



THE COOK BOOK



Over 70 recipes made for everyday cooking.

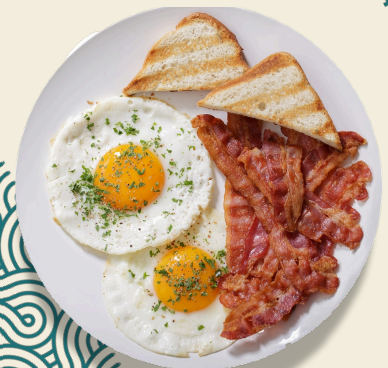


Table of Contents

Introduction

3-4

Protein

5-7

Carbohydrates

8-12

Fats

13-15

Breakfast Recipes

16-29

Lunch Recipes

30-49

Dinner Recipes

50-90

Dessert/Snacks

91-97

Preface

To the Full Circle Family:

I am so excited to present to you a collection of recipes that our wonderful physicians, providers, and staff have graciously shared. Many of these recipes are original creations, some have special stories attached, and others are borrowed from wonderful cooks. My hope when creating this cookbook was to provide original recipes that are nutritious, affordable, fun to make, and can be prepared within a reasonable time as we all have busy schedules. Cooking and enjoying nutritious food is about sharing a piece of your culture and building community (especially if shared with friends and family). It is also a way to create something from scratch, which to me is always a special feeling. Plus, all of these recipes incorporate nutritious and delicious ingredients, which are providing nourishment to our bodies! Thank you for reading, and I hope you find a recipe that provides some joy to you and your family.

*Best,
Miranda Crouch, MD PhD*



Introduction

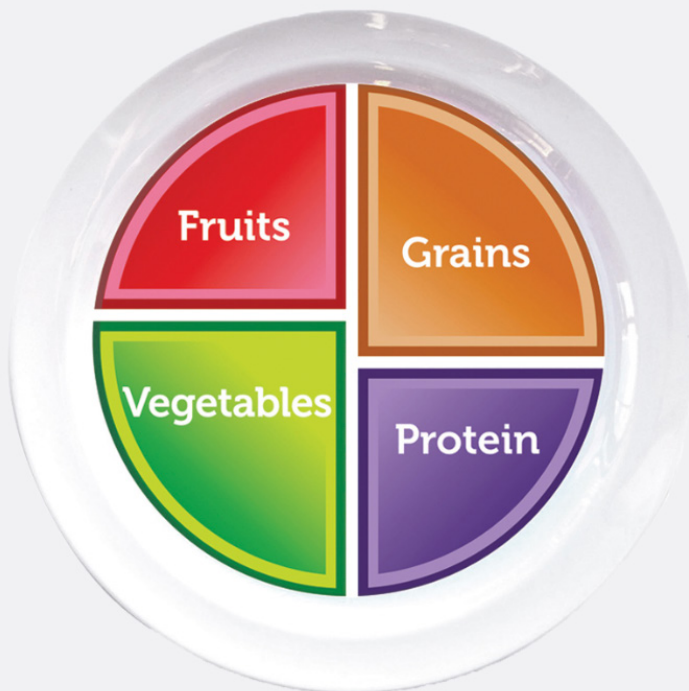
Attempting to figure out what to make for dinner and what to fill your plate with each day can be a fun adventure, but it can also be stressful at times! I really like to keep things simple when I am cooking. I often refer to the MyPlate method when preparing meals for the week. This is a way to make sure you are incorporating vegetables, fruit, protein, and appropriate amounts of carbohydrates into your meals.

On the next page, you will find an infographic that divides your plate into these categories. Briefly, 50% of your plate should consist of fruits and vegetables, roughly 25% of carbohydrates (grains), and 25% protein. If you are or were a patient of mine, I may have drawn this on a napkin for you so you may be familiar with the MyPlate method already! I truly believe this is the easiest way to plan your meals while ensuring you are consuming the nutrition your body needs!



Introduction

Before moving into the recipes, I want to discuss the foundations of our diet known as macronutrients and micronutrients. We have three major categories of macronutrients that provide us with energy and fuel so that our bodies can do the awesome things it does on a daily basis! Macronutrients include protein, carbohydrates, and fats, which make up the pillars of nutrition. You will be able to select recipes and foods in this cookbook that will provide you with these macronutrients to fuel your body!



myplate.gov



Protein

Proteins are found in every cell of our body and are one of the most important “building blocks!” We need protein to build muscle, to grow, maintain strong bones, and so much more. Incorporating protein into your diet keeps you full longer because it takes longer to digest. In addition, foods high in protein do not raise blood glucose significantly. Recently, the American Heart Association has recommended trying to include plant-based protein sources into the diet in larger quantities than animal based sources. In addition, the 2025-2030 Dietary Guidelines for Americans recently released recommendations of 1.2-1.6g/kg/day of protein into the diet (1).

This equates to roughly about 16-24% of you total calories per day from protein or roughly 70-120g of protein for the average ADULT. Try to avoid exceeding over 2g/kg/day of protein as this can lead to disorders of bone and calcium. Per the 2021 AHA guidelines, try choosing healthy sources of protein which include mostly plants, low-fat/fat-free dairy products, lean cuts, and unprocessed meats (2).



Protein



Protein sources can be thought of as meat/animal based and plant based. On your plate, you want a portion of protein to be roughly 3oz of cooked meat or the size of your palm (2).

Some examples of meat/animal-based protein include:

- Fish
- Chicken
- Turkey
- Salmon
- Yogurt
- Lean ground beef (93%)
- Pork
- Eggs
- Shellfish
- Cottage Cheese

Plant Based Examples:

- Tofu
- Tempeh
- Soybeans (Edamame, Tofu)
- Legumes (Lentils, chickpeas, split peas)
- Nuts, Grains
- Nutritional Yeast.

Protein

Sources of protein to choose less often due to increased processed content:

- Battered/fried meats
- Bacon
- Sausage
- Hot dogs
- Deli meats with added sodium and nitrites.



Carbohydrates

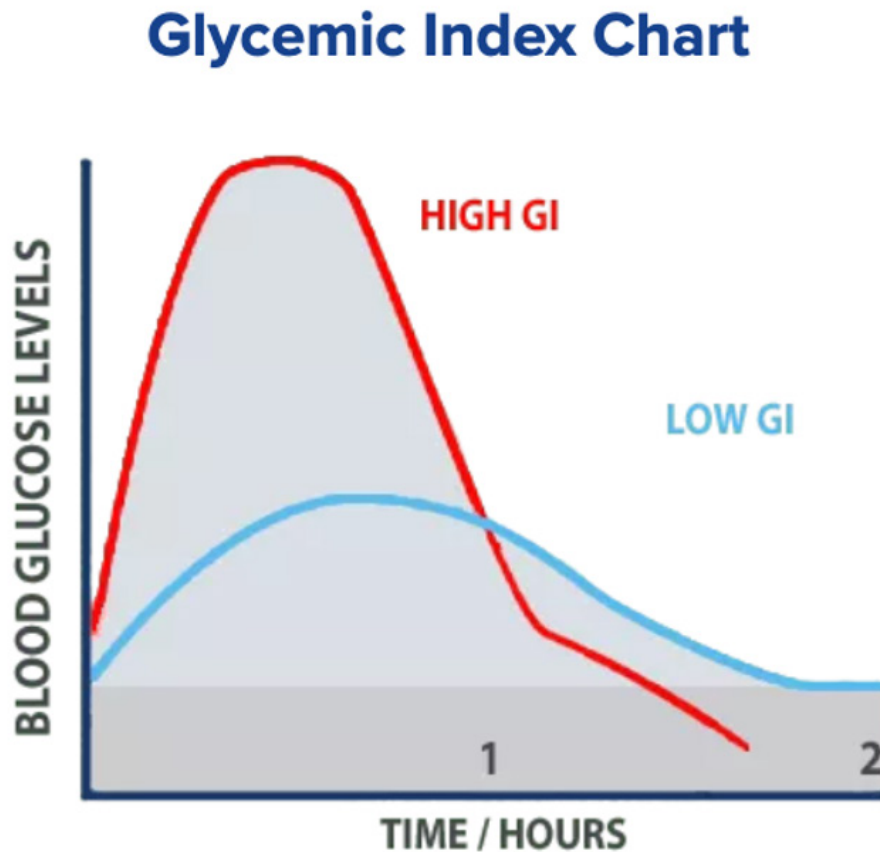
Carbohydrates are the body's primary source of energy. They are digested into smaller sugars, primarily glucose and then absorbed into our small intestine. There, they are utilized by various metabolic processes to generate energy so our body can perform its daily functions. Current dietary guidelines recommend carbohydrates to comprise of 45-65% of the total daily caloric intake with emphasis on fiber, whole grains, non-starchy vegetables, fruits, and legumes (3).

