PLACING ABOUT 1/2 CUP BROWN RICE IN A BOWL AND TOP WITH DESIRED TOPPINGS: TOMATOES/CORN/OKRA MIX, BLACK BEANS, SALSA AND/OR ONIONS.

RECIPE: CREAMY FRUIT POPSICLES

PREP TIME: 1 HOUR (SERVES 4)

DIFFICULTY: LOW

INGREDIENTS:

- 1 CAN TROPICAL FRUIT MIX

- 1 CUP SKIM MILK

- **TASTY TIP: USING SKIM MILK INSTEAD OF WHOLE MILK MAKES THIS A LOW-FAT, HIGHER PROTEIN SNACK!**

METHOD:

1) OPEN AND DRAIN THE TROPICAL FRUIT MIX AND PLACE INTO A BLENDER ALONG WITH THE SKIM MILK.

2) BLEND CONTENTS UNTIL SMOOTH.

3) POUR THE MIXTURE INTO ICE TRAYS, PLACING TOOTHPICKS OR POPSICLE STICKS INTO EACH CUBE.

4) FREEZE CONTENTS FOR ABOUT ONE HOUR OR UNTIL COMPLETELY FROZEN.

5) SERVE AND ENJOY!

TASTY TIP: THESE CAN BE MADE WITH ANY OTHER KIND OF FRUIT THAT IS ABOUT TO GO BAD TO LIMIT FOOD WASTE!

RECIPE: EGG MUFFINS

PREP TIME: 30 MINUTES (SERVES 4)

DIFFICULTY: LOW

INGREDIENTS:

- 10 MEDIUM EGGS
- 1 CAN DICED TOMATOES
- 1/2 PACKAGE OF FROZEN CHOPPED SPINACH
 - o TASTY TIP: ANY LEFTOVER SPINACH CAN BE ADD TO SMOOTHIES OF FRUIT POPSICLES FOR ADDED VITAMINS AND MINERALS!
- 1/2 CUP SHREDDED CHEDDAR CHEESE
- OPTION: ADD PEPPER TO TASTE
 - o TASTY TIP: ADDING ANY OTHER SPICES OR NO-SODIUM YOU HAVE ON HAND IS A GREAT WAY TO INCREASE FLAVOR WITHOUT A LOT OF SALT.
- NON-STICK COOKING SPRAY

METHOD:

- 1) PREHEAT THE OVEN TO 350 DEGREES AND SPRAY A MUFFIN TIN WITH NON-STICK COOKING SPRAY. SET ASIDE.
- 2) IN A LARGE BOWL, CRACK ALL 10 EGGS. WHISK TOGETHER.
- 3) OPEN AND DRAIN THE CAN OF TOMATOES, THEN ADD TOMATOES, SPINACH, AND CHEESE TO BOWL. WHISK TOGETHER.
- 4) POUR THE MIXTURE INTO THE INDIVIDUAL MUFFIN TINS ABOUT 3/4 OF THE WAY FULL. (LEAVE A LITTLE ROOM AT THE TOP AND DO NOT FILL ALL THE WAY.)
- 5) PLACE IN THE OVEN AND BAKE FOR 17-20 MINUTES. STICK A KNIFE OR TOOTHPICK IN CENTER TO ENSURE COOKED ALL THE WAY THROUGH.
- 6) SERVE EACH PERSON 2-3 MUFFINS AND ENJOY!
- 7) TASTY TIP: ANY LEFOTVER MUFFINS CAN BE STORED IN THE FRIDGE FOR A HIGH-PROTEIN SNACK LATER!

RECIPE: TUNA SALAD WRAP & MANDARIN ORANGES

PREP TIME: 15 MINUTES (SERVES 4)

DIFFICULTY: KID-FRIENDLY

INGREDIENTS:

- **4 5-OZ. CANS OF CHUNK LIGHT TUNA IN WATER**
 - o **TASTY TIP: STORE THESE CANS IN THE FRIDGE FOR BETTER TASTE WHEN MAKING THE WRAPS.**
- **1/2 CUP PLAIN LOW-FAT GREEK YOGURT**
- **4 WHOLE WHEAT WRAPS**
- **SALT & PEPPER TO TASTE**
- **1 CAN OF MANDARIN ORANGES**
 - o **TASTY TIP: DRAIN AND RINSE OFF THESE ORANGES TO REDUCE THE AMOUNT OF EXTRA SUGAR!**

