

RECIPE: GREEK YOGURT PARFAIT

PREP TIME: 5-10 MINUTES (SERVES 4)

DIFFICULTY: LOW

INGREDIENTS:

- **32 OZ (4 CUPS) CONTAINER LOW-FAT GREEK YOGURT**
 - **TASTY TIP: GREEK YOGURT CONTAINS TWICE THE PROTEIN AS REGULAR YOGURT TO KEEP YOU FULLER FOR LONGER**
- **8 OZ (1 CUP) RAW ALMONDS**
 - **TASTY TIP: NUTS ARE A HEART-HEALTHY SNACK THAT CONTAIN BOTH HEALTHY FAT AND PROTEIN**
- **12 OZ (1.75 CUPS) NO SUGAR ADDED CANNED PEACHES IN WATER**

METHOD:

- 1. MEASURE OUT 1/2 CUP GREEK YOGURT AND SERVE INTO BOWL**
 - 2. OPEN CANNED PEACHES AND DRAIN WATER**
 - 3. MEASURE OUT 1/3 CUP TO MIX INTO YOGURT**
 - 4. TOP WITH 1/4 CUP RAW ALMONDS**
- **TASTY TIP: ADDING IN SEASONAL FRUITS CAN HELP LOWER THE COST OF PRODUCE. EXAMPLE: BUYING APPLES IN THE FALL, OR PEACHES IN THE SUMMER**

RECIPE: SOUTHWEST BLACKBEAN QUINOA SALAD

PREP TIME: 30 MINUTES (SERVES 4)

DIFFICULTY: MEDIUM

INGREDIENTS:

- **1 CAN (15 OZ) LOW SODIUM BLACK BEANS**
- **1 CUP DRY QUINOA**
 - **TASTY TIP: QUINOA HAS MORE PROTEIN THAN WHITE OR BROWN RICE**
- **2 ROMA TOMATOES**
- **1 GREEN ONION CHIVE**
- **8 OZ PACKAGE SHREDDED CHEDDAR CHEESE**
- **OPTIONAL: SALT/PEPPER TO TASTE**

METHOD:

- 1. FILL MEDIUM-SIZED PAN WITH LID WITH WATER AND BRING TO A BOIL**
- 2. ADD IN QUINOA**
- 3. TURN DOWN TO A SIMMER (LOW-MEDIUM HEAT) FOR 15 MINUTES UNTIL COOKED**
 - **TASTY TIP: LET QUINOA "STAND" (SIT ON STOVE WITHOUT HEAT WITH LID ON) FOR ANOTHER 10 MINUTES AFTER WATER IS OFF TO MAKE FLUFFY**
- 4. OPEN, DRAIN, AND RINSE BACK BEANS**
- 5. WARM UP BEANS ON STOVE ON MEDIUM HEAT UNTIL WARM ALL THE WAY THROUGH**
- 6. CHOP ROMA TOMATOES AND CHIVES UNTIL DICED**
- 7. SERVE 1/4 CUP QUINOA IN EACH BOWL**
- 8. SERVE 1/4 CUP BEANS IN EACH BOWL**
- 9. TOP WITH TOMATOES, CHIVES, AND 2 OZ SHREDDED CHEESE**

RECIPE: BROWN RICE SALMON PILAF

PREP TIME: 45 MINUTES (SERVES 4)

DIFFICULTY: MEDIUM

INGREDIENTS:

- **1 CUP DRY BROWN RICE**
- **12-16 OZ CAN LOW-SODIUM DICED TOMATO**
 - **TASTY TIP: BUYING LOW-SODIUM OR NO-SODIUM CANNED FOODS CAN HELP KEEP BLOOD PRESSURE LOW AND DECREASE TOTAL SALT INTAKE**
- **16 OZ FROZEN SALMON**
- **1 LEMON**
 - **TASTY TIP: LEMON NEUTRALIZES FISH ACIDITY TO IMPROVE TASTE**
- **1/2 TSP SALT AND PEPPER**

METHOD:

- 1. PREHEAT OVEN TO 425**
- 2. PREPARE THAWED SALMON BY PUTTING ON BAKING SHEET, ADDING 1/2 TSP SALT AND PEPPER TO EACH FILET, AND A SQUEEZE OF LEMON. THEN SET ASIDE**
- 3. BRING WATER TO A ROLLING BOIL, ADD IN RICE**
- 4. LET RICE COOK FOR 30 MINUTES**
- 5. AFTER OVEN IS PRE-HEATED, PUT SALMON IN FOR 20 MINUTES**
- 6. WHEN RICE IS COMPLETE, MIX IN 1 CAN LOW-SODIUM CANNED TOMATO AND A PINCH OF PEPPER**
- 7. SERVE 1/2 CUP RICE PILAF ON EACH PLATE AND TOP WITH 4-6 OZ BAKED SALMON**

