

## **RECIPE: PEANUT BUTTER + FRUIT OATMEAL**

**PREP TIME: 10 MINUTES**

**DIFFICULTY: LOW**

### **INGREDIENTS:**

**2 CUPS OATS**

**PEANUT BUTTER**

**1 BAG FROZEN BERRIES OR DRIED FRUIT**

**SWEETENER OF CHOICE (HONEY, SUGAR, BROWN SUGAR, MAPLE SYRUP)**

### **METHOD:**

**PREPARE OATS FOR 4 SERVINGS ACCORDING TO DIRECTIONS ON CONTAINER. SCOOP INTO INDIVIDUAL BOWLS AND TOP WITH 1 TBSP PEANUT BUTTER, 1 TBSP CANNED BERRIES, AND 1 TBSP SWEETNER. SERVE IMMEDIATELY.**

### **TASTY TIPS:**

- 1. IF YOU HAVE IT AVAILABLE, SPRINKLE SOME CINNAMON INTO THE OATS AS THEY BOIL ON THE STOVE. THIS ADDS FLAVOR AND ANTIOXIDANTS TO YOUR MEAL.**
- 2. IF YOUR FOOD IS PRETTY, YOU WILL LIKE EATING IT BETTER. ARRANGE THE TOPPINGS HOW YOU LIKE TO MAKE YOUR OATMEAL PICTURE WORTHY!**

## **RECIPE: TUNA SALAD**

**PREP TIME: 15 MINUTES**

**DIFFICULTY: LOW**

### **INGREDIENTS:**

**4 CANS TUNA  
MAYONNAISE  
WHOLE GRAIN MUSTARD  
FROZEN ONIONS AND CELERY  
BOTTLED LEMON JUICE**

### **METHOD:**

**IN A SMALL MIXING BOWL BREAK UP THE TUNA WITH A FORK. TOSS WITH THE CELERY AND ONION. ADD THE MAYONNAISE, MUSTARD AND SEASON WITH PEPPER, TO TASTE. STIR TO COMBINE. ADD LEMON JUICE, TO TASTE, IF USING.**

### **TASTY TIPS:**

- 1. IF YOU DON'T WANT YOUR CELERY AND ONION TO BE TOO COLD ON YOUR TEETH, MAKE THIS RECIPE ABOUT AN HOUR BEFORE EATING.**
- 2. YOU CAN BUY PRE-PACKAGED LEMON JUICE THAT LASTS A LONG TIME IN THE FRIDGE RATHER THAN GOING TO THE PRODUCE SECTION.**

## **RECIPE: BAKED CHICKEN AND GREEN BEANS**

**PREP TIME: 45 MINUTES**

**DIFFICULTY: MEDIUM**

### **INGREDIENTS:**

**4 FROZEN SPLIT CHICKEN BREASTS**

**2 TBSP OIL OF CHOICE**

**2 CANS BLUE LAKE GREEN BEANS**

### **METHOD:**

**PREHEAT OVEN TO 425 F. PLACE CHICKEN BREASTS IN AN OVEN SAFE 10" SKILLET OR BAKING SHEET. DRIZZLE WITH OIL AND RUB INTO THE SKIN OF CHICKEN. ADD SALT AND PEPPER TO BOTH SIDES OF CHICKEN. BAKE FOR 30-40 MINUTES.**

**WHILE CHICKEN IS BAKING, WARM GREEN BEANS IN A SMALL PAN ON MEDIUM-LOW HEAT. REMOVE CHICKEN FROM OVEN AND SERVE IMMEDIATELY.**

### **TASTY TIPS:**

- 1. EATING BONE IN CHICKEN RELEASES FLAVORS FROM THE MARROW THAT ADD TO THE JUICINESS OF YOUR CHICKEN.**
- 2. INCREASED INTAKE OF OLIVE OIL IS SHOWN TO REDUCE INFLAMMATION IN THE BODY.**

## **RECIPE: FROZEN GRAPES AND PEANUTS**

**PREP TIME: 5 MINUTES**

**DIFFICULTY: KID FRIENDLY**

### **INGREDIENTS:**

**1 BAG RED OR GREEN GRAPES**

**1/2 CUP PEANUTS**

### **METHOD:**

**REMOVE GRAPES FROM STEMS, WASH, AND DRY. PLACE IN A FREEZER-SAFE CONTAINER AND LET SIT FOR 24 HOURS. SERVE WITH PEANUTS.**

### **TASTY TIPS:**

- 1. FREEZING GRAPES BRINGS OUT THEIR NATURAL SWEETNESS AND CRUNCH. MANY PEOPLE COMPARE THE TASTE TO CANDY!**
- 2. PEANUTS ARE ACTUALLY CONSIDERED A LEGUME RATHER THAN A NUT. LEGUMES ARE A GOOD SOURCE OF PLANT-BASED PROTEIN.**

