

RECIPE: NEW AMERICAN BREAKFAST

PREP TIME: 20-25 MIN

DIFFICULTY: LOW

INGREDIENTS:

- **8 eggs**
 - Eggs are packed with protein and nutrients like choline that can support brain health.
- **8 Links of Great Value Original Premium Sausage**
 - Freeze leftover sausage up to 4 months to use again!
- **4 Pieces Whole Wheat Toast**
- **4 Tbsp jelly**

METHOD:

1. Begin by preparing 8 sausage links (by following the oven instructions on the package)

a. Preheat the oven to 350

b. Place 8 sausage links on a shallow baking pan

c. Bake for 12-15 min – turning the links once

2. Scrambled eggs

a. Crack 8-10 eggs in a bowl and mix well with a fork or whisk (season with salt and pepper if desired)

b. Over medium heat, spray/drizzle a skillet with cooking oil

c. Pour egg mixture into skillet and begin to pull the eggs across the pan with a spatula

d. Continue cooking until no visible liquid remains and divide eggs into 4 portions

3. Toast

a. Toast whole wheat bread in toaster or oven until golden brown

b. Spread on 1 tbsp of jam/jelly

RECIPE: CHICKEN SALAD SANDWICHES

PREP TIME: 10 MINUTES

DIFFICULTY: LOW

INGREDIENTS:

- **3 cans of 12.5oz Great Value Low Sodium Chunk Chicken Breast (canned)**
- **1.5 cup Great Value Plain Whole Milk yogurt**
 - **Whole milk plain yogurt is a healthier alternative to may**
- **1 stalk of celery chopped into ¼” dice**
 - **To keep celery fresh longer, lightly wrap the stalks in aluminum foil and place in the fridge**
- **2 apples (any apple) chopped into ¼” dice**
- **8 pieces of Whole Wheat Bread**

METHOD:

- 1. Drain and rinse chicken with water – pat dry to remove excess moisture**
- 2. Mix chicken, yogurt, celery, and apples in a bowl until well combined (season with salt and pepper if desired)**
- 3. Spread about 1/2 cup of chicken salad mix between 2 pieces of bread – toast your bread for extra crunch**
- 4. Serve with fresh or canned fruit for a balanced meal!**

RECIPE: VEGGIE QUESADILLAS

PREP TIME: 20 MINUTES

DIFFICULTY: MEDIUM

INGREDIENTS:

- **8 Multigrain soft taco flour tortillas**
- **1 can 15.25oz Great Value Black Beans, no salt added – rinsed and drained**
 - **Tasty tip: Draining and rinsing canned vegetables can help remove excess sodium**
- **1 can 10oz Great Value Mild Diced Tomatoes with Green Chilies**
- **1 bell pepper – any color**
 - **Tasty Tip: Add canned chicken to veggie mix to pack extra protein into this tasty meal**
- **2 cups Great Value Mozzarella cheese**

METHOD:

- 1. Preheat oven to 325**
- 2. Drain and rinse black beans and tomatoes**
- 3. Dice bell pepper into ¼” pieces**
- 4. In a skillet, over medium heat, sauté bell pepper until soft – about 5 minutes**
- 5. Add black beans and tomatoes to the skillet and heat 1-2 minutes**
- 6. On a lined baking sheet, arrange 4 tortillas and sprinkle ¼cup of cheese on each**
- 7. Portion out vegetable mixture to each tortilla**
- 8. Top vegetable mixture with another ¼ cup of cheese and cover with the remaining tortillas**
- 9. Bake for 10 minutes or until golden brown**

RECIPE: APPLES AND PB SNACK

PREP TIME: 5 MINUTES

DIFFICULTY: KID FRIENDLY

INGREDIENTS:

- **4 Apples**
 - **Tasty tip: Any kind of apple works great! Buy different types of apples to mix and match and expose the kids to different flavors!**
 - **Tasty tip: Apples provide carbohydrates as well as fiber. Carbohydrates give you energy while fiber keeps you feeling satisfied between meals.**
- **8 Tablespoons of peanut butter**

METHOD:

1. Cut each apple into 8 slices

2. Spoon 2 tablespoons of peanut butter on the side for dipping

a. Tasty tip: This is a great easy-to-make snack that the kids can be involved in! Let them help chop apples to learn knife cutting skills.

RECIPE: BREAKFAST TACOS

PREP TIME: 10 MINUTES

DIFFICULTY: EASY

INGREDIENTS:

- **8-10 eggs**
- **8 Ole Mexican La Banderita corn Tortillas**
- **1 cup of Great Value Shredded Low-Moisture Part-Skim Mozzarella Cheese**
- **1 cup Great Value Medium Thick & Chunky Salsa (or any preferred salsa)**
- **1 small handful of cilantro (optional)**
 - **Tasty Tip: Store cilantro in a glass filled with 1 cup of water in the fridge to keep it fresh for up to 4 weeks. Just be sure to replace the water every few days!**
 - **Tasty Tip: You can also use leftover cilantro on other menu items for additional flavor like white chicken chili and quesadillas.**

METHOD:

1. Scramble Eggs

a. Crack 8-10 eggs in a bowl and whisk well with a fork (season with salt and pepper if desired)

b. Over medium heat, spray/drizzle a skillet with cooking oil

c. Pour egg mixture into skillet and begin to pull the eggs across the pan with a spatula

d. Continue cooking until no visible liquid remains

2. Divide scrambled eggs onto each tortilla

3. Top tacos with cheese, salsa, and cilantro

4. Serve with fresh or canned fruit for a balanced breakfast!

RECIPE: PASTA SALAD

PREP TIME: 10-15 MINUTES

DIFFICULTY: KID FRIENDLY

INGREDIENTS:

- **1 box of Great Value Whole Wheat Rotini, 16 oz**
 - **Tasty Tip: Whole wheat pasta provides more fiber than traditional white pasta. Fiber supports digestion and can help control blood sugar.**
- **1 can of Great Value Garbanzos Chick Peas, 15.5 oz**
 - **Tasty Tip: Chickpeas are packed with great nutrition including plant-based protein, folate, and vitamin B2**
- **1 can Great Value Petite Diced Tomatoes in Tomato Juice, 14.5 oz**
- **8 oz (~1/2 bottle) Great Value Light Zesty Italian Dressing**

METHOD:

- 1. Cook 16 oz of pasta to the directions listed on the box**
- 2. Drain and rinse chickpeas and tomatoes**
- 3. Mix all ingredients in a bowl until well combined**
- 4. Divide into 4 portions and serve**
- 5. Optional: Serve with fresh or canned fruit or vegetables on the side for even more great nutrition!**

RECIPE: WHITE CHICKEN CHILI

PREP TIME: 1 HOUR

DIFFICULTY: EASY

INGREDIENTS:

- **3 Great Value Boneless Skinless Chicken Breast (Frozen)**
 - **Tasty Tip: Freeze remaining chicken up to 6 months to use at a later date.**
- **1 can of Great Value No Salt Added Golden Sweet Whole Kernel Corn, 15 oz**
- **1 can of Great Value Great Northern Beans, 15.5 oz**
- **2 cans of Great Value Medium Diced Green Chiles, 4 oz**
- **1 packet of McCormick White Chicken Chili Seasoning Mix, 1.25 oz**
- **4 cups of water (may use more or less water to achieve desired consistency)**
 - **Tasty Tip: Add frozen green leafy vegetables like kale or spinach to pack in even more vitamins and minerals.**

METHOD:

- 1. Cook chicken**
 - a. Preheat oven to 450 degrees.**
 - b. Place 3 chicken breasts on a lined baking sheet and bake for 15-18 minutes, or until the chicken is cooked through and no longer pink.**
- 2. Shred chicken**
 - a. Use one hand or a fork to hold the chicken steady.**
 - b. With the other hand, use another fork to scrape/tear the chicken into small, shredded pieces.**
- 3. Set chicken aside to rest.**
- 4. In a large pot, combine corn, beans, green chiles (drained and rinsed), seasoning packet, and water and bring to a boil. Then, reduce heat and simmer for 30 minutes.**
- 5. After simmering soup mixture for at least 30 minutes, add shredded chicken to pot and simmer for an additional 10 minutes.**
- 6. Optional: Top with salsa or cilantro for additional flavor!**

RECIPE: ANTS ON A LOG

PREP TIME: 5 MINUTES

DIFFICULTY: KID FRIENDLY

INGREDIENTS:

- **4 stalks of celery**
- **8 Tablespoons of peanut butter**
 - **Tasty Tip: Celery provides fiber while peanut butter provides fat and protein making for a balanced snack.**
- **4 oz Great Value Sun-Dried Raisins (4 individual boxes)**
 - **Tasty Tip: This is a great snack recipe to get the kids involved in and exposes them to different vegetables and textures!**

METHOD:

- 1. Spread 2 tablespoons of peanut butter on each celery stalk**
- 2. Place a few raisins on each celery stalk**
- 3. Cut each celery stalk into 2-4 pieces**
- 4. Portion out 4 servings**

RECIPE: BANANA PANCAKES AND TURKEY BACON

PREP TIME: 15-20 MINUTES

DIFFICULTY: MEDIUM

INGREDIENTS:

- **4 eggs**
- **2 ripe bananas**
- **12 slices of Butterball Lower Sodium Turkey Bacon**
 - **Tasty Tip: Turkey bacon offers a healthier, lower calorie, lower fat option than traditional bacon**
- **Optional: Maple syrup, jam, or any other toppings, for serving**

METHOD:

1. Pancakes

- a. Gently mash the bananas with a fork until only small lumps remain**
- b. Stir in eggs until well combined**
- c. Optional: add seasonings like honey, vanilla extract, cinnamon, or blueberries for additional flavors!**
- d. In a non-stick skillet over medium heat (or regular skillet sprayed with cooking oil), spoon in a 1/3-1/2 cup of mixture**
- e. Cook about 1-2 minutes or until the mixture is formed enough to flip. Cook 1-2 minutes on the other side**
- f. Tasty Tip: These 2-ingredient pancakes make for a high protein option over traditional pancakes**

2. Turkey bacon

- a. Preheat oven to 400 degrees**
- b. On a lined baking sheet, place strips of bacon side by side**
- c. Bake for 10-15 minutes until desired crispiness**

3. Serve with additional fresh or canned fruit if desired

RECIPE: PB+J AND LEFTOVERS

PREP TIME: 5 MINUTES

DIFFICULTY: KID FRIENDLY

INGREDIENTS:

- **8 pieces of Sara Lee 100% Whole Wheat Bread**
- **8-12 Tablespoons of peanut butter**
 - **Tasty Tip: Look for “natural” or “lower sodium” peanut butter options for a healthier swap over traditional peanut butter. JIF Natural peanut butter is a great option that is still cost effective**
- **8 Tablespoons of jelly**
- **4 cups of fruit (canned or fresh) of choice**
 - **Tasty Tip: 1 serving of fruit is equal to 1 cup of canned or fresh fruit**

METHOD:

- 1. Spread 2-3 tablespoons of peanut butter on 4 slices of bread**
- 2. Spread 2 tablespoons of jelly on 4 slices of bread**
- 3. Put 1 peanut butter and 1 jelly piece of bread together**
- 4. Serve with fresh or canned fruit and leftover chicken salad or pasta salad**

RECIPE: UNSTUFFED BELL PEPPER CASSEROLE

PREP TIME: 45 MINUTES - 1 HOUR

DIFFICULTY: MEDIUM

INGREDIENTS:

- **1 pack of Great Value Gv Rte Brown Rice Pouch 8.8 Oz**
- **1 can of Great Value Tomato Sauce, 28 oz**
- **1 can of Great Value Black Beans, No Salt Added, 15.25 oz**
- **2 bell peppers (any color)**
 - **Tasty Tip: The different colors of bell pepper have different nutritional qualities. The red bell pepper is packed with beta-carotene and vitamin C.**
- **1 medium red onion**
 - **Tasty Tip: Add shredded chicken to this recipe for an extra boost of protein!**

METHOD:

- 1. Preheat oven to 350 degrees.**
- 2. Prepare rice according to directions listed on package. Then, spread rice into a 9x12 baking dish.**
- 3. Chop bell pepper and onion into 1/4in dice. Then, in a skillet, heat 1 tbsp of cooking oil over medium heat and sauté bell pepper and onion for 3-5 minutes.**
- 4. Combine tomato sauce, black beans (rinsed and drained), bell pepper, and onion and pour mixture over the top of the rice.**
 - a. Optional: use available seasonings in vegetable mix for additional flavor: salt, pepper, garlic powder, oregano, etc.**
- 5. Bake casserole for 10-15 minutes**
- 6. Optional: Top with ingredients on hand: mozzarella cheese, cilantro, salsa, etc.**

RECIPE: PINEAPPLE AND YOGURT DIP

PREP TIME: 5 MINUTES

DIFFICULTY: KID FRIENDLY

INGREDIENTS:

- **4-6 cups of fresh or canned pineapple**
 - **Tasty Tip: If buying canned fruit, be sure to choose “in water” or “100% juice” and drain and rinse before eating. These options provide less sugar than “fruit cocktail” or “syrup” options.**
 - **Tasty Tip: If buying fresh fruit, look for fruits that are in season. These options will be more cost effective than out of season fruits.**
- **2 cups of plain whole milk yogurt**
- **4 Tablespoons of sweetener (honey, maple syrup, etc)**

METHOD:

- 1. Combine yogurt and choice of sweetener. Stir until well combined**
- 2. Serve with pineapple or other choice of 1 cup of fruit (apples, strawberries, etc)**