

RECIPE: Veggie Omelet w/ Turkey Sausage

PREP TIME: 7 minutes (Serves 4)

DIFFICULTY: Low

INGREDIENTS:

10 Eggs

1 Cup Frozen Broccoli

- Tasty Tip: Frozen produce is selected at their most nutritious time before flash freezing.

1 Whole Bell Pepper

- Tasty Tip: Green bell peppers typically cost 30% cheaper than other bell peppers

Cheddar Cheese, 1/2 cup

Olive oil to thinly coat bottom of frying pan for each omelet

METHOD:

1. Materials needed: 1 mixing bowl, 1 chef's knife, 1 cutting board, 1 fork or egg beater, a frying pan, can opener, and an egg spatula. Wash all produce with water before cutting. Set out all ingredients before starting, including the cheese.
2. Place all eggs in large mixing bowl and stir using a fork or egg beater. Mix thoroughly to not have any clear egg whites visible.
3. Cut the bell pepper into small squares, depending how large of chunks you would like in the omelet. For more detail on how to cut a bell pepper, click on the following link:
<https://www.youtube.com/watch?v=3MOj3XDBP6U>
4. Warm the frozen broccoli in microwave until thawed (30 seconds). Then, chop the broccoli to desired size for omelet.
5. Mix produce into beaten eggs.
6. Warm a pan on medium-low and add approximately 2 Tablespoons olive oil. Spread oil with spatula. Once olive oil begins to separate, add about 1/4 of the egg mixture into the pan. Let sit for about 2 minutes. Gently tip the pan slightly to move the omelet- if omelet slides, carefully flip over with spatula.
7. Once the other side of the omelet also moves freely, add 2 TB of cheese to half of the omelet (Cover half of the circle). Then, gently close omelet by lifting up the cheese-less side to meet the cheese side.
8. Once omelet is closed, lift and serve on plate. Repeat until finishing egg batter (about 4 omelets). Once done with the stove, TURN OFF STOVE.
9. Finally, place the turkey sausage in the microwave. Follow microwave instructions on the back of the box.
10. Serve both, 1 omelet and 2 sausages for each individual. Enjoy!

RECIPE: Tuna Melt

PREP TIME: 10 minutes (Serves 4)

DIFFICULTY: Low

INGREDIENTS:

2 cans of Tuna

- Tasty Tip: If you are not a fan of tuna, shredded chicken can substitute the tuna for this recipe!

8 slices of whole wheat bread

4 slices of provolone cheese

1/2 cup Mayonnaise

1 cup Lettuce

Tasty Tip: To give the tuna mixture more flavor, add in a small amount of pickle juice.

Optional: Add small squares cut from 1 apple to add crunch

METHOD:

1. Materials needed: Mixing bowl, mixing spoon, cookie pan, oven mitt, and aluminum foil(optional). Wash the top of the tuna can with warm water before opening to remove dust and other particles. Additionally, wash the lettuce leaves and dry before using.
2. Optional: Place a large sheet of aluminum foil on top of cookie pan for faster cleanup. Skip this step and lay out cookie pan if you do not wish to use aluminum foil.
3. Place 4 pieces of toast evenly spread out on the cookie pan, along with 4 pieces of bread on the side. Set this pan aside.
4. Carefully open the two cans of tuna and empty excess water into sink drain by firmly holding down the open lid making sure no tuna solids fall out. Then, empty both tuna can solids into mixing bowl.
5. Put half a cup of mayonnaise into mixing bowl and stir evenly through. Add salt and pepper to taste as well as 1 Tsp pickle juice and apple pieces if desired.
6. Once you believe the mixture has been appropriately seasoned to taste, evenly separate the mix into about 4 sections, then place mix onto the bread on the pan.
7. Once tuna mixture is evenly placed on bread to your liking, place 1 slice of provolone on the top of the tuna, then close the sandwich with the other bread that was set aside.
8. Turn oven on high broil and place pan with sandwiches in the oven on the highest rack. When closing oven, leave a slight opening to see the sandwiches. Be careful where to stand, this is hot!
9. Watch sandwiches carefully. When sandwich tops become "toasted", put on the oven mitt and take the cookie sheet with the sandwiches out of the oven. **TURN OFF OVEN.**
10. Cut each whole sandwich in half and serve. Enjoy!