In addition, try to incorporate foods that have a LOW glycemic index. The glycemic index (GI) ranks carbohydrates foods based on how fast your blood sugar rises after you ingest food. Low glycemic index foods usually have very high contents of fiber (4). Generally, a goal of 25-35 grams of fiber intake per day is a good goal!



Carbohydrates

Below, you can visualize what happens to your blood glucose levels after you eat a food that has a high glycemic index (GI) compared to one that has a lower glycemic index (GI). As you can see, you get a higher spike in blood glucose levels with high glycemic index foods and at a faster rate!



Harvard Health, 2025

Carbohydrates

Larger consumption of foods that have a higher glycemic index have been associated with increased incidence of type 2 diabetes, cardiovascular disease, diabetes-related cancer, and overall all-cause mortality (3). My best tip is to focus on high-quality, minimally processed, nutrient-dense, high fiber carbohydrate sources. You can use the graphics below from the University of Washington to help guide which carbohydrates to incorporate into your diet.

Glycemic Index of Common Foods

100% Glucose	50 to 59% All-Bran Buckwheat Digestive biscuit Oatmeal biscuit Peas (frozen) Potato chips Rich tea biscuit Spaghetti (white) Sucrose Sweet corn Yam	30 to 39% Apples Butter beans Black-eyed peas Garbanzo beans (chickpeas) Haricot beans Ice cream Milk (skim or whole) Tomato soup Yogurt
80 to 89% Carrots Cornflakes Honey Maltose Parsnips Potatoes (instant mashed)	40 to 49% Beans (canned navy) Oatmeal Oranges and orange juice Peas (dried) Spaghetti (whole grain) Sweet potato	20 to 29% Fructose Kidney beans Lentils
70 to 79% Bread (whole grain) Broad beans (fresh) Millet Potato (new) Rice (white) Rutabaga Weetabix		10 to 19% Peanuts Soybeans
60 to 69% Bananas Beetroot Bread (white) Mars Bars Muesli Raisins Rice (brown) Ryvita Shredded Wheat Water Biscuits		

Carbohydrates

Below are tables consisting of non-starchy vegetables, fruits, and whole grains to incorporate into your meals.

Non-Starchy Vegetables

Serving size = 1/2 cup cooked
(5 grams carbohydrate, 25 calories)

Asparagus	Eggplant
Artichoke	Green beans
Bamboo shoots	Greens: bok choy, Swiss chard, kale, collard greens, watercress, dandelion
Bean sprouts	Lettuce/mixed greens: Romaine, red and green leaf, spinach, arugula
Broccoli	Mushrooms
Brussels sprouts	Radishes
Bell peppers	Salsa, unsweetened
Cabbage: red, green, Chinese	Snow peas
Cauliflower	Sprouts
Celery	Tomatoes
Chives, onion, leeks, garlic	Zucchini, other summer squash
Cucumber	

https://healthonline.washington.edu/sites/default/files/record_pdfs/Glycemic-Index.pdf

Fruits

Serving size = 1 whole fruit or 1/2 cup canned in juice or water, or 1/2 cup sliced; 1 cup berries and melons; or as shown
(15 grams carbohydrate, 60 calories)

Apple	Melons (cantaloupe, honeydew)
Apricot (2)	Nectarine
Berries, all	Papaya (1/2)
Cherries (12)	Peach
Figs, fresh (2)	Pear
Grapefruit (1/2)	Plum (2)
Grapes (12)	Orange
Kiwi fruit (2)	Star fruit (2)
Mandarin orange, tangerine (2)	Watermelon (1 1/4 cups cubed)

https://healthonline.washington.edu/sites/default/files/record_pdfs/Glycemic-Index.pdf

Carbohydrates

Whole Grains

Serving size = 1/2 cup cooked grains or as shown
(15 grams carbohydrate, 80 to 100 calories)

Bread: whole wheat, rye (1 slice)	Rice: Basmati, white, or brown (1/3 cup)
Crackers: whole grain rye such as Ryvita, WASA (3 crackers)	Whole barley, whole oats, oatmeal
Grains: wild rice, millet, quinoa, amaranth, buckwheat groats, teff	Whole wheat, spelt, or kamut berries (1/3 cup)
Pasta: 100% whole wheat, soy, or brown rice	Whole wheat low-carb tortilla or pita bread (1/2)

https://healthonline.washington.edu/sites/default/files/record_pdfs/Glycemic-Index.pdf



Fats

There are 4 types of fats including saturated, trans, monounsaturated, and polyunsaturated. Polyunsaturated fats include the omega-3 and omega-6 fatty acids, which have cardioprotective effects including reducing cholesterol levels, particularly LDL. LDL is the subtype of cholesterol that can increase risk for heart disease or stroke over time. As a result, we want to try to keep LDL levels ideally <70 per the most recent American Heart Association guidelines (5).

We want to limit the amount of saturated fats that we incorporate into our diet and consume them sparingly. I would also recommend avoiding consumption of trans fats as much as possible because this can lower risk for cardiovascular events, diabetes, and stroke. In addition, the consumption of fats will help slow the rise of blood glucose after meals!