RECIPE: NUT AND FRUIT BOARD

PREP TIME: <5 MINUTES (SERVES 4)

DIFFICULTY: KID-FRIENDLY

INGREDIENTS:

- **4 APPLES, CHOPPED INTO SLICES**
 - **TASTY TIP: IF APPLES ARE OUT OF SEASON IN YOUR AREA OR EXPENSIVE, CAN SUBSTITUTE WITH BANANA, WHOLE WHEAT BREAD, OR CELERY**
- **EITHER 8 OZ ALMONDS OR 8 TBS PEANUT BUTTER**
- **OPTIONAL: RAISINS**

METHOD:

- 1. ADULT: CHOP APPLES INTO THIN SLICES TO EQUAL ABOUT 1 APPLE PER PERSON**
- 2. CHILD: CAN HELP SPOON PEANUT BUTTER DIRECTLY ON APPLES OR DIP APPLES INTO PEANUT BUTTE**
 - **TASTY TIP: CAN PUT RAISINS ON APPLE-BOATS TO MAKE "LOGS ON A BOAT"**

RECIPE: EGG AND VEG QUICHE

PREP TIME: 35 MINUTES (SERVES 4)

DIFFICULTY: MEDIUM

INGREDIENTS:

- **8 MEDIUM SIZED EGGS**
- **1 CAN (4 OZ) NO-SALT ADDED CANNED MUSHROOMS**
- **8 OZ SHREDDED CHEDDAR CHEESE**
- **1 LARGE BELL PEPPER, CHOPPED**
 - **TASTY TIP: ALL COLORS OF PEPPERS HAVE DIFFERENT BENEFITS. TRY ORANGE OR RED PEPPERS FOR ADDED BETA-CAROTENE (VITAMIN A)**

METHOD:

- 1. PREHEAT OVEN TO 325**
- 2. MIX EGGS WITH BOWL AND WHISK**
- 3. ADD IN MUSHROOMS AND CHOPPED PEPPER**
 - **TASTY TIP: MAKE SURE TO ADD IN VEGETABLES THAT ARE IN-SEASON AROUND YOU! POSSIBLE SUBSTITUTIONS INCLUDE SPINACH, ONION, TOMATO, BROCCOLI, OR PARSLEY**
- 4. POUR MIXTURE INTO OVEN-SAFE 12-INCH PAN**
- 5. TOP WITH SHREDDED CHEESE**
- 6. BAKE FOR 25-30 MINUTES OR UNTIL TOOTHPICK COMES OUT CLEANLY OF MIDDLE OF QUICHE**
- 7. ADD SALT/PEPPER TO TASTE**
- 8. SERVE 1/4 OF QUICHE PER PERSON**

RECIPE: SWEET POTATO AND BLACK BEAN "BURGER"

PREP TIME: 45 MINUTES (SERVES 4)

DIFFICULTY: HIGH

INGREDIENTS:

- **14 OZ CAN OF LOW-SODIUM BLACK BEANS**
- **2 MEDIUM SIZED SWEET POTATOES**
- **4 WHOLE WHEAT BUNS**
- **4 SLICES OF ROMAINE LETTUCE**
 - **TASTY TIP: GET ADVENTEROUS AND SUBSTITUTE ROMAINE LETTUCE FOR ANOTHER LEAFY GREEN, SUCH AS SPINACH, KALE, OR ARUGULA**
- **DIJON MUSTARD**

METHOD:

- 1. BRING WATER TO A ROARING BOIL ON STOVE IN MEDIUM SIZED POT WITH A LID**
- 2. WASH AND CHOP SWEET POTATOES INTO SMALL CUBES. STEAM IN POT FOR 15-20 MINUTES OR UNTIL TENDER/FALL APART**
 - **TASTY TIP: LEAVE THE SKIN ON FOR ADDED FIBER**
- 3. OPEN, DRAIN, AND RINSE BLACK BEANS. POUR INTO BOWL AND SET ASIDE**
- 4. MASH SWEET POTATOES WITH FORK, AND GENTLY MIX IN BLACK BEANS**
 - **TASTY TIP: MAKE THIS KID-FRIENDLY! HAVE KIDS HELP YOU MASH INGREDIENTS TOGETHER TO MAKE PATTY**
- 5. COOK PATTIES IN A PAN ON STOVE FOR 5-10 MINUTES ON MEDIUM HEAT**
- 6. PUT PATTY IN 1 WHOLE WHEAT BUN, AND TOP WITH ROMAINE LETTUCE + DIJON MUSTARD TO TASTE FOR EACH**

