

## **RECIPE: PEANUT BUTTER BLUEBERRY OATMEAL**

**TOTAL TIME: 15-20 MINUTES (SERVES 4)**

**DIFFICULTY: LOW**

### **INGREDIENTS:**

**2 CUPS OLD FASHIONED OATS**

**2 CUPS FROZEN BLUEBERRIES**

- **TASTY TIP: FROZEN FRUIT IS JUST AS NUTRITIOUS AS FRESH FRUIT, BUT IT LASTS LONGER AND IS TYPICALLY CHEAPER!**

**6 CUPS WATER, MILK, OR A BLEND OF BOTH**

- **TASTY TIP: ADDING MILK MAKES OATMEAL THICKER AND MORE CREAMY VERSUS USING ONLY WATER (AND MILK ADDS EXTRA CALCIUM AND VITAMIN D)!**

**4 TABLESPOONS NATURAL CREAMY PEANUT BUTTER (1 FOR EACH SERVING)**

**CINNAMON TO TASTE**

### **METHOD:**

**1) ADD OATS, BLUEBERRIES, AND WATER OR MILK (OR BLEND OF BOTH) TO A POT. STIR TO COMBINE.**

**2) HEAT OVER MEDIUM-HIGH HEAT FOR 8-10 MINUTES OR UNTIL ALL THE LIQUID HAS BEEN ABSORBED. STIR THROUGHOUT COOKING. YOU'LL KNOW IT IS DONE WHEN THERE IS NO MORE LIQUID IN THE POT AND THE OATS ARE THICK AND FLUFFY.**

**3) PORTION OATS INTO 4 BOWLS AND TOP WITH PEANUT BUTTER AND CINNAMON.**

## **RECIPE: CHICKEN SALAD WITH MIXED GREENS**

**TOTAL TIME: 15 MINUTES (MAKES 7 SERVINGS)**

**DIFFICULTY: LOW**

### **INGREDIENTS:**

**2 CUPS CANNED CHICKEN**

**1/2 CUP PLAIN GREEK YOGURT**

- **TASTY TIP: GREEK YOGURT IS HIGH IN PROTEIN AND IS A GREAT ALTERNATIVE TO MAYONNAISE IN COOKING!**

**1/2 CUP CHOPPED CELERY**

**1/2 CUP CHOPPED APPLE**

**1/2 CUP CHOPPED PECANS**

**SPINACH (FOR SERVING)**

- **TASTY TIP: TO KEEP SPINACH FRESH LONGER, PLACE A PAPER TOWEL IN THE BAG OF SPINACH!**

**OPTION: SALT & PEPPER TO TASTE**

### **METHOD:**

**1) IN A LARGE BOWL, MIX THE GREEK YOGURT, CHICKEN, CELERY, PECANS, APPLES, AND OPTIONAL SPICES TOGETHER.**

**2) PLACE A THIN LAYER OF SPINACH ON EACH PLATE. TOP SPINACH WITH 0.5 CUP OF THE CHICKEN SALAD (ONE SERVING).**

## **RECIPE: 1 PAN SALMON WITH ASPARAGUS AND POTATOES**

**TOTAL TIME: 50 MINUTES (SERVES 4)**

**DIFFICULTY: MEDIUM**

### **INGREDIENTS:**

**4 FROZEN SALMON FILETS**

- **TASTY TIP: USING FROZEN MEAT AND FISH ALLOWS LONGER STORAGE TIME AND EXTRAS TO BE USED FOR FUTURE MEALS!**

**1 POUND ASPARAGUS**

**2 POUNDS BABY RED OR GOLD POTATOES**

**3 TABLESPOONS EXTRA VIRGIN OLIVE OIL**

- **TASTY TIP: EXTRA VIRGIN OLIVE OIL IS A HEALTHY FAT THAT HELPS IMPROVE CHOLESTEROL LEVELS AND LOWER BLOOD PRESSURE.**

**SALT AND PEPPER TO TASTE**

**OPTION: ITALIAN HERB BLEND SEASONING TO TASTE**

### **METHOD:**

**1) THAW SALMON FILETS PRIOR TO COOKING.**

**2) PREHEAT OVEN TO 400 DEGREES. CHOP OFF ENDS OF ASPARAGUS AND SLICE POTATOES INTO QUARTERS.**

**3) TOSS POTATOES WITH 2 TABLESPOONS OLIVE OIL, SALT, AND PEPPER. ARRANGE ON A LARGE SHEET PAN AND BAKE FOR 10 MINUTES.**

**4) AFTER THE 10 MINUTES IS COMPLETE, ARRANGE SALMON FILETS AND ASPARAGUS ON THE PAN. DRIZZLE THE REMAINING OLIVE OIL AND ADD SALT, PEPPER, AND OPTIONAL ITALIAN BLEND TO TASTE.**

**5) BAKE FOR 15 MINUTES OR UNTIL ASPARAGUS AND POTATOES ARE SOFT AND SALMON IS THOROUGHLY COOKED. SERVE AND ENJOY!**

## **RECIPE: PROTEIN SNACK BITES**

**TOTAL TIME: 15-20 MINUTES (MAKES 16-18 BITES)**

**DIFFICULTY: KID FRIENDLY**

### **INGREDIENTS:**

**2/3 CUP CREAMY NATURAL PEANUT BUTTER**

- **TASTY TIP: PEANUT BUTTER IS A GREAT INGREDIENT FOR MANY MEALS AND SNACKS AND LASTS FOREVER!**

**1 CUP OLD FASHIONED OATS**

- **TASTY TIP: OATS ARE A GREAT SOURCE OF FIBER AND HEALTHY CARBS!**

**2 TABLESPOON HONEY**

**1/4 CUP MINI CHOCOLATE CHIPS OR MINI M&M'S**

**OPTION: 1/4 CUP FLAXSEED OR CHIA SEED**

### **METHOD:**

**1) MIX ALL INGREDIENTS IN A LARGE BOWL UNTIL COMBINED WELL.**

**2) ROLL INTO ~1 INCH BALLS WITH HANDS OR USING A SMALL SCOOPER.**

**3) PLACE ON A PLATE (DONT STACK OR THEY WILL STICK TOGETHER), COVER WITH PLASTIC WRAP, AND STORE IN THE REFRIDGERATOR UNTIL READY TO EAT!**

## **RECIPE: TWO EGG BREAKFAST**

**TOTAL TIME: 15-20 MINUTES (SERVES 4)**

**DIFFICULTY: LOW**

### **INGREDIENTS:**

**8 EGGS**

- **TASTY TIP: THE CHOLESTEROL IN EGG YOLKS DOES NOT INFLUENCE BLOOD CHOLESTEROL IN THE BODY!**

**2 CUPS CHOPPED STRAWBERRIES**

**2 BANANAS**

**4 SLICES 100% WHOLE WHEAT BREAD**

- **TASTY TIP: WHOLE WHEAT BREAD IS A GREAT SOURCE OF FIBER!**

**SALT AND PEPPER TO TASTE**

**OPTION: NATURAL CREAMY PEANUT BUTTER**

### **METHOD:**

**1) CRACK EGGS INTO MEDIUM SIZED BOWL. WHISK TOGETHER UNTIL YOLKS ARE COMPLETELY BLENDED. ADD SALT AND PEPPER TO TASTE, AND MIX AGAIN.**

**2) HEAT A LARGE PAN ON MEDIUM HEAT FOR ABOUT 5 MINUTES PRIOR TO POURING EGGS IN. ADD EGGS TO THE PAN AND LET SIT UNTIL THE BOTTOM STARTS TO VISIBLY COOK.**

**3) SLIGHTLY STIR THE EGGS THROUGHOUT COOKING UNTIL EGGS ARE THOROUGHLY COOKED.**

**4) WHILE EGGS COOK, TOAST BREAD IF DESIRED. CHOP BANANAS INTO HALVES (1 HALF FOR EACH SERVING) AND CHOP STRAWBERRIES (0.5 CUP FOR EACH SERVING).**

**5) ADD OPTIONAL 1 TABLESPOON PEANUT BUTTER TO BREAD.**

## **RECIPE: SOUTHWEST CHICKEN BOWL**

**TOTAL TIME: 10 MINUTES (MAKES ONE BOWL)**

**DIFFICULTY: MEDIUM**

### **INGREDIENTS PER EACH BOWL:**

**1 SEASONED, FROZEN, PRE-COOKED CHICKEN BREAST**

**2 CUPS SHREDDED LETTUCE**

**1/3 CUP CANNED BLACK BEANS**

- **TASTY TIP: WHEN USING CANNED FOODS, DRAIN AND RINSE UNDER COOL WATER TO REDUCE SODIUM INTAKE.**

**1/2 AVOCADO**

**1/2 CUP CHERRY TOMATOES**

**1 TABLESPOON PLAIN GREEK YOGURT**

- **TASTY TIP: PLAIN GREEK YOGURT IS A HIGH PROTEIN ALTERNATIVE TO SOUR CREAM! AND YOU CAN USE IT FOR OTHER MEALS TOO.**

**OPTION: 1 TABLESPOON SHREDDED CHEESE**

### **METHOD:**

**1) THAW CHICKEN PRIOR TO USING. HEAT IN MICROWAVE FOR ABOUT 1.5 MINUTE OR UNTIL WARM ALL THE WAY THROUGH.**

**2) DRAIN AND RINSE BLACK BEANS. SLICE AVOCADO, AND REMOVE THE PIT. SLICE TOMATOES INTO QUARTERS.**

**3) COMBINE ALL INGREDIENTS IN A BOWL. SERVE IMMEDIATELY, OR SEAL TIGHTLY AND STORE IN REFRIGERATOR FOR 3-5 DAYS.**

## **RECIPE: HOMEMADE PIZZA**

**TOTAL TIME: 40-45 MINUTES**

**DIFFICULTY: KID-FRIENDLY**

### **INGREDIENTS PER EACH PIZZA:**

**1 WHOLE WHEAT TORTILLA**

- **TASTY TIP: TORTILLAS ARE A GREAT ALTERNATIVE TO TRADITIONAL PIZZA. THEY HAVE LESS CARBS AND MORE FIBER!**

**3/4 CUP RED SAUCE/PASTA SAUCE**

- **TASTY TIP: MAKE SURE TO REFRIGERATE THE SAUCE AFTER OPENING TO HELP IT LAST LONGER!**

**PEPPERONI (ENOUGH TO COVER THE SURFACE OF THE PIZZA)**

**3/4 CUP LOW-FAT SHREDDED MOZZARELLA CHEESE**

**OPTION: RED PEPPER FLAKES FOR SEASONING**

### **METHOD:**

**1) PREHEAT OVEN TO 350 DEGREES. PLACE TORTILLA(S) ON A BAKING SHEET**

**LET THE KIDS HELP NOW! :)**

**2) SPREAD RED SAUCE AROUND ON TOP OF TORTILLA**

**3) PLACE PEPPERONI AROUND PIZZA**

**4) SPRINKLE MOZZARELLA CHEESE OVER THE TOP**

**5) BAKE FOR 20-25 MINUTES, OR UNTIL THE EDGES OF THE TORTILLA START TO BROWN. ENJOY!**

## **RECIPE: APPLE NACHOS**

**TOTAL TIME: 10 MINUTES**

**DIFFICULTY: KID-FRIENDLY**

### **INGREDIENTS FOR 1 SERVING:**

#### **1 APPLE**

- **TASTY TIP: THE SKIN OF AN APPLE IS HIGH IN FIBER AND VITAMIN K!**

#### **3 TABLESPOONS PEANUT BUTTER**

- **TASTY TIP: PEANUT BUTTER IS A GOOD PROTEIN SOURCE AND IS HIGH IN IMPORTANT VITAMINS AND MINERALS, SUCH AS VITAMIN B, VITAMIN E, MANGANESE, AND MAGNESIUM.**

#### **1/4 CUP MINI CHOCOLATE CHIPS OR MINI M&M'S**

### **METHOD:**

- 1) THINLY SLICE APPLES AND PLACE EVENLY ON A PLATE.**
- 2) HEAT PEANUT BUTTER IN THE MICROWAVE FOR ABOUT 15 SECONDS OR UNTIL IT REACHES A DRIZZLE TYPE CONSISTENCY.**
- 3) DRIZZLE PEANUT BUTTER OVER APPLES.**
- 4) SPRINKLE MINI CHOCOLATE CHIPS OR M&M'S OVER THE TOP. SERVE IMMEDIATELY. ENJOY!**



## **RECIPE: BANANA PANCAKES**

**TOTAL TIME: 30 MINUTES (MAKES 4 SERVINGS)**

**DIFFICULTY: MEDIUM**

### **INGREDIENTS:**

**4 BANANAS**

- **TASTY TIP: BANANAS ARE HIGH IN POTASSIUM AND VITAMIN C!**

**4 EGGS**

- **TASTY TIP: STORE EGGS IN THE CARTON THEY CAME IN TO HELP THEM LAST LONGER!**

**1/2 CUP WHOLE WHEAT FLOUR**

**OPTION: REDUCED SUGAR MAPLE SYRUP**

### **METHOD:**

**1) MASH THE BANANAS WITH A FORK. THE RIPER THE BANANA, THE EASIER IT WILL BE TO MASH.**

**2) WHISK IN THE EGG WITH THE BANANA USING A FORK. STIR WELL SO FULLY COMBINED.**

**3) WHISK IN THE FLOUR WITH THE EGG AND BANANA AND STIR UNTIL JUST COMBINED. DO NOT OVERMIX.**

**4) HEAT A PAN OVER MEDIUM HEAT AND COAT WITH A LIGHT LAYER OF BUTTER. ADD THE BATTER AND COOK FOR 2-3 MINUTES PER SIDE, FLIPPING WHEN BUBBLES BEGIN TO POP AND EDGES BROWN.**