Fats

Examples of Unsaturated Fats (monounsaturated fats):

- Avocado
- Nut butters
- Nuts
 - Almonds
 - Cashews
- Peanuts
- Pecans
- Pistachios
- Oil: canola, olive, peanut
- Olives: black or green

Examples of Saturated Fats:

- Bacon, Lard
- Cream cheese
- Cream (half and half, heavy, light, whipped)
- Butter
- Oil: coconut, palm
- Sour cream



Fats

Examples of Unsaturated Fats

(monounsaturated fats):

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- Nuts
 - Almonds
 - Cashews
- Peanuts
- Pecans
- Pistachios
- Oil: canola, olive, peanut
- Olives: black or green

Examples of Polyunsaturated fats:

- Salmon
- Trout
- Tuna
- Shrimp
- White Fish
- Walnuts
- Chia Seeds
- Ground flaxseed
- Edamame
- Oysters
- Oil: corn, cottonseed, flaxseed, grape seed, safflower, soybean, sunflower

Examples of Saturated Fats:

- Bacon
- Lard
- Cream cheese
- Cream (half and half, heavy, light, whipped)
- Butter
- Oil: coconut or palm
- Sour cream



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Breakfast Recipes

Baked Oatmeal Breakfast Casserole

Submitted by: Liz Atnip
Source: Sally's Baking Addiction

Est. Prep and Cook Time: 40 min
Est. Cost Per Serving: \$0.75-\$1, serves 9

Ingredients:

3 cups old-fashioned rolled oats	1 teaspoon baking powder
2 large eggs	1½ teaspoons ground cinnamon
2 cups milk (dairy or non-dairy)	2 teaspoons pure vanilla extract
⅓ cup maple syrup	¼ teaspoon salt
¼ cup unsalted butter, melted	1 cup mixed berries (fresh or frozen)
½ cup unsweetened applesauce or mashed banana	½ cup chopped walnuts, pecans, or almonds (optional)

Instructions:

1. Whisk together milk, eggs, maple syrup, butter, and applesauce/banana.
2. Stir in oats, baking powder, cinnamon, vanilla, salt, and berries.
3. Pour into a greased 9x9 or 11x7 inch baking dish and top with nuts if desired.
4. Bake at 350°F (177°C) for about 35 minutes until set and lightly browned.

Special Notes:

1. *Make Ahead & Freezing Instructions: Bake the oatmeal, cool completely, and store in the refrigerator all week for easy breakfasts. Reheat in the microwave or cover and bake in a 350°F (177°C) oven for 10 minutes.*
2. *To freeze, bake and cool oatmeal: Cover tightly and freeze for up to 3 months. Thaw in the refrigerator or at room temperature. Warm to your liking. I love cutting the cooled baked oatmeal into bars or servings and freezing them individually for a quick breakfast to thaw. Wrap each in plastic wrap and place in a large freezer bag or container.*

Nutrition:

Serving Size: 1/9 recipe; Calories: 256; Total Fat: 6.8g; Sat Fat: 3g; Total Carbohydrates: 38.4g; Protein: 5.8g

Banana Nut Muffins

Submitted by: Jaclyn Cooperrider
Source: Health Meets Food

Est. Prep and Cook Time: 30 min
Est. Cost Per Serving: \$3-\$4, makes 10-12

Ingredients:

1 cup All Purpose Flour
1 cup Whole Wheat Flour
½ tsp Salt
1 tsp Baking Powder
½ tsp Cinnamon, ground
¼ tsp Nutmeg, ground
2 each Banana, overripe

½ tsp Vanilla Extract
½ cup Canola Oil
⅓ cup Maple Syrup
⅓ cup Milk, 1%
1 each Egg
½ cup Pecans, chopped

Instructions:

1. Preheat oven to 375°F
2. Line or grease muffin tins.
3. In a large bowl, whisk together flours, salt, baking powder, and spices.
4. In a separate bowl, mash the banana. Add egg, vanilla, oil, syrup, and milk. Whisk together.
5. Add dry ingredients to the wet bowl. Use a spatula to mix together until just combined. DO NOT OVER-MIX.
6. The batter should be lumpy, you want to mix until the dry ingredients are just barely incorporated.
7. Gently fold in pecans.
8. Scoop batter into pans, $\frac{3}{4}$ full.
9. Bake for 15-20 minutes or until golden brown.

Nutrition:

Serving Size: 1 muffin; Calories: 240; Total Fat: 13g; Sat Fat: 1g; Total Carbohydrates: 27g; Protein: 4g

Breakfast Tacos

Submitted by: Jaclyn Cooperrider
Source: Health Meets Food

Est. Prep and Cook Time: 25-30 min
Est. Cost Per Serving: \$3-\$4, serves 4

Ingredients:

8 large Eggs
¼ cup Salsa, mild
¼ cup Cheddar Cheese, shredded
8 each Corn Tortillas, 6" (Or flour)
Olive Oil as needed

Topping Ideas:

1 each Avocado, mashed or diced small
1 each Globe tomato, diced small
¼ cup Cilantro, chopped
½ cup Black or Pinto Beans, canned, drained and rinsed
1 each Lime, cut into 8 wedges

Instructions:

1. In a medium-sized bowl, whisk eggs with a fork, then add salsa and stir to combine. You may use the salsa as a topping instead if desired
2. Heat a medium nonstick pan over medium heat and coat with olive oil
3. Add the eggs. Stir occasionally with a rubber spatula. If the egg is turning brown, turn down the heat.
4. Once egg is cooked through (not runny), turn off the heat. Sprinkle cheese on top of the egg and mix to combine and allow the cheese to melt.
5. Meanwhile, toast the tortillas by heating in a pan over medium-high heat.
6. Heat another small sauce pan. When water comes to a boil, add the can of beans and bring to a simmer to heat up the beans.
7. Divide the filling and toppings of choice evenly between the tortillas. Fold in half and serve immediately.

Nutrition:

Serving Size: 2 tacos; Calories: 280; Total Fat: 15g; Sat Fat: 6g; Total Carbohydrates: 20g; Protein: 17g

Egg and Avocado Breakfast Sandwiches

Submitted by: Miranda Crouch
Source:

Est. Prep and Cook Time: 15min
Est. Cost Per Serving: \$2-\$3, serves 1

Ingredients:

English Muffins (Wheat)
1 Large Egg
½ Avocado
1 slice pepperjack cheese
Arugula (optional)

Instructions:

1. Toast the english muffin in a toaster, toaster oven, or conventional oven to your liking.
2. In the meantime, place olive oil in a skillet and cook egg until yellow has cooked through.
3. Slice your avocado in half and proceed to slice into thin slices.
4. Remove you english muffin from the toaster. Place your slice of cheese on the muffin, followed by the egg and then top off with avocado and arugula.

Special Notes:

- *Can also make egg whites and use those if you do not want the yellow*

Nutrition:

Serving Size: 1 sandwich; Calories: 370; Total Fat: 22g; Sat Fat: 6g; Total Carbohydrates: 29g; Protein: 17g

Egg Bites

Submitted by: Liz Atnip
Source: Love and Lemons

Est. Prep and Cook Time: 30 min
Est. Cost Per Serving: \$1.25

Ingredients:

Extra-virgin olive oil, for the pan
6 large eggs
 $\frac{3}{4}$ cup whole milk cottage cheese
 $\frac{1}{4}$ teaspoon sea salt
Freshly ground black pepper

3 cups fresh spinach, 3 ounces
 $\frac{1}{2}$ cup diced roasted red bell pepper,
about 1 pepper
 $\frac{1}{2}$ cup chopped green onion, about 2
green onions

Instructions:

1. Preheat the oven to 350°F and grease a nonstick muffin tin with olive oil.
2. In a blender, place the eggs, cottage cheese, salt, and several grinds of pepper. Blend until smooth.
3. Place the spinach in a steamer basket and set over a pot filled with 1 inch of water. Bring the water to a simmer, cover, and steam for 1 minute, or until the spinach is wilted. Transfer to a strainer and squeeze out the excess water. Roughly chop.
4. Place the spinach in a medium bowl and add the peppers and scallions. Toss to combine and measure $\frac{1}{4}$ cup of the mixed vegetables. Set aside.
5. Evenly divide the remaining veggies among the muffin cups. Pour $\frac{1}{4}$ cup of the egg mixture over the vegetables in each well. Divide any remaining egg mixture evenly among the wells. Evenly sprinkle the reserved $\frac{1}{4}$ cup vegetables on top.
6. Bake for 18 to 22 minutes, or until the eggs are set. Let cool for 5 minutes before removing from the pan.