RECIPE: GRAIN AND TURKEY BOWL

PREP TIME: 30 MINUTES (SERVES 4)

DIFFICULTY: MEDIUM

INGREDIENTS:

- **1 CUP DRY QUINOA**
- **16 OZ PACKAGE 90/10 GROUND TURKEY**
 - **TASTY TIP: THIS VERSION OF TURKEY IS LOWER FAT BUT CONTAINS JUST AS MUCH PROTEIN**
- **12 OZ PACKAGE FROZEN MIXED VEGETABLES**
 - **TASTY TIP: FOR THIS RECIPE IT CALLS FOR CARROT, BROCCOLI, CAULIFLOWER MIX BUT CAN SUBSTITUTE FOR ANY VEGETABLE IN-SEASON IN YOUR AREA**
- **1 LEMON + DIJON MUSTARD TO TASTE FOR DRESSING**

METHOD:

- **BRING WATER TO A ROARING BOIL IN A MEDIUM-SIZED SAUCEPAN**
- **ADD IN QUINOA AND SIMMER FOR 15 MINUTES ON A LOW-MEDIUM HEAT, THEN LET "STAND" FOR ANOTHER 10 MINUTES**
- **PUT SKILLET ON STOVE AND WARM UP TO MEDIUM HEAT**
- **COOK GROUND TURKEY UNTIL COOKED ALL THE WAY THROUGH**
- **MAKE DRESSING BY SQUEEZING JUICE OF LEMON, ADDING IN 2 TBS OF WATER (OR CAN SUB IN EXTRA VIRGIN OLIVE OIL FOR A HIGHER-FAT DRESSING) AND 2 TBS DIJON MUSTARD**
- **PUT QUINOA IN EACH BOWL, TOP WITH 4 OZ TURKEY, AND STEAMED VEGETABLES (TO MAKE UP HALF THE PLATE). TOP BOWL WITH DRESSING**

RECIPE: MEDITERRANEAN TUNA + WHOLE GRAIN CRACKERS

PREP TIME: 5 MINUTES (SERVES 4)

DIFFICULTY: KID FRIENDLY

INGREDIENTS:

- **2, 5 OZ CANS TUNA PACKED IN WATER**
- **WHOLE GRAIN CRACKERS**
 - **TASTY TIP: TRY TO MAKE AT LEAST HALF THE GRAINS CONSUMED IN YOUR DIET WHOLE GRAINS. WHOLE GRAINS ARE LESS PROCESSED, HAVE MORE FIBER, AND ARE DIGESTED SLOWER TO GIVE YOU ENERGY ALL DAY**
- **JUICE FROM 1 LEMON**
- **SALT/PEPPER TO TASTE**
 - **TASTY TIP: ADD IN GREEN ONION, PARSLEY, CELERY OR WHATEVER CRUNCHY VEGETABLE YOU HAVE**

METHOD:

- 1. ADULT: OPEN AND DRAIN TUNA**
- 2. CHILDREN: CAN HELP MIX TUNA, LEMON, AND A PINCH OF SALT AND PEPPER IN A BOWL**
- 3. ADULTS AND CHILDREN CAN TOP WHOLE WHEAT CRACKERS WITH TUNA MIXTURE**
- 4. SERVING: 10 CRACKERS + 1/2 CAN TUNA PER PERSON**

RECIPE: STACKED ENGLISH MUFFIN + FRUIT

PREP TIME: 10 MINUTES (SERVES 4)

DIFFICULTY: LOW

INGREDIENTS:

- **4 WHOLE WHEAT ENGLISH MUFFINS**
- **8 TBS NO-SUGAR ADDED PEANUT BUTTER**
- **14.5 OZ CAN FRUIT COCKTAIL PACKED IN WATER, NO SUGAR ADDED**
 - **TASTY TIP: SUBSTITUTE ANY FROZEN OR FRESH FRUIT THAT YOU HAVE- FOR EXAMPLE CHOPPED APPLE, BANANA, PEACHES, OR FROZEN FRUIT**