**5) SERVE HOT, AND ENJOY!**

## **RECIPE: MEDITERRANEAN PASTA SALAD**

**TOTAL TIME: 30 MINUTES (MAKES 6-8 SERVINGS)**

**DIFFICULTY: LOW**

### **INGREDIENTS:**

**12 OUNCES DRY WHOLE-WHEAT PASTA OF CHOICE**

- **TASTY TIP: WHOLE WHEAT PASTA IS HIGHER IN FIBER COMPARED TO WHITE PASTA. FIBER IS AN ESSENTIAL HEART HEALTHY NUTRIENT!**

**1 PINT CHERRY TOMATOES**

**4 OUNCES SHREDDED LOW FAT MOZZARELLA CHEESE**

**1 CUP SHREDDED LETTUCE**

- **TASTY TIP: TO HELP SHREDDED LETTUCE LAST LONGER, STORE IN A SEALED BAG OR CONTAINER WITH A PAPER TOWEL!**

**3 TABLESPOONS EXTRA VIRGIN OLIVE OIL**

**OPTION: LEMON JUICE**

### **METHOD:**

**1) COOK PASTA ACCORDING TO INSTRUCTIONS ON PACKAGE. RUN COOKED PASTA UNDER COOL WATER FOR 20-30 SECONDS OR UNTIL NO LONGER WARM.**

**2) SLICE TOMATOES IN HALVES**

**3) COMBINE ALL INGREDIENTS IN A LARGE BOWL AND MIX UNTIL THOROUGHLY COVERED**

**4) SERVE IMMEDIATELY OR COVER TIGHTLY AND STORE IN REFRIGERATOR FOR 3-4 DAYS. ENJOY!**

## **RECIPE: 2 BEAN CHICKEN CHILI**

**TOTAL TIME: 45 MINUTES**

**DIFFICULTY: LOW**

### **INGREDIENTS:**

**1 CAN BLACK BEANS**

**1 CAN RED KIDNEY BEANS**

**1 CAN CHICKEN**

- **TASTY TIP: CANNED CHICKEN IS JUST AS GOOD AS RAW OR FROZEN CHICKEN, EXCEPT IT IS TYPICALLY CHEAPER AND LASTS LONGER!**

**1 CAN DICED OR CRUSHED TOMATOES**

**1 CUP REDUCED-SODIUM BEEF OR CHICKEN BROTH**

- **TASTY TIP: BROTH IS A GOOD LIQUID TO USE FOR SEASONING IN SOUPS AND CHILI RECIPES. IT IS HIGH IN MANY VITAMINS AND MINERALS!**

**OPTION: CHILI SEASONING**

### **METHOD:**

**1) DRAIN AND RINSE THE BEANS, ADD TO A LARGE POT**

**2) ADD CANNED CHICKEN, CANNED TOMATOES, BROTH, AND OPTIONAL SEASONINGS TO POT**

**3) HEAT POT OVER MEDIUM-HIGH HEAT UNTIL BUBBLES FORM ON THE SURFACE. TURN HEAT DOWN TO MEDIUM-LOW AND LET SIMMER FOR ABOUT 20 MINUTES. IF CHILI BECOMES TOO THICK, ADD WATER SLOWLY TO DESIRED CONSISTENCY.**

**4) SERVE HOT, AND ENJOY!**

## **RECIPE: ANTS ON A LOG**

**TOTAL TIME: 10 MINUTES (ONE SERVING)**

**DIFFICULTY: KID FRIENDLY**

### **INGREDIENTS:**

#### **2 CELERY STALKS**

- **TASTY TIP: STORE CELERY IN A SEALED CONTAINER SUBMERGED IN WATER TO HELP IT LAST LONGER!**

#### **2 TABLESPOONS PEANUT BUTTER**

#### **2 TABLESPOONS RAISINS**

- **TASTY TIP: RAISINS CONTAIN NATURAL SUGARS AND FIBER AND PROVIDE HEALTH BENEFITS WHEN EATEN IN MODERATION!**

### **METHOD:**

**1) WASH AND CLEAN THE CELERY STALKS. SLICE THEM INTO 3-4 SECTIONS (YOU'LL HAVE 6-8 PIECES TOTAL).**

**2) SPREAD THE PEANUT BUTTER INSIDE THE CELERY STALKS.**

**3) PLACE THE RAISINS ON TOP OF THE PEANUT BUTTER.**

**4) SERVE IMMEDIATELY AND ENJOY!**