Nutrition:

Serving Size: 1 bite; Calories: 48; Total Fat: 3g; Sat Fat: 1g; Total Carbohydrates: 1g;
Protein: 5g

Fruit and Nut Oatmeal

Submitted by: Jaclyn Cooperrider
Source: Health Meets Food

Est. Prep and Cook Time: 25 min
Est. Cost Per Serving: \$2, serves 3

Ingredients:

1 ½ cups old fashioned oats or quick oats
3 cups milk or almond milk, unsweetened
⅛ tsp kosher salt
2 Tbsp light brown sugar

¼ tsp cinnamon, ground
2 Tbsp Walnuts, rough chopped, toasted
1 cup Fruit (sliced strawberries,
blueberries, banana)

Instructions:

1. Preheat a small saucepan over medium-high heat. Add the oatmeal and toast for about 3 minutes, stirring frequently.
2. When oatmeal is light brown in color and starts to give off a nut-like aroma, turn down the heat to medium-low and add the milk.
3. Add the salt, cinnamon, and sugar.
4. Cook the oatmeal for about 15 minutes (if using quick oats, reduce cooking time to about 5 minutes). Stir frequently, until most of liquid has been absorbed and oats are soft.
5. Add water as needed to the oatmeal to thin out.
6. Top with toasted walnuts and serve 1 cup portions. Finish with fresh fruit!

Nutrition:

Serving Size: 1 cup of oatmeal, plus toppings; Calories: 370; Total Fat: 11g; Sat Fat: 4g; Total Carbohydrates: 58g; Protein: 15g

Granola and Yogurt

Submitted by: Jaclyn Cooperrider
Source: Health Meets Food

Est. Prep and Cook Time: 30 min
Est. Cost Per Serving: \$3-\$4, makes 10-12

Ingredients:

2 cups Oats, old-fashioned
½ cup Nuts and/or seeds, any variety,
roughly chopped
½ cup Applesauce, unsweetened
1 tsp Cinnamon, ground
3 Tbsp Maple Syrup
⅓ cup Raisins

To Serve (makes 1 serving)
½ cup Yogurt, plain, low-fat
¼ cup Granola
½ cup Fresh Fruit, such as berries or
sliced banana

Instructions:

1. Preheat oven to 325°F. Line a baking sheet with parchment paper and spray with cooking spray.
2. In a large bowl add the oats, nuts/seeds, and cinnamon. Stir to combine and set aside.
3. In a small bowl whisk together the applesauce, honey, and canola oil. Pour this mixture over the dry ingredients and toss together, making sure all the dry ingredients are coated with the wet ingredients.
4. Spread in an even layer on the baking sheet and bake for about 40 minutes, or until golden brown.
5. Stir about every 10 minutes. Add the raisins in the last 10 minutes of baking. The granola will become crunchy as it cools.
6. Bake for 30 minutes, stirring halfway through. When fully baked, allow granola to cool for at least 20 minutes. Granola will become crunchy as it cools.
7. To serve, top ½ cup of yogurt with ¼ granola and ½ cup of fresh fruit.

Nutrition:

Serving Size: 1/4 cup granola, 1/2 cup yogurt, 1/2 cup fruit; Calories: 190; Total Fat: 5g; Sat Fat: 0g; Total Carbohydrates: 26g; Protein: 14g

Overnight Cherry Yogurt Bowls

Submitted by: Faith Stirm
Source:

Est. Prep and Cook Time: 5 min
Est. Cost Per Serving: \$2-\$3, serves 1

Ingredients:

½ cup frozen dark sweet cherries, pureed
or chopped finely

1 serving plain (unsweetened) yogurt of
choice, NOT Greek yogurt

¼ cup fine bulgur wheat (can be found in
Winco bulk bins)

Water as needed to thin yogurt, 3-4 tbsp

Instructions:

1. Thaw cherries then puree or chop. Add to a bowl or container with plain yogurt. Stir to combine.
2. Add 3-4 tbsp water, then add bulgur wheat and stir.
3. Cover with lid and place in fridge for at least 12 hours or overnight.
4. Enjoy!

Nutrition:

Serving Size: 1 cup; Calories: 175; Total Fat: 2.7g; Sat Fat: 1.3g; Total Carbohydrates: 31g;
Protein: 7g

Peanut Butter Banana Smoothie

Submitted by: Jaclyn Cooperrider
Source: Health Meets Food

Est. Prep and Cook Time: 5 min
Est. Cost Per Serving: \$2, serves 1

Ingredients:

1 each Banana, overripe, peeled, frozen
1 Tbsp Peanut Butter, natural, no sugar
added
¼ cup Milk

Instructions:

1. Place all ingredients in a blender and puree until smooth. If too thick, add milk or water (2 Tbsp) at a time until desired consistency is reached.

Nutrition:

Serving Size: 1 smoothie; Calories: 220; Total Fat: 8g; Sat Fat: 2g; Total Carbohydrates: 33g; Protein: 7g

Spinach and Feta Frittata

Submitted by: Jaclyn Cooperrider
Source: Health Meets Food

Est. Prep and Cook Time: 30-35 min
Est. Cost Per Serving: \$3, serves 10-12

Ingredients:

1 tsp Butter, unsalted	1 ½ Tbsp Parmesan Cheese, grated
1 tsp Olive Oil	1 Tbsp Oregano, freshed, chopped (or 1 tsp dried)
½ each Onion, julienned	2 cups Spinach, washed and dried, roughly chopped
½ each Red Bell Pepper, julienned	1 ½ Tbsp Feta Cheese, crumbled
6 large Eggs	
½ cup Water	

Instructions:

1. Preheat oven to 350°F and spray a muffin pan with pan spray.
2. Place a skillet over medium heat and add the butter and oil. When hot, add the onions and saute for 5 minutes, stirring frequently, until onions are lightly browned.
3. Add the red peppers and saute for 1-2 minutes or until soft. Allow the mixture to cool slightly.
4. While the vegetables are cooking, crack the eggs into a medium mixing bowl. Whisk until well combined. Mix in the water, parmesan cheese, oregano and spinach. Set aside.
5. Divide pepper and onion mixture between the muffin tins. Pour the egg mixture into the muffin tins $\frac{3}{4}$ of the way.
6. Sprinkle the top of egg mixture with feta cheese. Place the muffin tins into the oven and cook for about 20-25 minutes, until egg is firm.
7. Allow the frittata to rest for 5 minutes and then eat!

Nutrition:

Serving Size: 2 muffins; Calories: 110; Total Fat: 7g; Sat Fat: 2.5g; Total Carbohydrates: 3g; Protein: 8g

Tofu Scromblet

Submitted by: Jaclyn Cooperrider
Source: Health Meets Food

Est. Prep and Cook Time: 10 min
Est. Cost Per Serving: \$3, makes 6

Ingredients:

14 oz Tofu, firm, cubed	¼ tsp Salt
1 Tbsp Olive Oil	1/2/ tsp Black Pepper, ground
½ each Onion, julienned	½ tsp Turmeric, ground
1 clove Garlic, minced	¼ cup Parmesan, shredded
6 oz Mushroom, sliced	¼ cup Parsley, chopped
½ each Red Bell Pepper, julienned	1 each Avocado, sliced
1 cup Kale, ribs removed, chopped	6 slices Whole Wheat Bread, toasted

Instructions:

1. Drain excess water from tofu and cut into small cubes. Set aside.
2. In a medium saute pan, heat the olive oil on medium heat, Saute the onions, garlic, and mushrooms until brown.
3. Add the tofu and break it apart so the consistency resembles scrambled eggs.
4. Add extra olive oil if tofu is sticking to the pan.
5. Add red peppers and kale. Saute for 2-3 minutes.
6. Add the salt, black pepper, ground turmeric, Parmesan, and parsley.
7. Toast the bread and serve it with the scrambled tofu and sliced avocado.