RECIPE: Turkey Chili

PREP TIME: 10 minutes (Serves 4)

DIFFICULTY: Low

INGREDIENTS:

1 lb ground turkey

- Tasty Tip: If you choose to drain the fat, opt to purchase at least the 90% lean 10% fat links. Although this seems more expensive, you will be using 90% of the meat instead of throwing away i.e. 20% of the fat and using only 80% of the meat.

1 packet mild chili seasoning

1 can kidney beans

- Tasty Tip: If the full sodium cans are cheaper, rinsing the beans 5x prior to use will drain out at least 80% of the added sodium.

1 can black beans

1 can fire roasted tomatoes

Optional: Cheddar Cheese

METHOD:

1. **Materials needed:** Large stove safe soup pot, temperature safe mixing spoon, can opener, and meat thermometer(optional). Wash the top of the cans with warm water before opening to remove dust and other particles.
2. Once clean, open all cans and set aside.
3. Set the large pot on the stove and turn the stove on to medium-high. Poor a small amount of olive oil to thinly coat the bottom of the pot. Once the oil begins to separate, add all of the ground turkey into the pot and discard the turkey packaging. Wash your hands and be careful with the raw meat.
4. As the meat begins to saute, open the chili seasoning packet and poor half onto the turkey meat. Stir the meat.
5. If you have a thermometer, put the meat into a pile in the pot and temperature check the meat. Once the thermometer reaches 165 degrees Fahrenheit, turn down the heat to medium low. If you do not have a thermometer, stir until the pink from the raw meat disappears and lower the heat to medium.
6. Slowly add the opened cans from step 2 into the pot and stir. Add the rest of the chili seasoning.
7. Stir until the chili begins a slow boil (if a thermometer was NOT used) and lower heat.
8. Add salt and pepper to taste.
9. Serve the chili in 4 separate bowls. Add the optional cheese sparingly and enjoy!

RECIPE: Avocado Toast

PREP TIME: 5 minutes (Serves 4)

DIFFICULTY: Kid Friendly!

INGREDIENTS:

4 slices of Whole Wheat Bread (1 slice/person)

- **Tasty Tip:** To ensure your bread is whole wheat, check the ingredients list under the nutrition label on the back of the bread bag. If the first ingredient states "whole" the product is whole wheat/grain. However, if the first ingredient states "enriched" and is labeled wheat, it is not whole wheat/whole grain even if the bread has a brown tint.

1 Avocado,

5 large strawberries

- **Tasty Tip:** For the cheapest price and most nutrition quality, try to purchase your produce when in season. A book that lists when each produce is in season is typically located in the produce section.

METHOD:

1. **Materials needed:** Toaster, spoon, small bowl, cutting board, butter knife, paring knife (or small knife to cut strawberries). Wash all produce, including avocado.
2. Toast the 4 slices of bread with a toaster or broil in the oven until browned to a desired level. Set aside once toasted and turn off the oven if needed.
3. On the cutting board, cut washed avocado in half. Take out the seed by very carefully inserting knife in seed and turning. For a visual aid, refer to the first half of the video: <https://www.youtube.com/watch?v=79A5b42w66Y>
4. Once your avocado is seedless and skinless, place in a bowl and mash, then set aside.
5. Carefully cut off the stems of the strawberries with the small knife. Throw away stems. Then, face the flat side of the strawberry down on the cutting board and thinly slice.
6. Time to decorate! Have each person take their toast and spread avocado on the toast. Then place as many or as few strawberries to your liking. Enjoy!

RECIPE: Berry Blast Pancakes

PREP TIME: 13 minutes (Serves 4)

DIFFICULTY: Moderate

INGREDIENTS:

2 cups Whole Wheat Pancake Powder

- Tasty Tip: When mixing pancake batter, the less you stir, the more fluffy the pancakes, even if that means leaving a few chunks!