METHOD:

- 1) OPEN CANS OF TUNA AND DRAIN EXCESS WATER.**
- 2) OPEN AND DRAIN MANDARIN ORANGES AND SET ASIDE.**
- 3) COMBINE GREEK YOGURT, TUNA, AND SALT & PEPPER IN A BOWL UNTIL COMPLETELY MIXED.**
- 4) PLACE 1/4 OF THE MIXTURE ON A WHOLE WHEAT TORTILLA AND ROLL IT INTO A WRAP.**
- 5) REPEAT STEP 3 FOR THE REST OF THE WRAPS.**
- 6) SERVE WRAP ALONGSIDE MANDARIN ORANGES AND ENJOY!**

RECIPE: CHICKEN PESTO PASTA

PREP TIME: 20 MINUTES (SERVES 4)

DIFFICULTY: MEDIUM

INGREDIENTS:

- 1 BOX WHOLE WHEAT SPAGHETTI
- 1/2 PACKAGE FROZEN CHOPPED SPINACH
- 1 BAG OF FROZEN BROCCOLI
- 1 12.5 OZ CAN OF CHUNK CHICKEN IN WATER
- 1 6-OZ. JAR OF PESTO
 - o **TASTY TIP: PLACE PESTO IN ICE TRAYS AND FREEZE TO SAVE LONGER. THESE CAN BE ADDED TO DISHES AND SOUPS WHEN NEEDED!**

TASTY TIP: ADD ANY OTHER FROZEN OR LEFTOVER VEGGIES TO THIS DISH TO MAKE IT MORE FILLING AND TO GET MORE VITAMINS/MINERALS!

METHOD:

- 1) BRING THE AMOUNT OF WATER ADVISED ON THE PASTA BOX TO A BOIL IN A LARGE POT. ADD PASTA ONCE WATER IS BOILING.**
- 2) BOIL PASTA FOR ABOUT 7 MINUTES, THEN STRAIN PASTA, AND PLACE NOODLES BACK INTO LARGE POT WITH STOVE TOP ON LOW HEAT.**
- 3) OPEN AND DRAIN CHUNK CHICKEN. SET ASIDE.**
- 4) MICROWAVE FROZEN BROCCOLI FOR 5 MINUTES. THEN SET ASIDE.**
- 5) WHEN ALL INGREDIENTS ARE PREPARED, ADD THE CHICKEN, BROCCOLI, AND PESTO SAUCE TO THE PASTA.**
- 6) MIX UNTIL ALL CONTENTS ARE COVERED WITH PESTO. SERVE ABOUT 1/2 CUP OF PASTA AND ENJOY!**

RECIPE: OATMEAL ENERGY BITES

PREP TIME: 5 MINUTES (SERVES 4)

DIFFICULTY: LOW

INGREDIENTS:

- 1 CUP OATS

- **TASTY TIP: BY USING OATMEAL INSTEAD OF COOKIE DOUGH OR FLOUR, YOU ARE ABLE TO USE THE LEFTOVER OATMEAL FOR BREAKFAST AND OTHER MEALS!**

- 1/2 CUP PEANUT BUTTER

- 1/4 CUP MINIATURE CHOCOLATE CHIPS

METHOD:

1) MEASURE OUT THE INSTANT OATS AND PLACE INTO A LARGE BOWL. SET ASIDE.

2) MEASURE OUT 1/2 CUP PEANUT BUTTER AND PLACE IN A MICROWAVE-SAFE BOWL. MICROWAVE FOR 15 SECONDS AND STIR. REPEAT MICROWAVING UNTIL THE PEANUT BUTTER IS LIQUID-LIKE.

3) MIX PEANUT BUTTER AND OATS TOGETHER IN LARGE BOWL.

4) ADD CHOCOLATE CHIPS TO THE OATMEAL-PB MIXTURE AND MIX TOGETHER.

5) USE HANDS TO FORM THE MIXTURE INTO SMALL BALLS.

6) SERVE 2 BALLS PER PERSON AND ENJOY!

TASTY TIP: PLACE EXTRA BALLS ON A COOKIE SHEET AND STORE IN THE FRIDGE FOR A NUTRITIOUS SWEET SNACK LATER!