## **RECIPE: BANANA BERRY MUFFINS**

**PREP TIME: 40 MINUTES**

**DIFFICULTY: MEDIUM**

### **INGREDIENTS:**

**2 CUP OATS**

**4 RIPE BANANAS**

**2 TSP BAKING POWDER**

**1/2 CUP CANNED BERRIES (RINSED)**

**1 CUP CHOCOLATE CHIPS (OPTIONAL)**

### **METHOD:**

**PREHEAT OVEN TO 350°F. LIGHTLY GREASE MUFFIN PAN WITH COOKING OIL SPRAY. ADD QUICK OATS TO A BLENDER AND GRIND UNTIL IT RESEMBLES FLOUR. THE FINER YOU CAN GRIND DOWN THE OATS, THE MORE TENDER YOUR MUFFINS WILL BE. ADD IN BANANA SLICES AND BAKING POWDER. PROCESS UNTIL MIXTURE BECOMES A THICK LIQUID BATTER. SCOOP BATTER INTO THE MUFFIN MOLDS, FILLING THEM TO THE TOP. BAKE FOR 15-20 MINUTES. MUFFIN TOPS SHOULD BOUNCE BACK WHEN YOU TOUCH THEM AND A TOOTHPICK INSERTED SHOULD NOT HAVE ANY UNCOOKED BATTER STUCK TO IT. ALLOW MUFFINS TO COOL IN MUFFIN PAN. USE A SMALL SPATULA TO LOOSEN THE EDGES OF THE MUFFINS TO REMOVE.**

### **TASTY TIPS:**

- 1. CAN'T FIND RIPE BANANAS? PUT YOURS IN A PAPER BAG OVERNIGHT AND FOLD THE TOP DOWN.**
- 2. OATMEAL IS SHOWN TO REDUCE CHOLESTEROL IN SEVERAL SCIENTIFIC STUDIES.**

## **RECIPE: VEGGIE NOODLE BOWL**

**PREP TIME: 30 MINUTES**

**DIFFICULTY: MEDIUM**

### **INGREDIENTS:**

**4 PACKS RAMEN**

**1 16 OZ BAG FROZEN VEGETABLES OF CHOICE  
(CARROTS, MUSHROOMS, GREEN BEANS, GREEN  
ONIONS, JALAPENO)**

**4 EGGS**

**LEFTOVER BAKED CHICKEN (OPTIONAL)**

### **METHOD:**

**PLACE EGGS IN LARGE SAUCEPAN. COVER THEM IN WATER BY 1 INCH. COVER THE PAN AND BRING INTO BOIL OVER HIGH HEAT. SET TIMER FOR 5 MINUTES. PEEL EGGS AND SLICE IN HALF. PREPARE RAMEN ACCORDING TO DIRECTIONS ON PACKAGE. PREPARE FROZEN VEGETABLES ACCORDING TO DIRECTIONS ON PACKAGE. TOP RAMEN WITH VEGETABLES AND EGGS AND SERVE IMMEDIATELY.**

### **TASTY TIPS:**

- 1. ADD FRUITS AND VEGETABLES TO PACKAGED ITEMS TO GIVE THEM A HEALTH BOOST!**
- 2. MANY FROZEN VEGETABLES ARE ABLE TO BE STEAMED IN THE BAG IN A MICROWAVE QUICKLY, ALLOWING EASY ACCESS TO NUTRIENTS.**

## **RECIPE: RICE AND BEANS**

**PREP TIME: 10 MINUTES**

**DIFFICULTY: KID FRIENDLY**

### **INGREDIENTS:**

**2 CUPS MICROWAVEABLE BROWN RICE**

**2 CANS BLACK BEANS**

**1 JAR SALSA**

**6 OZ SHREDDED CHEESE**

**SALT**

### **METHOD:**

**MICROWAVE RICE ACCORDING TO INSTRUCTIONS AND TRANSFER TO BOWL. RINSE BLACK BEANS AND HEAT IN A SAUCEPAN ON MEDIUM HEAT. ADD INGREDIENTS TO INDIVIDUAL BOWLS ACCORDING TO PREFERENCE. SERVE IMMEDIATELY.**

### **TASTY TIPS:**

- 1. MAKE YOUR RICE AND BEANS A BUFFET LINE- PLACE SERVING SPOONS IN BOWLS AND PACKAGES AND LET EVERYONE "BUILD THEIR OWN".**
- 2. CANNED TOMATOES SUCH AS THOSE IN SALSA ARE HEALTHIER. THEY CONTAIN AN ANTIOXIDANT CALLED LYCOPENE THAT INCREASES WITH HEAT TREATMENT.**

## **RECIPE: HOMEMADE TRAIL MIX**

**PREP TIME: 5 MINUTES**

**DIFFICULTY: KID FRIENDLY**

### **INGREDIENTS:**

**1/2 PEANUTS**

**1/2 MNM'S**

**1/2 CUP RASINS**

### **METHOD:**

**COMBINE ALL INGREDIENTS IN A BOWL.**

### **TASTY TIPS:**

- 1. TRY DIFFERENT KINDS OF RAISINS AND DRIED FRUITS IN ORDER TO MIX UP THE FLAVORS.**
- 2. PEANUTS AND CHOCOLATE CONTAIN FAT, WHICH WILL HELP YOU STAY FULL AND SATISFIED UNTIL YOUR NEXT MEAL.**



## **RECIPE: BERRY YOGURT PARFAIT**

**PREP TIME: 5 MINUTES**

**DIFFICULTY: KID FRIENDLY**

### **INGREDIENTS:**

**2 CUPS PLAIN YOGURT**

**1/2 CAN CANNED BERRIES**

**4 TBSP SWEETENER OF CHOICE**

### **METHOD:**

**DIVIDE YOGURT INTO 4 BOWLS. TOP WITH BERRIES AND SWEETENER.**

### **TASTY TIPS:**

- 1. YOGURT CONTAINS PROBIOTICS, WHICH PROMOTE HEALTHY BACTERIA TO GROW IN YOUR GUT.**
- 2. ALL FRUITS AND VEGETABLES CONTAIN FIBER, WHICH ALSO PROMOTES HEALTHY GUT BACTERIA AND STABILIZES BLOOD SUGARS.**

## **RECIPE: PIMENTO CHEESE AND TOMATO SOUP**

**PREP TIME: 15 MINUTES**

**DIFFICULTY: LOW**

### **INGREDIENTS:**

**8 SLICES WHOLE WHEAT BREAD  
1 CONTAINER PIMENTO CHEESE  
2 CANS TOMATO SOUP**

### **METHOD:**

**PLACE BREAD ONTO A PAN AND BROIL IN OVEN UNTIL GOLDEN BROWN, ABOUT 2 MINUTES. PREPARE TOMATO SOUP ACCORDING TO DIRECTIONS ON CAN. SPREAD PIMENTO CHEESE ON SANDWICH AND SERVE IMMEDIATELY WITH SOUP.**

### **TASTY TIPS:**

- 1. CUT YOUR SANDWICH IN HALF FOR EASIER DIPPING INTO SOUP, IF THAT IS WHAT YOU PREFER!**
- 2. WHOLE WHEAT BREAD CONTAINS MORE FIBER, WHICH PROVIDES MORE VITAMINS AND STABILIZES BLOOD SUGAR.**

## **RECIPE: SPAGHETTI WITH VEGGIES**

**PREP TIME: 30 MINUTES**

**DIFFICULTY: LOW**

### **INGREDIENTS:**

**1 BOX NOODLES**

**1 JAR PASTA SAUCE**

**3 CUPS CANNED/FROZEN VEGETABLE OF CHOICE  
(BROCCOLI, CORN)**

### **METHOD:**

**BRING 6-8 CUPS WATER TO A BOIL. ADD NOODLES AND COOK 7-9 MINUTES. DRAIN. WARM PASTA SAUCE IN A POT OVER MEDIUM HEAT AND ADD NOODLES. PREPARE VEGETABLES ACCORDING TO PACKAGE (IF CANNED, WARM ON STOVE OVER MEDIUM HEAT). SERVE IMMEDIATELY.**

### **TASTY TIPS:**

- 1. THE ITALIANS DON'T LIKE THEIR NOODLES TO BE OVERCOOKED. THEY CALL THIS TERM "AL DENTE", WHICH MEANS IT IS STILL FIRM WHEN BITTEN.**
- 2. MANY PASTA SAUCES CAN BE PACKED WITH SUGAR- LOOK FOR JARS WITH 0 G SUGAR PER SERVING.**

## **RECIPE: ROASTED CHICKPEAS**

**PREP TIME: 5 MINUTES**

**DIFFICULTY: KID FRIENDLY**

### **INGREDIENTS:**

**2 CANS CHICKPEAS**

**2 TBSP OIL**

**SALT**

**2 TO 4 TEASPOONS HERBS OR CHOICE (CUMIN,  
SMOKED PAPRIKA, ETC.)**

### **METHOD:**

**PREHEAT OVEN TO 400 DEGREES F. DRAIN, RINSE, AND DRY CHICKPEAS. MIX ALL INGREDIENTS IN A BOWL. SPREAD ON TO BAKING SHEET AND BAKE FOR 20 TO 30 MINUTES.**

### **TASTY TIPS:**

- 1. CHICKPEAS ARE A WONDERFUL SOURCE OF PLANT-BASED PROTEIN, WHICH CONTRIBUTES TO FULLNESS BETWEEN MEALS.**
- 2. PLAYING AROUND WITH SPICES CAN HELP YOU TO REDUCE SODIUM IN YOUR MEALS BY ADDING FLAVOR.**