1 cup Sugar Free Syrup

- Tasty Tip: Sugar is sugar! Whether be from maple syrup or honey, "natural" occurring sugars are still processed in the body the same as i.e. white sugar, and they all turn to into glucose for the body to read.

About 1 cup 2% milk (depending on pancake batter instructions)

1 cup Frozen Berries

METHOD:

1. Materials needed: Frying pan, one plate, large spoon, spatula, mixing bowl, measuring cup.
2. Microwave 1 cup of frozen berries until thawed. Set aside.
3. Measure 2 cups of pancake mix and place into mixing bowl. Poor in approximately 1/3 cup of milk. Lightly mix until batter is slightly more runny than dough.
4. Poor berries in pancake mix to each person's liking. Set mixture aside.
5. Place frying pan on stove and turn stove on medium (Very important to not go any hotter!). Optional: Poor about 1 Tablespoon olive oil to coat pan for crispier pancakes.
6. Once you feel the pan is hot, carefully spoon pancake mixture into pan to desired size of pancake. The time to flip will vary depending on the size of the pancake.
7. Once the pancake begins to form small bubbles on top, flip over the pancake and wait until pancake no longer sticks to the pan. You may need to flip back and forth to ensure the pancake is evenly light brown on each side. Once even, place finished pancakes on the one plate.
8. Repeat steps 6 and 7 until pancake batter is all used.
9. When each individual picks out their pancake, serve with 1/4 cup of sugar free maple syrup. Enjoy!

RECIPE: Asian Medley

PREP TIME: 10 minutes (Serves 4)

DIFFICULTY: Low

INGREDIENTS:

2 cups shredded chicken from Rotisserie Chicken

- Tasty Tip: To debone the chicken fastest, denone when the chicken is still warm.

4 cups lettuce

- Tasty Tip: Convenience packaging is the term used when i.e. lettuce is bagged. To save 50% of the cost, purchase full heads of lettuce instead. Just be sure to wash the leafs before using!

16 Wheat Thin Crackers

1/4 cup Olive Oil

1/4 cup Teriyaki Marinade

Optional: 1/2 cup peanut butter

METHOD:

1. Materials needed: Large mixing bowl, cutting board, chef's knife (or a knife to cut lettuce), large spoon, two cups, 3 paper towels (to dry off lettuce).
2. Wash the lettuce head by running under cold water and gently massaging leafs, taking off any excess particles.
3. Tear off leafs into pile and pat dry with paper towel. Once dry, chop pile until size of lettuce is appropriate to your liking for a salad. Place chopped lettuce in large mixing bowl and set aside.
4. Mix the listed amount of olive oil and teriyaki marinade together in the cup. Set aside.
5. Optional if not allergic to peanuts: In the other cup with the peanut butter, add about a tablespoon of WARM water. Stir until smooth. Add peanut butter mixture to dressing.
6. In large mixing bowl with lettuce (in step 2), add dressing.
7. Take about 16 wheat thin crackers and crush (with hands) over salad bowl for crunch.
8. In the salad bowl, evenly mix in the shredded chicken.
9. Distribute salad into four separate bowls and enjoy!

RECIPE: Teryaki Stir Fry

PREP TIME: 12 minutes (Serves 4)

DIFFICULTY: Low

INGREDIENTS:

1/2 box of Whole Wheat Noodles

- Tasty Tip: To prevent noodles from sticking without having to add oil, boil water first, then add noodles.

2 Cups of leftover Rotisserie Chicken, deboned

1/4 cup Teriyaki Marinade

2 Cups of Frozen Veggie Mix

- Tasty Tip: Vitamin C is a sensitive vitamin when it comes to heat. However, all other nutrients remain during the heating process if the juices leaked out are also consumed.