Special Notes:

1. *This an eggless recipe but you can add eggs if you would like!*

Nutrition:

Serving Size: 1/2 cup scromblet, 1 slice bread, 1 slice avocado; Calories: 280; Total Fat: 13g; Sat Fat: 3g; Total Carbohydrates: 30g; Protein: 16g

Winter Vegetable Pancake

Submitted by: Will Buick
Source: Vermont Fresh Foodbank

Est. Prep and Cook Time: 30 min
Est. Cost Per Serving: \$5, serves 8

Ingredients:

1 cup cabbage, finely shredded
1 cup carrots, finely shredded
1/4 cup onion, finely shredded
2 eggs

2 Tbsp milk or water
1/4 cup flour
salt & pepper, to taste
oil for frying

Instructions:

1. Wash and prep produce as directed.
2. In a bowl, beat eggs, and then beat in milk or water. Add flour, salt & pepper and mix until smooth. Stir in vegetables.
3. Add a thin layer of oil to a frying pan and turn burner to medium heat. When oil is hot and shimmery, drop in pancake batter using a tablespoon. Cook 2-3 minutes until golden and crispy on bottom and then flip and cook 2-3 minutes more.
4. Optional: Serve with a lemon wedge or top with chopped parsley.

Special Notes:

- Try dipped in a low-sodium soy sauce vinaigrette, or spicy ketchup. Great served with eggs, tofu and beans, or salmon, chicken and beef. For a gluten-free option substitute cornstarch for flour.

Nutrition:

Serving Size: 1 pancake; Calories: 160; Total Fat: 10.5g; Sat Fat: 2.5g; Total Carbohydrates: 11g; Protein: 6g

Yogurt and Fruit Bowl

Submitted by: Miranda Crouch
Source:

Est. Prep and Cook Time: 5min
Est. Cost Per Serving: \$2-\$3, makes 1

Ingredients:

½ cup whole non-fat plain greek yogurt
1 tsp peanut butter
1 cup of your choice of fresh or frozen berries
Granola (optional)

Instructions:

1. Mix tsp of peanut butter with greek yogurt. Consistence will become smoother!
2. Add your berries!
3. Add granola if you want and then eat!

Nutrition:

Serving Size: 1 cup; Calories: 250; Total Fat: 9g; Sat Fat: 2g; Total Carbohydrates: 35g; Protein: 18g

Lunch Recipes

Baked White Fish and Roasted Potatoes

Submitted by: Jaclyn Cooperrider
Source: Health Meets Food

Est. Prep and Cook Time: 45 min
Est. Cost Per Serving: \$3-\$4, makes 4-5

Ingredients:

For the Potatoes:

1 lb Red Bliss Potatoes, washed and sliced in 1 inch cubes
1 Tbsp Olive Oil
1 Tbsp Tomato Paste
2 tsp Smoked Paprika
4 cloves Garlic, minced
¼ tsp Salt

⅛ tsp Black Pepper
1 Tbsp Lemon Juice
¼ cup Parsley (fresh, chopped)

For the Fish:

1 lb White Fish Fillets
½ Tbsp Olive Oil
½ tsp Salt
¼ tsp Black Pepper

Instructions:

For the Potatoes:

1. Preheat oven to 400°F
2. Slice potatoes into 1 inch cubes
3. Combine and whisk the olive oil, tomato paste, paprika, garlic, salt and pepper in a large bowl. Add potatoes to the bowl and coat thoroughly with the tomato mixture.
4. Spread the potatoes on parchment lined sheet pans and bake in the oven for 30-45 minutes or until the potatoes are tender and golden brown. Make sure to turn the potatoes half way through the cooking time.
5. Remove and toss in the lemon juice and parsley.

For the Baked White Fish:

1. While the potatoes are roasting, place the fish on a sheet pan, skin side down. Drizzle with olive oil and season each side with salt and pepper.
2. Place the sheet pan in the oven and cook for 8-12 minutes or until the fish flakes easily.
3. Remove from the sheet pan and serve (internal temperature should reach 145°F).

Nutrition:

Serving Size: 4 oz fish and 4 oz potatoes; Calories: 270; Total Fat: 6g; Sat Fat: 1g; Total Carbohydrates: 30g; Protein: 24g

Black Bean and Sweet Potato Goodness

Submitted by: Nancy Snyder
Source: Jordan Bainbridge Crisler

Est. Prep and Cook Time: 45 min
Est. Cost Per Serving: \$2.00, serves 3-4

Ingredients:

2 cloves of Garlic (minced or finely chopped)
1 15oz can of black beans (low sodium preferred)
1 cup or 8oz can of chopped green chillies
2 whole sweet potatoes (wash, do not peel)
Goat cheese or feta cheese for topping

Instructions:

1. Saute 2 cloves minced garlic and 1 cup roasted, chopped green chilies (with seeds for hotter, no seeds for more mild tasting preference).
2. Take black beans and smash into cooked garlic and chilies until ~ 1/2 are smashed.
3. Preheat oven to 425 degrees. Poke four holes into 2 whole potatoes (washed, not peeled). Cook for ~45 minutes until the potatoes are easily pierced with a fork. Can also cut the potatoes in half length-wise and cook for ~30 minutes with the skin side down on the pan.
4. Divide the potatoes in a half per serving. Smash them a bit.
5. Sprinkle with chopped red and yellow peppers.
6. Top with black bean mixture.
7. Add goat cheese or feta on top.

Special Notes:

- Boil raw beans (with salt and tarragon) for cheaper (but longer) cooking time. Cut sweet potato in half lengthwise with skin side down for a shorter (30 min) cook time.

Nutrition:

Serving Size: 1 sweet potato with toppings; Calories: 255; Total Fat: 5.5g; Sat Fat: 2.8g; Total Carbohydrates: 43g; Protein: 11g

Buffalo Chickpea Wraps

Submitted by: Loren Colson
Source: Minimalist Baker

Est. Prep and Cook Time: 30 min
Est. Cost Per Serving: \$4, makes 3-4 wraps

Ingredients:

Dressing + Salad

1/3 cup hummus (or store-bought)
1 ½ – 2 Tbsp maple syrup (plus more to taste)
1 small lemon, juiced (1 small lemon yields ~2 Tbsp or 30 ml)
1-2 Tbsp hot water (to thin)
1 head romaine lettuce (or sub 1 bundle kale per 1 head romaine // cleaned, large stems removed, roughly chopped)

Buffalo Chickpeas

1 (15-ounce) can chickpeas (rinsed, drained and dried on a towel // ~1 1/4 cups per can when drained)
1 Tbsp coconut oil (or sub grape seed or olive oil)
4 Tbsp hot sauce
1/4 tsp garlic powder (or sub 1 minced garlic clove per 1/4 tsp powder)
1 pinch sea salt

For Serving

3-4 vegan-friendly flour tortillas, pita, or flatbread
1/4 cup red onion, diced (optional)
1/4 cup baby tomato, diced (optional)
1/4 ripe avocado, thinly sliced (optional)

