

RECIPE: FREEZER-FRIENDLY BREAKFAST SANDWICHES

PREP TIME: 25 MIN (SERVES 4)

DIFFICULTY: LOW

INGREDIENTS

4 EGGS

4 ENGLISH MUFFINS

4 CHEESE SLICES

4 HAM SLICES

4 TOMATO SLICES

- **TASTY TIPS: KEEP UNRIPE GREEN TOMATOES, STEM SIDE DOWN, IN A PAPER BAG; PLACE IN A COOL AREA UNTIL THEY TURN RED IN COLOR. PERFECTLY RIPE TOMATOES SHOULD BE KEPT AT ROOM TEMPERATURE ON THE COUNTER AWAY FROM SUNLIGHT.**

METHOD:

- 1. PREHEAT OVEN TO 375F.**
- 2. SCRAMBLE EGGS AND ADD IN SEASONING OF YOUR CHOICE.**
- 3. DRIZZLE GRANOLA OIL ON TO A PAN. POUR EGG MIX INTO THE PAN AND LET IT FORM A FLAT THIN LAYER. COOK FOR ON LOW-TO MEDIUM HEAT ABOUT 5 MINS. LET COOL SLIGHTLY**
- 4. USE A MASON JAR LID (OR ANYTHING ROUND AND ROUGHLY THE SAME SIZE AS MUFFIN) TO CUT INTO CIRCLES OUT OF HAM, CHEESE AND EGG. FREEZE THE LEFTOVERS, AFTER CUTTING THEM INTO CIRCLES, FOR BREAKFAST BURRITOS (SEE PAGE 10)**
- 5. SLICE ENGLISH MUFFIN IN HALF AND STACK EGG, HAM, CHEESE AND TOMATO SLICES TOGETHER AND PLACE THEM ON YOUR SLICED ENGLISH MUFFINS.**

RECIPE: 5 INGREDIENT BEEF ENCHILADAS

PREP TIME: 45 MIN (SERVES 4)

DIFFICULTY: LOW-TO-MEDIUM

INGREDIENTS

- **1 POUND LEAN GROUND BEEF (90/10)**
- **TASTY TIPS: A 90/10 LEAN-TO-FAT RATIO GIVES YOU DESIRABLE TEXTURE, FLAVOR AND LESS SATURATED FAT (HEALTHIER)**
- **1/2 CUP CHUNKY SALSA**
- **1/2 10-OUNCE CAN (5-OZ) RED ENCHILADA SAUCE**
- **6 6-INCH WHOLE-WHEAT TORTILLAS**
- **4-OUNCE SHREDDED CHEESE, FOUR CHEESE MEXICAN (ABOUT 1 CUP).**

METHOD:

- 1. PREHEAT THE OVEN TO 350°F. LIGHTLY SPRAY A 9X13-INCH BAKING DISH WITH NONSTICK COOKING SPRAY.**
- 2. IN A LARGE SKILLET, BROWN THE GROUND BEEF OVER MEDIUM-HIGH HEAT. DRAIN THE EXCESS FAT AWAY AND RETURN THE MEAT TO THE SKILLET AND TO MEDIUM-LOW HEAT. STIR IN THE SALSA AND COOK UNTIL HEATED THROUGH. REMOVE FROM THE HEAT.**
- 3. POUR ABOUT 1/2 OF THE ENCHILADA SAUCE IN THE BOTTOM OF THE PREPARED BAKING DISH.**
- 4. ADD ABOUT 1/4 CUP OF THE MEAT MIXTURE DOWN THE CENTER OF EACH TORTILLA AND TOP WITH ABOUT 1 HEAPING TABLESPOON OF CHEESE. TIGHTLY ROLL EACH TORTILLA UP AND PLACE THEM IN THE DISH, SEAM SIDE DOWN. POUR THE REMAINING ENCHILADA SAUCE OVER THEM AND SPRINKLE THE REMAINING CHEESE OVER.**
- 5. TIGHTLY WRAP THE DISH WITH ALUMINUM FOIL AND BAKE FOR 30 TO 35 MINUTES.**

RECIPE: 5-INGREDIENT EASY CHILI

PREP TIME: 25 MIN (SERVES 4-6)

DIFFICULTY: LOW

INGREDIENTS

- **1 LB. GROUND BEEF OR TURKEY***
 - **1 SMALL WHITE ONION, DICED**
 - **3 (15 OZ.) CANS DICED TOMATOES WITH GREEN CHILES**
 - **2 (15 OZ.) CANS BEANS, DRAINED (BLACK BEANS, KIDNEY BEANS, A COMBO, OR WHATEVER YOU LIKE)**
- TASTY TIPS: BEANS ARE PACKED WITH PROTEIN AND FIBER WHILE LOW IN FAT AND CALORIES.**
- **2 TBSP. CHILI POWDER**
 - **OPTIONAL TOPPINGS: SHREDDED CHEESE, CHOPPED GREEN ONIONS, SOUR CREAM, CILANTRO, ETC.**

METHOD:

- 1. IN A LARGE STOCKPOT, COOK GROUND BEEF OR TURKEY OVER MEDIUM-HIGH HEAT UNTIL BROWNED, STIRRING FREQUENTLY. USING A SLOTTED SPOON, TRANSFER THE COOKED BEEF OR TURKEY TO A SEPARATE PLATE AND SET ASIDE. RESERVE 1 TABLESPOON OF GREASE IN THE STOCKPOT, AND DISCARD THE REST.**
- 2. ADD THE ONION TO THE STOCKPOT AND SAUTE FOR 4-5 MINUTES, OR UNTIL SOFT.**
- 3. ADD REMAINING INGREDIENTS AND THE COOKED BEEF OR TURKEY TO THE STOCKPOT, AND STIR TO COMBINE. BRING TO A BOIL, THEN REDUCE HEAT TO MEDIUM-LOW, COVER, AND SIMMER FOR 10 MINUTES.**
- 4. SERVE IMMEDIATELY, GARNISHED WITH OPTIONAL TOPPINGS IF DESIRED. OR, STORE IN A SEALED CONTAINER FOR UP TO 3 DAYS.**

RECIPE: FRUIT AND YOGURT PARFAITS

PREP TIME: 5 MINS (SERVES 4)

DIFFICULTY: KID-FRIENDLY

INGREDIENTS

- **1/2 32 OZ CONTAINER (16 OZ) OF LOW-FAT MILK PLAIN YOGURT**
- **TASTY TIPS: TRY TO AVOID ADDED SUGAR IN FRUIT-FLAVORED YOGURT AND USE TRUE FRUITS INSTEAD!**
- **1/2 LB. OF FRESH OR FROZEN OR CANNED BERRIES (OR ALL KINDS OF FROZEN OR CANNED FRUITS YOU LIKE)**
- **1 1/2 – 2 CUPS OF GRANOLA (OR ROLLED OAT)**

METHOD:

- 1. SPLIT THE YOGURT INTO 4 SERVINGS**
- 2. IN A MASON JAR (OR YOUR OWN CUP), LAYER YOGURT, BERRIES AND ANOTHER LAYER OF YOGURT**
- 3. TOP WITH GRANOLA (OR ROLLED OAT)**

NOTES: YOGURT PARFAITS WILL KEEP IN THE REFRIGERATOR FOR SEVERAL DAYS. THE GRANOLA WILL GET SOGGY.

RECIPE: 3 INGREDIENT HEALTHY MUFFINS

PREP TIME: 23 MIN (SERVES 6)

DIFFICULTY: KID-FRIENDLY

INGREDIENTS

- **3 BANANAS RIPE, SMALL. IF USING LARGER, USE 2.**
- **TASTY TIPS: TO KEEP A BUNCH OF BANANAS FRESH FOR LONGER, WRAP THE STEMS IN SOME PLASTIC WRAP.**
- **2 CUPS OLD FASHIONED OATS**
- **2 TBSPS LOW-FAT MILK *CAN USE ANY MILK YOU PREFER***
- **OPTIONAL: LOW-FAT MILK PLAIN YOGURT AS TOPPING**

METHOD:

- 1. PREHEAT YOUR OVEN TO 350 F. GREASE A 6 COUNT MUFFIN TIN WITH NONSTICK SPRAY.**
- 2. USE A FORK TO MUSH YOUR PEELED BANANA**
- 3. BLEND YOUR OATS, PEELED BANANAS, AND MILK TILL EVENLY MIXED.**
- 4. BAKE FOR 18-20 MINUTES, AND ALLOW THEM TO COOL. THEY WILL LOOK A LITTLE ROUGH, AND THEY DO NOT RISE!**
- 5. EAT WARM, OR FREEZE. THESE TASTE THE BEST WHEN CONSUMED THE SAME DAY.**
- 6. OPTIONAL: ADD 1-2 TBSP OF LOW-FAT MILK PLAIN YOGURT AS TOPPING**

RECIPE: CHICKEN BROCCOLI CASSEROLE

PREP TIME: 1 HR 30 MIN (SERVES 4)

DIFFICULTY: LOW

INGREDIENTS

- **2 POUNDS FRESH OR FROZEN OR CANNED BROCCOLI, THAWED AND DRAINED**
- **TASTY TIP: FOR CANNED GOODS, DRAIN IT AND RINSE IT BEFORE USE TO GET RID OF EXTRA SALT**
- **4 CHICKEN BREASTS**
- **4-6 CHEESE SLICES**
- **1-10.5 OZ CAN CREAM OF CHICKEN SOUP (SAVE 3 TBSP FOR DINNER)**
- **3 TABLESPOONS CANOLA OIL**

METHOD:

- 1. PREHEAT OVEN TO 450 F. BAKE CHICKEN FOR 20-30 MINUTES, TURNING OVER HALFWAY THROUGH. IF DESIRED, COAT CHICKEN IN OLIVE OIL AND SEASON WITH SALT AND PEPPER BEFORE BAKING.**
- 2. PLACE THE BROCCOLI IN A WELL GREASED BAKING DISH. CUT CHICKEN INTO BITE SIZE PIECES AND SPREAD OVER THE BROCCOLI.**
- 3. POUR THE CHICKEN SOUP OVER THE CHICKEN. (ADD MILK IF YOU THINK THE SOUP IS TOO THICK)**
- 4. TOP WITH THIN SLICES OF CHEESE. DRIZZLE THE CANOLA OIL OVER THE CHICKEN. COVER AND BAKE FOR 30 MINUTES, THEN UNCOVER AND BAKE FOR AN ADDITIONAL 30 MINUTES.**

RECIPE: SHRIMP PAELLA

PREP TIME: 20 MIN (SERVES 4)

DIFFICULTY: LOW

INGREDIENTS

- **2 TABLESPOONS CANOLA OIL**
 - **1 CUP CHUNKY SALSA**
 - **1 CUP CANNED GREEN PEAS**
 - **2 (8.8-OZ.) PKG. PRECOOKED BROWN RICE**
- TASTY TIPS: BROWN RICE IS WHOLE-GRAIN. IT PROVIDES FIBER AND IS HIGHER IN VITAMINS AND MINERALS**
- **12 OUNCES FROZEN MEDIUM SHRIMP**
 - **3 TABLESPOONS CHICKEN SOUP**
- OPTIONAL: 1/2 TEASPOON GROUND TURMERIC, 1/2 TEASPOON BLACK PEPPER, 3/4 TEASPOON KOSHER SALT, 1 TABLESPOON MINCED GARLIC, 2 TBSP LEMON JUICE**

METHOD:

- 1. HEAT OIL IN A LARGE SKILLET OVER MEDIUM-HIGH. ADD TURMERIC; COOK 1 MINUTE, STIRRING CONSTANTLY. ADD CHUNKY SALSA, PEAS, AND GARLIC TO PAN; COOK 2 MINUTES, STIRRING OCCASIONALLY.**
- 2. STIR IN RICE; SPREAD IN AN EVEN LAYER. COOK, WITHOUT STIRRING, 3 MINUTES. REDUCE HEAT TO MEDIUM. IN A LARGE BOWL, MIX TOGETHER SOUP AND WATER TO A DESIRED TEXTURE. STIR IN SOUP MIXTURE, SALT, AND PEPPER. SPREAD RICE MIXTURE IN AN EVEN LAYER IN PAN. COOK, WITHOUT STIRRING, 7 MINUTES.**
- 3. ARRANGE SHRIMP ON TOP OF RICE MIXTURE; COVER AND COOK 3 TO 4 MINUTES OR UNTIL SHRIMP ARE DONE. DRIZZLE LEMON JUICE OVER PAN. SERVE IMMEDIATELY.**

RECIPE: BAKED EGGS IN TOMATO CUPS

PREP TIME: 40 MINUTES (SERVES 4)

DIFFICULTY: KID-FRIENDLY

INGREDIENTS

- **4 TOMATOES (REMAINING PART FROM MORNING)**
- **1 TO 2 TEASPOONS GRANOLA OIL**
- **4 MEDIUM EGGS**
- **TASTY TIPS: EGG IS A GOOD SOURCE OF HIGH-QUALITY PROTEIN AND IS RICH IN B VITAMINS.**
- **1/3- CUP SHREDDED REDUCED FAT MILD CHEDDAR CHEESE**
- **ADD SALT, GROUND PEPPER TO TAST**

METHOD:

- 1. PREHEAT OVEN TO 350F. GREASE A MUFFIN TIN WITH COOKING SPRAY AND SET ASIDE.**
- 2. SCOOP OUT THE INSIDE OF THE TOMATOES. SAVE THE SCOOPED OUT TOMATOES FOR A DIFFERENT USE.**
- 3. PLACE THE TOMATO CUPS, CUT SIDE DOWN, ON A PAPER TOWEL LINED PLATE; LET STAND 10 MINUTES.**
- 4. ARRANGE TOMATOES, CUT SIDE UP, IN PREVIOUSLY PREPARED MUFFIN TIN. DRIZZLE A LITTLE BIT OF GRANOLA OIL INSIDE EACH TOMATO.**
- 5. SEASON WITH SALT AND PEPPER.**
- 6. BAKE FOR 12 MINUTES.**
- 7. REMOVE FROM OVEN AND CRACK AN EGG INSIDE EACH TOMATO CUP.**
- 8. BAKE FOR 15 MINUTES, OR UNTIL EGGS ARE SET.**
- 9. ADD SHREDDED CHEESE OVER EACH EGG; BAKE FOR AN ADDITIONAL 2 MINUTES, OR UNTIL CHEESE IS MELTED.**
- 10. REMOVE FROM OVEN AND LET STAND 2 MINUTES.**

RECIPE: FREEZER BREAKFAST BURRITOS

PREP TIME: 50 MIN (SERVES)

DIFFICULTY: LOW

INGREDIENTS

- **LEFTOVERS OF CHEESE, HAM AND EGG FROM BREAKFAST SANDWICHES (SEE PAGE 1)**
 - **4 OZ SHREDDED CHEESE**
 - **1/2 LB. COOKED HAM, DICED**
 - **4 LARGE EGGS**
 - **1/2 CUP CHUNKY SALSA AND LEFTOVER TOMATO FROM YESTERDAY (PAGE 8)**
 - **4 6-INCH WHOLE WHEAT FLOUR TORTILLAS**
- OPTIONAL: ADD 1 PINCHES SALT AND PEPPER FOR TASTE**

METHOD:

- 1. HEAT UP THE FROZEN LEFTOVERS AND DICED HAM**
- 2. CRACK 4 EGGS INTO A BOWL AND LIGHTLY WHISK. SPRAY THE SKILLET AND HEAT OVER MEDIUM. ONCE THE SKILLET IS HOT, POUR IN THE WHISKED EGGS. PUSH THE EGGS IN TOWARD THE CENTER OF THE SKILLET AS THEY SET ON THE BOTTOM, UNTIL MOST OF THE EGGS HAVE SET, BUT STILL LOOK MOIST. DO NOT OVER COOK THE EGGS. SEASON THE EGGS AS NEEDED**
- 3. ADD A SCOOP OF SCRAMBLED EGGS TO THE MIDDLE OF EACH TORTILLA, THEN TOP WITH A SCOOP OF SALSA, A HANDFUL OF CHEESE, AND SOME OF THE COOKED HAM.**
- 4. ROLL AND FOLD THE BURRITOS UNTIL IT HAS CLOSED.**
- 5. READY TO SERVE OR WRAP EACH BURRITO AND LABEL WITH DATE AND STORE IN FREEZER.**

RECIPE: EASY SKILLET BEEF & HASH BROWNS

PREP TIME: 30 MIN (SERVES 4)

DIFFICULTY: LOW

INGREDIENTS

- **1 POUND GROUND BEEF**
- **1 CAN (10.75-OUNCES) CONDENSED CREAM OF CELERY SOUP, CANNED**
- **1/4 CUP KETCHUP**
- **2 CUPS FROZEN HASH-BROWN POTATOES**
- **3 SLICES OF CHEESE**

METHOD:

- 1. COOK THE BEEF IN A 10-INCH SKILLET OVER MEDIUM-HIGH HEAT UNTIL WELL BROWNED, STIRRING OFTEN TO SEPARATE MEAT. POUR OFF ANY FAT.**
- 2. STIR THE SOUP, WATER AND KETCHUP IN THE SKILLET AND HEAT TO A BOIL. STIR IN THE POTATOES. REDUCE THE HEAT TO LOW. COVER AND COOK FOR 10 MINUTES OR UNTIL THE POTATOES ARE TENDER. TOP WITH THE CHEESE.**

RECIPE: PORK CHOPS STUFFED TOMATOES AND SPINACH

PREP TIME: 35 MIN (SERVES 4)

DIFFICULTY: MEIDUM

INGREDIENTS

- **1 (10-OUNCE) BAG OF FROZEN OR CANNED SPINACH**
 - **1/4 CUP (2 OUNCES) CHEESE**
 - **1/3 CUP REDUCED-FAT CREAM CHEESE**
- TASTY TIPS: ONCE OPENED, THE CREAM CHEESE CAN LAST FOR ONE TO TWO WEEKS IN THE REFRIGERATOR. IN THE FREEZER, OPENED FOIL-WRAPPED ONE CAN LAST FOR TWO MONTHS.**
- **4 (4-OUNCE) CENTER-CUT PORK CHOPS**
 - **OPTIONAL: 1/2 TEASPOON SALT, 1/2 TEASPOON GROUND BLACK PEPPER, 1/4 TEASPOON DRIED THYME, 2 TABLESPOONS LEMON JUICE FOR FLAVOR**

METHOD:

- 1. WARM 1 TABLESPOON CANOLA OIL IN A MEDIUM SAUTE PAN OVER MEDIUM HEAT. ADD SPINACH, SALT, PEPPER, AND THYME. COOK UNTIL COMBINED, ABOUT 2 MORE MINUTES. TRANSFER THE MIXTURE TO A MEDIUM BOWL. ADD THE CHEESE AND THE CREAM CHEESE. STIR TO COMBINE AND SET ASIDE.**
- 2. CUT A POCKET INTO THE THICKEST PORTION OF THE PORK CHOP. STUFF EACH POCKET WITH 1/4 OF THE SPINACH MIXTURE AND CLOSE THE PORK AROUND THE STUFFING. SEASON THE OUTSIDE OF THE PORK WITH SALT AND PEPPER.**
- 3. WARM THE CANOLA OIL IN A SKILLET OVER MEDIUM-HIGH HEAT. WHEN THE PAN IS HOT ADD THE PORK. COOK UNTIL GOLDEN AND COOKED THROUGH, ABOUT 4 MINUTES PER SIDE. TRANSFER THE PORK TO A SIDE DISH AND READY TO SERVE**

RECIPE: APPLE SLICE COOKIES

PREP TIME: 5MIN (SERVES 4)

DIFFICULTY: KID-FRIENDLY

INGREDIENTS

- **1 RED DELICIOUS APPLES**
- **TASTY TIPS: IF YOU'RE WORRIED ABOUT THE APPLES TURNING BROWN, YOU CAN TOSS THEM IN A ZIP LOCK BAG WITH A SMALL SQUIRT OF LEMON JUICE.**
- **1/4 CUP PEANUT BUTTER OR LOW-FAT MILK PLAIN GREEK YOGURT**
- **1-2 TBSP MINI CHOCOLATE CHIPS**
- **1-2 TBSP CHOPPED WALNUTS OR ANY NUTS**
- **OR ANYTHING YOU WOULD LIKE ON COOKIES**
- **OPTIONAL: LEMON JUICE**

METHOD:

- 1. SLICE THE APPLES INTO 1/4" SLICES USING A LARGE, SHARP KNIFE. REMOVE THE CORE USING A STRAW**
- 2. SET APPLE SLICES ONTO A SHEET OF PAPER TOWEL, AND THEN GENTLY PRESS THE TOPS WITH ANOTHER PAPER TOWEL TO SOAK OUT ANY EXCESS MOISTURE.**
- 3. SPREAD A THIN LAYER OF PEANUT BUTTER ONTO EACH OF THE APPLE SLICES.**
- 4. THEN GENEROUSLY SPRINKLE THE WALNUTS AND CHOCOLATE CHIPS OR ANY TOPPINGS YOU WOULD LIKE**
- 5. READY TO SERVE!**