METHOD:

1. Materials needed: 1 Large stove pot, 1 strainer (if you do not have a strainer for the noodles, drain noodles carefully), spoon.
2. Fill the large stove top with tap water until half full. Place onto stove and set temperature on high and place the strainer into the sink.
3. While waiting for water to boil, microwave frozen vegetables until thawed.
4. Once water has boiled, add noodles. To prevent the water from boiling over the pot, add a pinch of salt to water.
5. After 3 minutes, carefully spoon out one noodle to sample. When the noodle is done to your content, turn off stove, and pour water with noodles over strainer in the sink. If you do not have a strainer, carefully and slowly drain out hot water into sink. Take caution!
6. Once noodles are drained, place back into pot (if strained out). Add the thawed vegetable mix, shredded chicken, and the 1/4 cup of teriyaki marinade. Stir evenly, then turn on stove to low to keep warm.
7. Divide the noodles into 4 bowls and enjoy!

RECIPE: Super Smoothie

PREP TIME: 5 minutes (Serves 4)

DIFFICULTY: Kid Friendly!

INGREDIENTS:

3/4 cup frozen spinach

- Tasty Tip: 1/2 cup of cooked or frozen spinach is equivalent to 2 cups raw spinach!

1 cup Frozen berries

1 Banana

- Tasty Tip: The riper the banana, the more antioxidants! Ripe bananas can also aid in constipation while vice versa for unripe, green bananas.

2 cups of 2% milk

- Tasty Tip: If lactose intolerant, opt for vanilla flavored almond milk to use as a sweetener to add to coffee or smoothies. This substitute has less calories and saturated fat compared to creamer yet, be cautious of the sugar content!

METHOD:

1. **Materials needed:** Blender and measuring cups.
2. **Add the frozen berries, milk, and spinach to blender, then blend until smooth.** If the smoothie is thicker than one's preference, add a small amount of cold water.
3. **Finally, add the banana for sweetness.**
4. **Serve evenly in four cups.**
5. **Enjoy!**

RECIPE: Create Your Own Parfait

PREP TIME: 5 minutes (Serves 4)

DIFFICULTY: Kid Friendly!

INGREDIENTS:

2 cups Non-fat Greek Yogurt

- Tasty Tip: Non-fat Greek yogurt has a sour taste similar to sour cream. Substituting sour cream with Greek Yogurt increases the protein content and lowers the saturated fat significantly per serving!

3 cups Vanilla Yogurt

1 cup Frozen Berries

1 cup Honey Bunches Cereal

- Tasty Tip: Not all cereal is created the same! Be weary of the sugar content within each box- You will be surprised to see which ones are packed with a punch!

METHOD:

1. **Materials needed:** 4 cups large enough to hold parfait content for each individual, 3 bowls for parfait toppings, frying pan, and spatula.
2. Mix the 2 cups of Non-fat Greek Yogurt and the Vanilla Yogurt into one of the 3 cups. Set aside.
3. Poor 1 cup of cereal into the second cup of 3. Set aside.
4. Poor 1 cup of frozen berries in the third cup of the 3. Place bowl in microwave until still cold yet thawed.
5. Place the 3 bowls out and let each family member pick their toppings for their parfait.
Enjoy!

RECIPE: Cheesy Quesadillas

PREP TIME: 10 minutes (Serves 4)

DIFFICULTY: Low

INGREDIENTS:

8 Whole Wheat Pitas (cut in half) or Tortillas

- **Tasty Tip:** Be careful when selecting tortillas or pita bread. Opt for the options that do NOT state "partially hydrogenated" in the ingredients, as these are hidden trans fats.

1/2 cup Grated Cheddar Cheese

- **Tasty Tip:** To save money, look for the price per ounce label to the lower left of each price tag.

1 can Black Beans, Low Sodium

0.5 cups Frozen Spinach

1 packet Low Sodium Taco Seasoning

METHOD:

1. **Materials needed:** Frying pan, spatula, cutting board, can opener, pizza slicer (or large knife), small mixing bowl. Wash the top of the can of black beans.
2. After washing, open the can of black beans and drain out excess liquid into sink. Pour into small bowl and stir in the entire packet of taco seasoning. Set beans aside for later.
3. Microwave the frozen spinach until warm. Set aside for later.
4. Place the frying pan on the stove and set the temperature to medium-high.
5. Place an even and thin layer to coat the bottom of the pan. When the oil begins to separate, place one of the pita sides on the pan to let brown.
6. While pita is browning, fill the middle with 1/4 cup of seasoned black beans and 1/4 cup of spinach. Sprinkle with 2 Tablespoons of cheese.
7. Once the pita is dressed to one's desire, close pita with other half. Carefully take the spatula and flip over sandwiched pita to evenly brown the remaining side. When pita is to desired level of crispiness, place on cutting board.
8. Cut pita into fourths.
9. Repeat steps 5-8 for each pita and do not forget to turn off the stove when done.
10. Serve and enjoy!

RECIPE: Turkey Tacos

PREP TIME: 20 minutes (Serves 4)

DIFFICULTY: Low

INGREDIENTS:

1 lb Ground Turkey

- Tasty Tip: If buying ahead of time while on sale and freezing, safely thaw by placing link in a bowl under cold, running water for 5 minutes to ensure optimal food safety.

1 packet Low Sodium Taco Seasoning

1 can Low Sodium Black Beans

8 Taco Shells

- Tasty Tip: Did you know corn is a whole grain? Therefore, taco shells and corn tortillas are also made with whole grains!

1/2 cup Grated Cheddar Cheese

METHOD:

1. **Materials needed:** Large stove safe soup pot, temperature safe mixing spoon, can opener, two small serving bowls, and meat thermometer(optional). Wash the top of the black beans can with warm water before opening to remove dust and other particles.
2. Once clean, open the black bean can and place into microwave safe bowl. Set aside for later.
3. Set the large pot on the stove and turn the stove on to medium-high. Poor a small amount of olive oil to thinly coat the bottom of the pot. Once the oil begins to separate, add all of the ground turkey into the pot and discard the turkey packaging. Wash your hands and be careful with the raw meat.
4. As the meat begins to saute, open the taco seasoning packet and poor half onto the turkey meat. Stir the meat.
5. If you have a thermometer, put the meat into a pile in the pot and temperature check the meat. Once the thermometer reaches 165 degrees Fahrenheit, turn down the heat to medium low. If you do not have a thermometer, stir until the pink from the raw meat disappears and lower the heat to medium. Once you are confident there is no more pink or when the temperature reaches 165 degrees, poor the rest of the seasoning onto the meat. Take the pan off of the heat (safely) and turn off the stove.
6. Microwave the beans until warm and set to the side of the cooked ground turkey. In another small bowl, add the 1/2 cup of grated cheese.
7. Starting with the taco shells, place the three bowls out with their food contents and let each family member pick out their toppings to their desire. Enjoy!

RECIPE: Crispy Asparagus w/ White Sauce

PREP TIME: 5 minutes (Serves 4)

DIFFICULTY: Low

INGREDIENTS:

1 bunch of Asparagus

- Tasty Tip: Asparagus is a diuretic, meaning it helps flush out excess water from the body when consumed.

1/2 cup Mayonnaise

2 Tablespoons Soy Sauce

- Tasty Tip: Selecting the low sodium soy sauce can reduce the sodium by almost 50%!

METHOD:

1. **Materials needed:** 1 skillet, cutting board, chef's knife (or large knife), one fork, one large plate, and small mixing bowl. Wash asparagus with cold water to remove any extra particles and pat dry.
2. Place asparagus bunch on the cutting board and cut off about 1 cm of the ends. Tip: If you have a dog, save the end pieces to microwave for later. Once cooled, you can use these pieces as a dog's treat!
3. Carefully take the skillet and add tap water until half full. Gently place skillet on stove and turn the stove on to high heat. Wait for water to boil.
4. While waiting, take small mixing bowl and pour in the 1/2 cup of Mayonnaise along with the 2 Tablespoons of soy sauce. Slowly add more soy sauce until desired taste.
5. Once water is boiling in the skillet, very carefully add asparagus- be cautious and try not to splash the hot water onto yourself.
6. Wait for asparagus to turn bright green. With your fork, poke one spear of asparagus. If fork easily goes through, take off of heat. and carefully place skillet into the sink.
7. Run cold water over the asparagus to stop the cooking process. This technique is known as blanching!
8. Once the asparagus is cool to the touch, place spears on the large plate and dip spears in the sauce. Enjoy!