Instructions:

1. Make dressing by adding hummus, maple syrup, and lemon juice to a mixing bowl and whisk to combine. Add hot water until thick but pourable.
2. Taste and adjust flavor as needed, then add romaine lettuce or kale, and toss. Set aside.
3. To make chickpeas, add drained, towel-dried chickpeas to a separate mixing bowl. Add coconut oil, 3 Tbsp hot sauce (amount as original recipe is written // if altering batch size, use 3/4 of the total amount in the ingredient section), garlic powder, and a pinch of salt – toss to combine/coat.
4. Heat a metal or cast-iron skillet over medium heat. Once hot, add chickpeas and sauté for 3-5 minutes, mashing a few chickpeas gently with a spoon to create texture.
5. Once chickpeas are hot and slightly dried out, remove from heat and add remaining 1 Tbsp hot sauce. Stir to combine. Set aside.
6. To assemble, top each wrap with a generous portion of the dressed romaine salad, and top with 1/4 cup buffalo chickpeas and a sprinkle of diced tomatoes, avocado, and/or onion (optional).
7. Serve immediately. Store leftovers separately in the refrigerator up to 3 days, though best when fresh. You can enjoy the buffalo chickpeas cold, room temperature, or heated up.

Nutrition:

Serving Size: 1 wrap; Calories: 254; Total Fat: 6.7g; Sat Fat: 3.3g; Total Carbohydrates: 39.4g; Protein: 9.1g

Butternut Squash and White Bean Quesadilla

Submitted by: Jaclyn Cooperrider
Source: Health Meets Food

Est. Prep and Cook Time: 45 min
Est. Cost Per Serving: \$3-\$4, makes 4-5

Ingredients:

¾ lb Butternut Squash, cut in ½ lengthwise
½ cup Milk, low-fat or heavy cream
1 clove Garlic, minced
1 (15 oz) can Cannellini Beans, drained, rinsed,
liquid reserved
2 tsp Cumin, ground
½ tsp Oregano, dried

¼ tsp Salt
To taste Black Pepper
1 tsp Olive Oil
2 Tbsp Cilantro, fresh, chopped
12 each Corn Tortilla
6 Tbsp Cheddar Cheese, sharp

Instructions:

1. Preheat oven to 400°F
2. Prepare a sheet pan lined with foil, and lightly spray with cooking spray or line with olive oil.
3. Place butternut squash (with seeds removed) on the pan and bake for 30 minutes or until soft.
4. Puree the squash with milk/heavy cream in the blender until smooth and then set aside.
5. In a bowl, toss the garlic, beans, cumin, oregano, salt and pepper
6. Heat oil in the pan over medium heat. Once hot, add the bean mixture to the pan. Cook for 1-2 minutes. Add half of the reserved bean liquid. Allow to cook until slightly thickened, about 2 minutes.
7. Remove from heat and stir in the cilantro
8. Lay corn tortillas on a flat surface then top with ¼ cup of butternut squash puree and ¼-½ cup of cannellini bean mixture.
9. Sprinkle top of mixture with 1 Tbs of cheese, then top with another corn tortilla and press gently.
10. Heat a large skillet over medium heat and coat with thin layer of oil or pan spray
11. Place quesadillas in the skillet one at a time, working in batches if needed. Cook each side for about 3 minutes, until golden brown.

Special Notes:

- *Alternate Cooking Method: Arrange quesadillas in a single layer on a baking sheet. Bake in the oven until cheese is melted and edges are crisp, flipping half way through, about 8-12 minutes.*

Nutrition:

Serving Size: 1 quesadilla; Calories: 270; Total Fat: 8g; Sat Fat: 3.5g; Total Carbohydrates: 39g; Protein: 8g

Cauliflower Mac and Cheese

Submitted by: Jaclyn Cooperrider
Source: Health Meets Food

Est. Prep and Cook Time: 30 min
Est. Cost Per Serving: \$2-\$3

Ingredients:

1 medium head Cauliflower, cut into florets
1 cup Milk (or heavy cream), low-fat
2 Tsp Butter, unsalted
¼ tsp Garlic Powder
¼ tsp Cayenne pepper
¼ cup Parmesan Cheese, shredded
½ cup Cheddar Cheese, low fat, grated
1 tsp Salt
13 oz Elbow or Penne Pasta, whole wheat

For Topping:

1 cup Breadcrumbs, whole wheat
3 Tbsp Parsley, Fresh, chopped
¼ tsp Salt
¼ tsp Black Pepper
1 Tbsp Parmesan Cheese, shredded.

Instructions:

1. Preheat oven to 350°F and bring 2 large pots of water, filled $\frac{3}{4}$ of the way to a boil.
2. In one pot, once it is boiling, add in the cauliflower and cook until fork tender
3. Once cauliflower is cooked, strain and transfer it to a blender
4. Add the milk (or heavy cream), butter, salt, garlic powder, cayenne and half of the Parmesan and cheddar cheese. Puree until very smooth
5. In the other pot of boiling water, add the whole-wheat pasta and cook for about 12 minutes or until al dente. Then, strain and set aside.
6. In a separate bowl, combine the breadcrumbs, parsley, salt, pepper, and remaining parmesan
7. Pour the cooked pasta into a baking dish.
8. Add the cauliflower sauce to the pasta, top with breadcrumb mixture, and bake for 10 minutes, until sauce is bubbling and hot.
9. Enjoy immediately.

Special Notes:

- Can use regular pasta instead of whole wheat pasta.

Nutrition:

Serving Size: 1.5 cups; Calories: 368; Total Fat: 8g; Sat Fat: 3g; Total Carbohydrates: 62g; Protein: 17g

Chipotle (Chili Lime) Cauliflower Chickpea Wraps

Submitted by: Kierney Allsop
Source: Plant Based RD Blog

Est. Prep and Cook Time: 50min
Est. Cost Per Serving: \$4-\$5, serves 3-4 wraps

Ingredients:

Quick Pickled Onions

1/2 medium red onion, thinly sliced
1 clove garlic, grated
Zest and juice of 1/2 a lime
1 tbsp red wine vinegar
1 tsp maple syrup (optional)
1/4 cup cilantro, minced
Kosher salt

Roasted Cauliflower and Chickpeas

1 small head cauliflower, cut into 1 inch pieces
1, 15 oz can chickpeas, drained and rinsed
2 tsp garlic powder
1 tsp ground coriander
1 tsp onion powder
1 tsp dry thyme
Avocado oil for roasting

Chipotle Yogurt Sauce

1-2 chipotle peppers from a can of chipotle peppers in adobo sauce
1/2 cup unsweetened plant-based yogurt - Can use Tahini Sauce instead
2 tbsp vegan mayo (or more yogurt)
Juice and zest of 1/2 a lime
2 tsp maple syrup (or any sweetener you like)
1 clove garlic, grated
1/4 cup cilantro, minced
Water, only if needed
For Assembly: 3-4 pitas, lettuce

Instructions:

1. Preheat the oven to 425F. As the oven warms up, prep the onions. Add the onions to a bowl with garlic, lime zest and juice, red wine vinegar, maple syrup, cilantro and a pinch of salt. Toss together to coat then place in the fridge while prepping everything else.
2. Add the chickpeas to a clean kitchen towel, then pat dry. Transfer the chickpeas to a baking tray with 1 tbsp of oil and a pinch of salt. Toss to coat, then spread them out into a single layer and place on the top rack to bake for 20 minutes. Allow the pan to cool for 5-10 minutes then add 1 tsp garlic powder and 1/2 coriander. Toss to coat and return to the oven for 10 minutes or until mostly crispy.
3. To a separate tray add the cauliflower along with the remaining seasonings, a generous pinch of salt and 1-2 tbsp of oil. Toss to evenly coat then spread the cauliflower out on the tray, placing the florets cut side down on the tray. Bake in the oven for 20 minutes, give them a toss then return to bake for 10-15 minutes until browned around the edges.
4. For the sauce, place all the sauce ingredients in a small blender cup with a generous pinch of salt and blend to combine. Alternatively, you can mince the peppers very fine and add to a bowl with the remaining ingredients and whisk together until smooth. If the sauce is too thick, stir in 1-2 tbsp of water to adjust consistency to your liking.
5. Once everything is done roasting, transfer the chickpeas to the tray of cauliflower. Drizzle with a few spoons of the chipotle sauce then toss together with some tongs to coat.
6. To assemble a wrap, warm your pita according to package instructions then spread 1-2 spoons of the chipotle sauce on top. Top with some lettuce, the chickpea mixture and some of the pickled onions.
7. Wrap then enjoy!

Nutrition:

Serving Size: 1 wrap; Calories: 410; Total Fat: 16g; Sat Fat: 2.3g; Total Carbohydrates: 51g; Protein: 14g

Fish Tacos with Corn Relish

Submitted by: Jaclyn Cooperrider
Source: Health Meets Food

Est. Prep and Cook Time: 25-30 min
Est. Cost Per Serving: \$5-\$6, makes 8 tacos

Ingredients:

- 1.5 tsp Cumin, ground
- 1.5 tsp Chili powder
- 1 tsp Oregano, dried
- 1 tsp Paprika
- ¼ tsp Black Pepper
- ½ tsp Kosher salt
- 1lb Drum Fillet (or other white fish, without skin)
- 3 tsp Olive Oil
- 2 Green Onions chopped, separate white and green parts
- ½ Red Bell pepper, diced small
- 1-2 Cloves of Garlic, minced
- 1 cup Corn fresh or frozen
- ½ cup Diced Tomatoes, canned, unsalted
- 1 Tbsp Red or White Wine Vinegar
- 1 medium Lime juiced
- 1.5 tsp Honey
- 1 Tbsp Cilantro, fresh, chopped
- 8 each Corn Tortillas, small

Instructions:

1. In a medium bowl, mix cumin, chili powder, oregano, paprika, pepper, and ¼ tsp salt together
2. Cut Drum into 4 ounce fillets. Evenly coat each piece of fish with the seasoning mixture.
3. Heat 1 tsp of olive oil in a medium pan over medium high heat. Add the white part of the green onion, red bell pepper, garlic and corn to the pan. Cook for 2-3 minutes. Stir constantly.
4. In the same pan, add the tomatoes, vinegar and remaining salt to the pan. Cook until the relish starts to thicken
5. Stir in the lime juice, honey, cilantro, and green parts of the onions to the pain. Pour in a bowl and cover with foil to keep warm.
6. In a separate saute pan, heat 2 tsp of olive oil over medium-high heat.
7. Add the fish to the second pan and cook until golden brown on the the under-side. Flip the fish over using a spatula and cook until brown.
8. Cook the fish until flaky or until it reaches an internal temperature of 145°F. Once it does reach this temperature, remove from heat and break the fish with a spatula.
9. While the fish is cooking, toast/heat the tortillas on a low flame for 1-2 minutes. Flip with tongs.
10. Make your tacos by placing 2 Tbsp of corn relish and ¼ cup of fish into 8 toasted tortillas.

Nutrition:

Serving Size: 2 tacos; Calories: 350; Total Fat: 11g; Sat Fat: 2g; Total Carbohydrates: 39g; Protein: 24g

Golden White Bean Soup

Submitted by: Faith Stirm
Source:

Est. Prep and Cook Time: 5 min prep, 10 min
cook time

Est. Cost Per Serving: \$3.50, makes 6 bowls

Ingredients:

1 can pumpkin puree (15 oz)	1/4 teaspoon red chili flakes
2 garlic cloves grated or minced	1/4 teaspoon cayenne pepper
1 tablespoon fresh ginger root grated, optional	1/4 tsp salt, add more to taste
1 tsp ground turmeric, can be omitted	1/4 teaspoon freshly ground black pepper
2 teaspoon curry powder	2 cups great northern white beans dried
2-3 tsp paprika	6 cups vegetable broth or water (4 cups LS broth +1-2 cups water)
1/2 teaspoon ground cinnamon	

Instructions:

1. Add all ingredients to the crockpot. Stir to combine.
2. Set crockpot on low heat for 10 hours.
3. After 10 hours have elapsed, puree soup with immersion blender (or regular blender, carefully).
4. Add water as needed to thin to desired consistency.
5. Serve with desired side such as bread, rice, salad, etc.

Nutrition:

Serving Size: 1 cup; Calories: 150; Total Fat: 0.8g; Sat Fat: 0.2g; Total Carbohydrates: 35g;
Protein: 11g

"Hidden" Veggie Hamburger

Submitted by: Jaclyn Cooperrider
Source: Health Meets Food

Est. Prep and Cook Time: 45 min
Est. Cost Per Serving: \$4-\$5, makes 5

Ingredients:

½ lb Ground beef, lean (90/10)
1 cup Mushrooms, cleaned, rough chopped
¾ cup Zucchini, washed, rough chopped
¼ each Onion, rough chopped
1 large Egg
¾ cup Whole Wheat Bread Crumbs
1 Tbsp Worcestershire Sauce

1 tsp Olive Oil
To taste Black Pepper
5 Slices Cheddar Cheese, sliced
5 each Sandwich Thins, Whole Wheat, toasted
1 cup Spinach

Instructions:

1. Preheat oven to 375°F
2. Chop all vegetables into a small dice, except for spinach which should not be chopped.
3. Place the ground beef, chopped vegetables, egg, bread crumbs, Worcestershire sauce and black pepper into a large bowl.
4. Combine all ingredients together by hand until well mixed. Shape the burger mixture into 5 (4 oz) patties.
5. Line a baking sheet with foil and spray with cooking spray. Place the patties in a single layer onto the cooking sheet.
6. Cook the burgers in the oven until they reach the internal temperature of 165°F (about 30 minutes).
7. Add the cheese and place back in the oven for 1 minute to melt
8. Serve the burgers on a toasted whole wheat thin with spinach and any other favorite condiments.

Special Notes:

- This recipe is a good way to serve vegetables to a child without them knowing that they are there.
- Make extra, bake them, and freeze for a quick meal.

Nutrition:

Serving Size: 1 (4oz) burger; Calories: 390; Total Fat: 18g; Sat Fat: 9g; Total Carbohydrates: 35g; Protein: 27g

Lemon and Herb Lentils

Submitted by: Kholtny Barney
Source:

Est. Prep and Cook Time: 20min
Est. Cost Per Serving: \$0.50, serves 3-4

Ingredients:

1 cup dry lentils (brown lentils)
1 pint chicken or beef broth
3 tablespoons olive oil
2 tablespoons lemon juice
1 teaspoon italian seasoning
salt and pepper to taste

Instructions:

1. Rinse dry lentils under cold water
2. Combine lentils with broth in medium sauce pan and bring to boil
3. Once boiling, cover, reduce heat to simmer. Simmer for approximately 12-15 minutes, or until lentils are tender, but not firm.
4. Strain lentils and add remaining ingredients, stir gently.
5. Enjoy warm or chilled.
6. You can adjust the lemon juice and spices as desired.

Special Notes:

- This is a very cheap side dish and protein alternative.
- If you leave out the lemon juice and Italian seasoning, you can use the cooked lentils as a substitute for many proteins. Lentils take on flavor of anything they are cooked with, and if mixed in with other foods, have very little texture (great for picky kids).
- One of my favorite ways to use these lentils is to mix them with mozzarella cheese and pesto and then use as a panini filling.
- Other ways I've used lentils: in chili (works great, you hardly notice them), curries, homemade mac and cheese, and pesto pasta.

Nutrition:

Serving Size: 1/4 recipe; Calories: 265; Total Fat: 11g; Sat Fat: 1.5g; Total Carbohydrates: 32g; Protein: 12g

Lemony Red Lentils and Rice

Submitted by: Faith Stirm
Source:

Est. Prep and Cook Time: 45min
Est. Cost Per Serving: \$2.50, serves 4

Ingredients:

1 cup red lentils, sorted and rinsed	1-2 tsp cumin
4 cups low sodium chicken or vegetable broth	¼ tsp seasoning salt
Zest of 1 lemon and juice of 1-2 lemons	1 Tbsp of Olive oil
2-3 tsp of curry powder (or as much as your heart desires)	1-1.5 cups cooked brown rice
1 spoonful of minced garlic cloves	

Instructions:

1. Heat 1 tbsp of vegetable oil in stockpot then add garlic, cumin, and curry powder. Sauté briefly.
2. Add broth, lentils, salt, and lemon zest. Stir then bring to simmer and cook for 30-45 minutes or until lentils are soft.
3. Add lemon juice and puree with an immersion blender if desired. Serve over brown rice.

Special Notes:

- Can be cooked in a crockpot: omit oil and place all ingredients except lemon juice (and rice) into crockpot and cook on low for 8 hours, then add lemon juice and serve over rice

Nutrition:

Serving Size: 1 cup; Calories: 200; Total Fat: 3.8g; Sat Fat: 0.3g; Total Carbohydrates: 33g; Protein: 9g

Lemon Pepper Orzo

Submitted by: Dorothy Buening
Source: Print Grow Me

Est. Prep and Cook Time: 50 min
Est. Cost Per Serving: \$5, serves 5-6

Ingredients:

1 lb orzo	½ tsp each salt, mustard powder
2 cups chopped asparagus cut into bite-sized pieces	¼ tsp ground black pepper
3 cups vegetable broth	½ cup grated Parmesan cheese 40 g
1 cup heavy cream	2 handfuls fresh spinach roughly chopped
4 cloves garlic minced	1 (15-oz) can chickpeas optional
2 tsp lemon pepper seasoning	

Instructions:

1. Prep: Preheat oven to 375°F (190°C). Lightly grease a large (9x13 inch or similar) casserole dish.
2. Dump: To the prepared dish, dump in 1 lb orzo*, 2 cups chopped asparagus, 3 cups vegetable broth, 1 cup heavy cream, 4 cloves garlic (minced), 2 tsp lemon pepper seasoning, ½ tsp each salt, mustard powder, and ¼ tsp ground black pepper.
3. Optionally stir in 1 (15-oz) can of chickpeas (drained).
4. Bake: Stir to combine then cover tightly with aluminum foil. Bake for 30 to 40 minutes*, or until orzo is al dente (mostly tender but still has a little firmness in the middle).
5. Orzo cooking times differ by the quality of the orzo. For a high-quality Italian orzo, cook closer to 40 minutes during the first bake. Cheaper orzo cooks faster, about 30 minutes.
6. Stir Ins: Stir in ½ cup grated parmesan cheese and 2 handfuls fresh spinach. Return to the oven, uncovered, for 5 to 10 minutes. Orzo should be tender when finished.
7. Serve warm with crusty bread on the side!

Special Notes:

- This recipe will last in the fridge for up to 4 days in an airtight container. You can also freeze it in a silicone soup mold for up to 3 months. Add a bit more broth to rehydrate it while reheating.
- Don't skip the foil.

Nutrition:

Serving Size: 1 cup; Calories: 415; Total Fat: 15g; Sat Fat: 8g; Total Carbohydrates: 57g; Protein: 13g

Lentil Side Dish

Submitted by: Jamie McDonald
Source: Trader Joes

Est. Prep and Cook Time: 5 min
Est. Cost Per Serving: \$2, serves 5-6

Ingredients:

Ready Lentils
Bruschetta
Feta Cheese

Instructions:

1. Grab big bowl and mix all of these ingredients together.
2. Serve right away or put in fridge to serve later.

Special Notes:

- *No baking necessary! Vegetarian. Great for prep for the week. Or take camping. Great grab and go side!*

Nutrition:

Serving Size: 1 cup; Calories: 225; Total Fat: 10.5g; Sat Fat: 5.3g; Total Carbohydrates: 17g;
Protein: 14g

Massaged Kale, Strawberry, and Feta Salad

Submitted by: Jaclyn Cooperrider
Source: Health Meets Food

Est. Prep and Cook Time: 10 min
Est. Cost Per Serving: \$3-\$4, serves 5-6

Ingredients:

6 cups Kale, stamps and ribs removed
3 cups Strawberries, sliced
1 cup Carrot, shredded
2 Tbsp Feta, crumbled
½ cup Olive Oil
¼ cup Balsamic Vinegar

2 Tbsp Lemon Juice
2 cloves Garlic, minced
2 Tbsp Basil (ribbon cut)
½ tsp Salt
To taste Black Pepper

Instructions:

1. Remove the fibrous ribs from the kale and rub the leaves together until they become tender and darken slightly
2. Toss the strawberries, carrot, feta, and kale. Set aside
3. In a separate bowl, mix the olive oil, balsamic, lemon juice, garlic, basil, salt and pepper
4. Toss salad with the dressing and serve!

Nutrition:

Serving Size: 1 cup; Calories: 110; Total Fat: 6.5g; Sat Fat: 1g; Total Carbohydrates: 12g; Protein: 2g

Mung Bean Wraps (Parathas)

Submitted by: Maggie Desmond
Source: Maggie's best friend,
Pankhuri

Est. Prep and Cook Time: 30 min
Est. Cost Per Serving: \$5, serves 1

Ingredients:

- 1 cup dry mung beans
- 2 cups shredded cheese
- 2 Bell peppers
- 2 onions
- 2 avocado or 1 small container guacamole

Instructions:

1. Rinse mung beans well. Soak 1 cup mung beans in 1 cup water, overnight is good but an hour or so also works.
2. Drain the mung beans. Put them in blender with 1 cup water. Blend until you have a batter.
3. Heat a cast iron skillet or a griddle or similar type pan and then spread the batter, use the back of a spoon to spread out a thin circular layer. Cook until golden brown (the side up will start to look dryer).
4. Flip and cook the other side, while this side is cooking too with shredded cheese.
5. Top with any blend of sauteed veggies (I like peppers and onion but anything you like would work) and some avocado or guacamole.

Nutrition:

Serving Size: 1 wrap/paratha; Calories: 315; Total Fat: 21g; Sat Fat: 7.5g; Total Carbohydrates: 26g; Protein: 15g

Potato Soup Recipe

Submitted by: Miranda Crouch
Source: Natasha's Kitchen

Est. