

RECIPE: BANANA OATMEAL PANCAKES

PREP TIME: 5-MINUTES (SERVES 4)

DIFFICULTY: LOW

INGREDIENTS:

- 2 TBSP CAN EVAPORATED MILK, FAT FREE, CANNED**
 - **TASTY TIP: SAVE MONEY ON MILK BY PURCHASING EVAPORATED CAN MILK.**
- 2 TBSP WATER**
- 2 EGGS**
- ½ BANANA**
- ¾ CUP OATS**
- 2 TSP BAKING POWDER**

METHOD:

- 1. COMBINE 2 TBSP EVAPORATED MILK WITH 2 TBSP OF WATER.**
- 2. WHISK MILK MIXTURE, EGGS, BANANA, OATS, BAKING POWDER IN A LARGE MIXING BOWL.**
- 3. BLEND UNTIL SMOOTH.**
- 4. HEAT NONSTICK SKILLET OVER MEDIUM HEAT. ONCE WARMED, COAT SKILLET WITH BUTTER. POUR PANCAKE BATTER INTO SKILLET IN ROUND CIRCLES.**
- 5. COOK FOR 2-3 MINUTES ON ONE SIDE. TURNOVER AND COOK FOR ANOTHER 1-2 MINUTES.**
- 6. SERVE HOT!**
 - **TASTY TIP: USE A FRUIT PRESERVE IN PLACE OF SYRUP. CONSUMING FIBER CAN LOWER YOUR RISK OF HEART DISEASE.**

RECIPE: CHICKEN SALAD

PREP TIME: 15-MINUTES (SERVES 4)

DIFFICULTY: LOW

INGREDIENTS:

1- 12.5 OZ. CAN WHITE CHUNK CHICKEN, CANNED,

1/8 TSP GROUND BLACK PEPPER

1/2 CUP MAYONNAISE

20 WHOLE GRAIN SALTINE CRACKERS

1/2 LEMON

- **TASTY TIP: CITRUS FRUITS SUCH AS LEMONS ARE AN EXCELLENT SOURCE OF VITAMIN C.**

METHOD:

1. CUT LEMON IN HALF. SQUEEZE HALF OF THE LEMON INTO A SMALL SAUCER OR CUP.

2. OPEN CAN OF WHITE CHUNK CHICKEN. PLACE INTO A MEDIUM SIZE BOWL.

3. MIX ALL INGREDIENTS TOGETHER IN THE BOWL.

4. REFRIGERATE FOR AT LEAST AN HOUR.

5. SERVE WITH 1/3 CUP OF CHICKEN SALAD WITH 5 WHOLE GRAIN SALTINE CRACKERS

- **TASTY TIP: MAKE HALF OF YOUR GRAINS "WHOLE GRAINS".**

RECIPE: GROUND TURKEY & VEGGIE RICE BOWL

PREP TIME: 12 MINUTES (SERVES 4)

DIFFICULTY: MEDIUM

INGREDIENTS:

½ POUND GROUND LEAN TURKEY

7.25 OZ CAN TOMATOES IN JUICE, CANNED

- **TASTY TIP: SAVE MONEY BY USING EXCESS INGREDIENTS FROM PREVIOUS RECIPES.**

1 POUND CARROTS

½ TBSP UNSALTED BUTTER, MELTED

- **TASTY TIP: LOOK FOR OPTIONS LABELED "SODIUM FREE" AND "REDUCED SODIUM."**

1 CUP DRY BROWN RICE

2 1/2 WATER

OPTION: CHILI POWDER

METHOD:

-GROUND TURKEY-

1. HEAT SKILLET OVER MEDIUM HEAT. ONCE WARMED, COAT SKILLET WITH BUTTER THEN ADD GROUND TURKEY WITH A DASH OF CHILI POWDER (OPTIONAL). STIR THE GROUND TURKEY CONSTANTLY FOR 4-5 MINUTES OR UNTIL THE PINK COLOR NO LONGER REMAINS.

