

RECIPE: EGG AND CHEESE SANDWICH

PREP TIME: 10 MINUTES

DIFFICULTY: LOW

INGREDIENTS:

1 egg
1 english muffin
1 slice of cheese
salt and pepper to taste

*this is for one serving, multiply ingredients by number of servings needed

METHOD:

- Heat up pan for 1 minute at medium heat
- Spray skillet with non-stick spray
- Crack egg into the pan and let it cook (add spices)
- Get your english muffin and split it in half
- Place the english muffin halves in a toaster
- Check on egg and cook it until it's at your preferred state
- Get english muffin halves out of the toaster and construct your sandwich: english muffin bottom, egg, slice of cheese, english muffin top.
- Enjoy!

Tasty Tip: In order to ensure there are no eggshells in your eggs, crack your eggs in a cup before placing it into a pan. That way you can fish out any eggshell before it cooks.

RECIPE: TURKEY BURGERS

PREP TIME: 25 MINUTES

DIFFICULTY: MEDIUM

INGREDIENTS:

1 frozen turkey burgers
1 hamburger bun
1 slice of cheese
1-2 slices of beefsteak tomato
mustard and ketchup to taste

*this is for one serving, multiply ingredients by number of servings needed

METHOD:

- Heat up frying pan for 2 minutes on medium-high heat
- Place frozen turkey burger on frying pan (spray a little non-stick spray beforehand if worried about sticking)
- If you prefer your bun toasted, place hamburger bun in a toaster
- Cook turkey burger on one side for 5 minutes then flip onto other side to cook for another 5 minutes. Repeat. (20 minutes total)
- While the burger cooks, slice tomato to get 1/4 inch slices
- Once the turkey burger is cooked, it's time to assemble: bottom bun, turkey burger, slice of cheese, tomato, ketchup and mustard, top bun.
- Enjoy!

Tasty Tip: Try adding nutritious toppings like avocado, sautéed mushrooms, or roasted bell peppers to your burgers to spice things up!

RECIPE: VEGETABLE STIR-FRY WITH BROWN RICE

PREP TIME: 15 MINUTES

DIFFICULTY: MEDIUM

INGREDIENTS:

2 bags of frozen stir-fry vegetables

1 box of instant brown rice

soy sauce

butter

METHOD:

- Heat large frying pan for 2 minutes on medium-high heat
- Empty frozen vegetables into frying pan, cover it with a lid, and let it sit for 5 minutes
- To prepare rice, follow instructions on the box in accordance to how many servings you are preparing
- Take lid off of pan and turn heat up to high. Stir the vegetables and then add 2-4 tbsp of butter. Keep stirring the vegetables off and on to make sure they don't burn
- Cook the vegetables until they are somewhat browned. Turn the heat down to medium and then add 4 tbsp of soy sauce. Stir vegetables to make sure they are evenly coated.
- To serve: scoop a serving of rice into a bowl and place some stir-fry vegetables on top. Add soy sauce to taste.

Tasty Tip: For protein, try adding baked chicken or tofu to this dish. Also, for extra style points, adorn dish with sliced green onions and toasted sesame seeds.

RECIPE: PEARS AND COTTAGE CHEESE

PREP TIME: 5 MINUTES

DIFFICULTY: LOW

INGREDIENTS:

1 can of pears
1 tub of cottage cheese
optional: cinnamon sugar

METHOD:

- Using can opener, carefully open the canned pears and drain off the fluid.
- Per serving, scoop 1 cup of cottage cheese into a bowl.
- Place 2-4 slices of pears on top of the cottage cheese.
- Sprinkle with cinnamon sugar if desired.
- Enjoy!

Tasty Tip: Switch up which fruit is being served with the cottage cheese to get a range of nutrients and flavor. Some good options for canned fruit are peaches, apples, pineapple and cherries.

RECIPE: BANANA CINNAMON SUGAR OATMEAL

PREP TIME: 5 MINUTES

DIFFICULTY: KID-FRIENDLY

INGREDIENTS:

- 1/2 cup of rolled oats
- 1 cup of water
- 1 banana sliced
- 1 tsp cinnamon sugar

METHOD:

- Combine 1/2 cup of rolled oats and 1 cup of water in a microwave-safe bowl and stir.
- Place bowl into microwave for and cook on high for 2-3 minutes.
- Take oatmeal out of microwave and stir.
- Slice banana into coins and place on top of oatmeal.
- Sprinkle a tsp of cinnamon sugar on top of the oatmeal.
- Enjoy!

Tasty Tip: For extra protein, use skim milk in place of water for the oatmeal.

RECIPE: MINISTRONE SOUP

PREP TIME: 10 MINUTES

DIFFICULTY: LOW

INGREDIENTS:

4 cans of minestrone soup, low sodium

METHOD:

- Use a can opener to open the cans of soup
- Empty the soup into a large pot
- Place pot on the stove and heat for 10 minutes at medium heat
- Serve soup in bowls, each one getting ~2 cups
- Enjoy!

Tasty Tip: To make this recipe more fun and nutritious, serve soup in hollowed out whole-wheat bread rolls to create edible bread bowls.

RECIPE: SPAGHETTI WITH MEAT SAUCE

PREP TIME: 20 MINUTES

DIFFICULTY: MEDIUM

INGREDIENTS:

1 box of dry spaghetti noodles
1 lb ground beef
1 can of tomato sauce
salt and pepper to taste

METHOD:

- Fill a large pot with water and put it on stove at high heat
- Wait for water to boil, then add the box of spaghetti noodles. Move pot to back-burner and lower it to a medium-high heat. Let noodles cook for 10 minutes.
- Heat a frying pan for 2 minutes on medium heat
- Spray pan with non-stick spray and add ground beef
- Chop up meat in pan until it is more of a ground beef consistency
- Cook ground beef on medium heat for 8 minutes, or until it is completely brown. Make sure to stir meat every minute for evenly cooked meat
- Check noodles. When noodles are the correct texture, drain the noodles in a strainer, then add them back to the pot
- When meat is thoroughly cooked, add salt and pepper to taste, and then add the can of tomato sauce.
- Place meat sauce into pot with noodles and mix.
- Enjoy!

Tasty Tip: Add sautéed spinach and mushrooms to meat sauce for extra nutrients, flavor and fiber!

RECIPE: PEANUT BUTTER CRACKERS

PREP TIME: 5 MINUTES

DIFFICULTY: KID-FRIENDLY

INGREDIENTS:

12 whole wheat crackers

1 jar of peanut butter (or alternative nut butter)

METHOD:

- Open box of crackers and pull out 12 whole crackers
- Put 2 tsp of peanut butter on 6 of the crackers, each cracker getting 2 tsp
- Put the remaining 6 crackers on the peanut butter coated crackers to create a 'sandwich'
- Enjoy!

Tasty Tip: If peanut butter allergies are of concern, opt for sunflower seed butter which is just as nutritious and delicious!

RECIPE: BLUEBERRY PANCAKES

PREP TIME 10 MINUTES

DIFFICULTY: KID-FRIENDLY

INGREDIENTS:

- 1 bag of frozen blueberries
- 2 cups of pancake mix
- 2 eggs
- 1 cup of water
- syrupe to taste

METHOD:

- Get 1 cup of frozen blueberries and put them in a microwave-safe bowl
- Put blueberries in microwave and heat for 30 seconds, or until defrosted
- Prepare pancake batter according to box instructions. General instructions: stir together 2 cups of dry pancake mix, 2 eggs, and 1 cup of water
- Heat up a frying pan for 2 minutes at medium heat and spray it with non-stick spray
- Scoop 1/4 cup of pancake batter onto pan and sprinkle in a few blueberries. Flip the pancake when the outer edges begin to bubble. Repeat until batter is gone.
- Top pancakes with a tbs of butter and syrup. Enjoy!

Tasty Tip: Use whole wheat pancake mix for extra fiber!

RECIPE: 3 BEAN CHILI

PREP TIME: 1 HOUR AND 15 MINUTES

DIFFICULTY: MEDIUM

INGREDIENTS:

- 1 can of vegetable broth
- 2 cups of water
- 1 can of kidney beans
- 1 can of corn
- 1 can of lime beans
- 1 can of black beans
- 1 can of diced tomatoes
- 1 packet of chili seasoning
- optional: cheddar cheese

METHOD:

- Use a can opener to open all of your canned ingredients
- Pick your largest pot and empty the can of vegetable broth into it along with 2 cups of water
- Stir in the packet of chili seasoning
- Turn the stove on to medium-high heat and place the pot on the stove. Cover the pot with a lid and let the broth heat until it starts to boil
- When it starts to boil, turn the stove down to medium-low heat. Add in the remaining canned ingredients.
- Stir the chili to get an even mixture. Add another cup of water if you prefer your chili thinner.
- Cover the pot again and let it simmer for 1 hour on medium-low heat.
- Serve the chili and top it with cheese if desired. Enjoy!

Tasty Tip: Add in ground beef/turkey for extra protein and opt for low-sodium broth and seasoning when available.

RECIPE: CHICKEN MUSHROOM CASSEROLE

PREP TIME: 1 HOUR

DIFFICULTY: LOW

INGREDIENTS:

1 lb boneless, skinless chicken breast
1 can of cream of mushroom soup
3/4 cup of instant brown rice
1 cup of water
salt and pepper to taste

METHOD:

- Heat the oven to 375°F
- Using a can opener, open the cream of mushroom soup
- In a large baking dish (11"x8"x2"), mix together the cream of mushroom soup, a cup of water, and 3/4 cup of instant brown rice
- Season the chicken breasts with salt and pepper as desired
- Place the seasoned chicken breasts on top of the rice mixture and cover the dish with aluminum foil
- Place the dish in the oven. Let the dish cook for 45 minutes, or until the chicken is thoroughly cooked and the rice is tender
- Let the dish sit for 10 minutes outside of the oven before serving
- Enjoy!

Tasty Tip: For a pop of color, as well as extra nutrients and fiber, pair this dish with steamed broccoli!

RECIPE: APPLE AND STRING CHEESE

PREP TIME: 2 MINUTES

DIFFICULTY: LOW

INGREDIENTS:

4 apples

4 string cheeses

METHOD:

- Rinse apples under water and pat dry
- Cut each apple into 6 slices and remove any seeds
- Unwrap string cheese and serve alongside apple slices
- Enjoy!

Tasty Tip: Having a hard time getting you kids to eat their fruit? Try making faces with their food. Use apple slices for eyebrows, grapes for eyes, half a strawberry for a nose, and string cheese for a smile!