METHOD:

- 1. TOAST WHOLE WHEAT ENGLISH MUFFIN IN TOASTER UNTIL DESIRED**
- 2. SPREAD 2 TBS PEANUT BUTTER ON EACH ENGLISH MUFFIN**
- 3. SERVE 1/3 CUP FRUIT COCKTAIL ON EACH PLATE**
 - **TASTY TIP: INSTEAD OF FRUIT COCKTAIL, TOP EACH ENGLISH MUFFIN WITH 1/2 BANANA**

RECIPE: CREAMY CHICKPEA TUNA SALAD

PREP TIME: 10 MINUTES (SERVES 4)

DIFFICULTY: LOW

INGREDIENTS:

- **2, 5 OZ CANS TUNA PACKED IN WATER**
- **14 OZ CAN LOW-SODIUM CHICKPEAS (GARBANZO BEANS)**
- **4 CUPS SPINACH**
 - **TASTY TIP: A DIFFERENT LEAFY GREEN SUCH AS ARUGULA, KALE, OR ROMAINE LETTUCE WOULD ALSO WORK IN THIS RECIPE**
- **JUICE FROM 1 LEMON**
- **8 TBS GREEK YOGURT**
- **SALT AND PEPPER TO TASTE**

METHOD:

- 1. SERVE 1 CUP SPINACH AT THE BOTTOM OF EACH BOWL**
- 2. ADD IN 1/4 CUP OF DRAINED, RINSED CHICKPEAS ON TOP OF SPINACH**
- 3. OPEN AND DRAIN TUNA, TOP 1/2 CAN ON SPINACH/CHICKPEA MIXTURE**
- 4. ADD IN LEMON JUICE, GREEK YOGURT, SALT AND PEPPER AND MIX THOROUGHLY, DRIZZLE OVER TOP OF BOWL**
- 5. SERVE AND ENJOY**

RECIPE: LENTIL AND BROWN RICE PILAF

PREP TIME: 50 MINUTES (SERVES 4)

DIFFICULTY: MEDIUM

INGREDIENTS:

- **2 CUPS DRY LENTILS**
 - **LENTILS ARE AN EXCELLENT PROTEIN SOURCE WITH A WHOPPING 18 GRAMS/CUP**
- **1 CUP BROWN RICE**
- **1 CHOPPED GREEN ONION (CHIVE)**
- **14 OZ LOW-SODIUM CANNED TOMATO**
- **2 CUPS SPINACH**

METHOD:

- 1. BRING 2 MEDIUM-SIZED POTS OF WATER TO A BOIL, ADD IN LENTILS AND BROWN RICE SEPARATELY AND SIMMER FOR 30-45 MINUTES OR UNTIL TENDER**
- 2. CHOP 1 GREEN ONION**
- 3. OPEN LOW-SODIUM CANNED TOMATO AND ADD INTO COOKED RICE**
 - **ADDING A VITAMIN-C RICH FOOD SUCH AS TOMATO TO PROTEIN CAN HELP YOUR BODY ABSORB MORE IRON FROM YOU MEALS**
- 4. LINE BOTTOM OF PLATES WITH SPINACH**
- 5. ADD IN COOKED 1/4 CUP TOMATO-RICE MIXTURE**
- 6. TOP WITH 1/4 CUP COOKED LENTILS AND ENJOY**

RECIPE: PEANUT BUTTER BANANA CRACKERS

PREP TIME: 5 MINUTES (SERVES 4)

DIFFICULTY: LOW

INGREDIENTS:

- **5-10 WHOLE WHEAT CRACKERS PER PERSON**
- **8 TBS PEANUT BUTTER**
 - **TASTY TIP: FOR A DIFFERENT NUTRIENT PROFILE, TRY ALMOND BUTTER, SUNFLOWER SEED BUTTER, OR CASHEW BUTTER- JUST LOOK FOR NO SUGAR ADDED!**
- **4 BANANAS**

METHOD:

- 1. MEASURE OUT CRACKERS AND SERVE ONTO PLATE**
- 2. TOP CRACKERS WITH 2 TBS PEANUT BUTTER**
- 3. ADD IN BANANA SLICES TO EACH CRACKER SLICE**
 - **TASTY TIP: IT'S IMPORTANT FOR ADULTS AND CHILDREN TO STAY HYDRATED- AIM FOR AT LEAST 6-8 CUPS OF WATER PER DAY OR MORE DURING THE SUMMER MONTHS WHEN VERY ACTIVE!**