-ROASTED CARROTS-

2. SLICE THE LONGEST SIDE ONCE, THEN SLICE WIDTH WISE 2-3 TIMES. HEAT OVEN TO 425°F. MELT BUTTER IN THE MICROWAVE FOR 20-30 SECONDS. POUR MELTED BUTTER ON THE CARROTS SPARINGLY. PLACE CARROTS ON A BAKING SHEET THEN PLACE IN THE OVEN FOR 30-45 MINUTES OR UNTIL TENDER.

-BROWN RICE-

3. BRING WATER TO A BOIL IN A SAUCEPAN. STIR IN RICE THEN LET IT SIMMER WHILE COVERED FOR 45 MINUTES ON LOW. FLUFF RICE WITH A FORK AFTER IT IS DONE .

4. SERVE BROWN TOPPED WITH GROUND TURKEY AND ROASTED CARROTS.

RECIPE: CLASSIC OATMEAL

PREP TIME: 5-MINUTES (SERVES 4)

DIFFICULTY: LOW

INGREDIENTS:

2 CUP OATS

½ CUP CANE SUGAR

- **TASTY TIP: TRY TO USE FRESH FRUIT TO SWEETEN HOT AND COLD CEREALS.**

1 PINCH SALT

2 TBSP UNSALTED BUTTER

2 14.5 OZ. CAN SLICED PEARS, CANNED

- **TASTY TIP: LOOK FOR CANED FRUIT LABELED "NO ADDED SUGAR."**

METHOD:

- 1. BRING WATER TO A BOIL OVER MEDIUM-HIGH HEAT IN A SAUCEPAN.**
- 2. ADD OATS AND REDUCE HEAT TO MEDIUM - LOW, STIRRING FREQUENTLY FOR 13 MINUTES OR UNTIL TENDER.**
- 3. REMOVE FROM HEAT THEN ADD BUTTER AND SUGAR.**
- 4. SERVE WARM OATMEAL WITH SLICED PEARS.**

RECIPE: TUNA SALAD SANDWICH

PREP TIME: 15-MINUTES (SERVES 4)

DIFFICULTY: LOW

INGREDIENTS:

2 5 OZ. CANS CHUNK LIGHT TUNA IN WATER, CANNED

- **TASTY TIP: FISH CONTAINS HEALTHY FATS THAT ARE ESSENTIAL FOR BRAIN AND EYE HEALTH.**

½ CUP MAYONNAISE

1/4 LEMON

¼ TSP PEPPER

8 SLICES 100% WHOLE WHEAT BREAD

METHOD:

- 1. DRAIN WATER OUT OF THE CAN OF TUNA AND PLACE IN A MEDIUM BOWL.**
 - 2. CUT LEMON AND SQUEEZE JUICE INTO A SMALL SAUCER OR CUP.**
 - 3. MIX MAYONNAISE, LEMON JUICE AND PEPPER WITH TUNA.**
 - 4. SPREAD TUNA MIXTURE ON 4 SLICES. TOP WITH REMAINING BREAD SLICES.**
- **TASTY TIP: AIM FOR AT LEAST 8 OZ OF SEAFOOD PER WEEK**

RECIPE: CHICKEN & VEGGIE RICE BOWL

PREP TIME: 8-MINUTES (SERVES 4)

DIFFICULTY: MEDIUM

INGREDIENTS:

1 1/2 TBSP UNSALTED BUTTER

3OZ CHICKEN BREAST, SKINLESS

- **TASTY TIP: LOOK FOR LEAN MEATS SUCH AS 90% LEAN GROUND TURKEY.**

1 12 OZ. FROZEN BAG BROCCOLI

- **TASTY TIP: AIM TO MAKE HALF OF YOUR VEGETABLES.**

1 SMALL YELLOW ONION

1 CUP DRY BROWN RICE

2 1/2 WATER

OPTION: ADD BLACK PEPPER TO TASTE

METHOD:

-CHICKEN-

1.CUT CHICKEN INTO 1-INCH CUBES. CUT ONION INTO SMALL WEDGES (~1/8 INCH THICK). HEAT SKILLET OVER MEDIUM HEAT. ONCE WARMED, COAT PAN WITH BUTTER THEN ADD CHICKEN AND ONION. COOK ABOUT 5-7 MINUTES.

-BROCCOLI-

2.ADD BROCCOLI AND 2 TBSP WATER TO A SAUCEPAN OVER MEDIUM TO HIGH HEAT. ONCE IT BOILS LET IT SIMMER FOR 3-5 MINUTES OVER LOW HEAT.

-BROWN RICE-

3.BRING WATER TO A BOIL IN A SAUCEPAN. STIR IN RICE THEN THEN LET IT SIMMER WHILE COVERED FOR 45 MINUTES ON LOW.

4.SERVE VEGETABLES AND CHICKEN OVER COOKED BROWN RICE.

RECIPE: BREAKFAST BURRITO

PREP TIME: 6-MINUTES (SERVES 4)

DIFFICULTY: LOW

INGREDIENTS:

4 WHOLE WHEAT TORTILLAS

5 EGGS

- **TASTY TIP: DON'T THROW AWAY UNUSED EGG YOLKS. FREEZE THEM!**

1/3 CUP CHEDDAR CHEESE

7.25 OZ. CAN TOMATOES IN TOMATO JUICE, CANNED

2 TSP UNSALTED BUTTER

- **TASTY TIP: USING GOOD FATS, SUCH AS OLIVE OIL, CAN AID IN HEART HEALTH.**

METHOD:

- 1. SHRED 1/3 CUP OF CHEDDAR CHEESE.**
- 2. WHISK EGGS TOGETHER THEN ADD IN SHREDDED CHEESE.**
- 3. HEAT SKILLET OVER LOW HEAT.**
- 4. ONCE WARMED, COAT PAN WITH BUTTER THEN ADD THE EGGS.**
- 5. SCRAMBLE UNTIL EGGS HAVE COOKED THOROUGHLY, ABOUT 3 MINUTES.**
- 6. HEAT TOMATOES IN A SEPARATE PAN OVER LOW HEAT.**
- 7. PUT ¼ CUP OF THE SCRAMBLED EGGS IN THE TORTILLA WITH A SPOONFUL OF TOMATOES.**
- 8. ROLL TORTILLA UP AND SERVE.**

RECIPE: PASTA SALAD

PREP TIME: 8-MINUTES (SERVES 4)

DIFFICULTY: MEDIUM

INGREDIENTS:

16 OZ. WHOLE WHEAT PENNE PASTA

½ CUP ZUCCHINI, CUBED

- **TASTY TIP: KEEP VEGETABLES LONGER BY STORING THEM IN THE CRISPER DRAW OF YOUR REFRIGERATOR.**

1 TSP UNSALTED BUTTER

1 4.5 OZ. CAN TOMATOES IN TOMATO JUICE, CANNED

ITALIAN SALAD DRESSING

- **TASTY TIP: MAKE YOUR OWN SALAD DRESSING USING OLIVE OIL AND VINEGAR.**

METHOD:

1. COOK PASTA ACCORDING TO PACKAGE.

2. CHOP ZUCCHINI INTO SMALL CUBES.

3. HEAT NONSTICK SKILLET OVER MEDIUM HEAT.

4. ONCE WARMED, COAT SKILLET WITH BUTTER THEN ADD ZUCCHINI FOR 3-4 MINUTES OR UNTIL TENDER.

5. STIR IN TOMATOES THEN LET IT SIMMER FOR 2 MINUTES.

6. ADD VEGETABLES TO COOKED PASTA.

7. DRIZZLE VINAIGRETTE SALAD DRESSING OVER PASTA SALAD.

RECIPE: CLASSIC BAKED CHICKEN DISH

PREP TIME: 14-MINUTES (SERVES 4)

DIFFICULTY: MEDIUM

INGREDIENTS:

2 TBS BUTTER

2 14.5 OZ CANS GREEN BEANS, CANNED

2.1 LB. CHICKEN BREAST, SKINLESS

- **TASTY TIP: BAKE CHICKEN IS A HEALTHY ALTERNATIVE TO FRIED FOODS.**
- **TASTY TIP: USE WHOLE WHEAT PANKO BREAD CRUMBS TO MAKE YOUR BAKED CHICKEN CRISPIER.**

1 CUP DRY BROWN RICE

2 1/2 WATER

1/4 TSP GROUND BLACK PEPPER

METHOD:

-BAKED CHICKEN-

1.PREHEAT OVEN TO 350 DEGREES °F. COAT CHICKEN WITH MELTED BUTTER AND OPTIONAL BLACK PEPPER. PLACE CHICKEN LIGHTLY BUTTERED BAKING DISH.

BAKE IN THE OVEN FOR ABOUT 30 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES °F.

-GREEN BEANS-

2.ADD GREEN BEANS TO A SAUCEPAN OVER MEDIUM TO HIGH HEAT. ONCE IT BOILS LET IT SIMMER FOR 3-4 MINUTES OVER LOW HEAT.

-BROWN RICE-

3.BRING WATER TO A BOIL IN A SAUCEPAN. STIR IN RICE THEN THEN LET IT SIMMER WHILE COVERED FOR 45 MINUTES ON LOW.

4. SERVE BAKED CHICKEN OVER RICE WITH GREEN BEANS.

RECIPE: CHEESE CHEESE AND CANTALOUPE

PREP TIME: 4-MINUTES (SERVES 4)

DIFFICULTY: LOW

INGREDIENTS:

6OZ CHEDDAR CHEESE, CUBED

TASTY TIPS:

2 CUPS CANTALOUPE, CUBED

- **TASTY TIP: RIPEN YOU CANTALOUPE FASTER BY PUTTING IT IN A CLOSED PAPER BAG FOR A FEW DAYS.**
- **TASTY TIP: IF YOU CANTALOUPE SMELLS SWEET THEN IT MAY READY TO EAT.**

METHOD:

1. CUT 6OZ OF CHEDDAR CHEESE INTO CUBES, APPROXIMATELY 16 CUBES.

2. CUT CANTALOUPE INTO 1 -1 1/2 INCH CUBES. SERVE CUBED CHEESE WITH FRESH CANTALOUPE.

RECIPE: CHEESE AND APPLE SLICES

PREP TIME: 4-MINUTES (SERVES 4)

DIFFICULTY: LOW

INGREDIENTS:

6OZ CHEDDAR CHEESE, CUBED

4 APPLES, SLICED

- **TASTY TIP: PREVENT SLICED APPLES FROM BROWNING BY SQUEEZING LEMON JUICE ON THEM.**
- **TASTY TIP: KEEP APPLES FRESH BY STORING IN THE CRISPER DRAWER OF YOUR REFRIGERATOR.**

METHOD:

- 1. CUT 6OZ OF CHEDDAR CHEESE INTO CUBES, APPROXIMATELY 16 CUBES.**
- 2. CUT APPLES INTO 1/2 INCH SLICES.**
- 3. SERVE CUBED CHEESE WITH APPLE SLICES.**

RECIPE: CHEESE AND WATERMELON

PREP TIME: 8-MINUTE (SERVES 4)

DIFFICULTY: LOW

INGREDIENTS:

6OZ CHEDDAR CHEESE, CUBED

- **TASTY TIP: LOOK FOR LOW-FAT OR REDUCED-FAT DAIRY PRODUCTS.**

2 CUPS WATERMELON, CUBED

- **TASTY TIP: FREEZE EXCESS WATERMELON FOR SEVERAL MONTHS.**

METHOD:

- 1. CUT 6OZ OF CHEDDAR CHEESE INTO CUBES, APPROXIMATELY 16 CUBES.**
- 2. CUT WATER MELON INTO 1 -1 1/2 INCH CUBES.**
- 3. SERVE CUBED CHEESE WITH FRESH WATERMELON.**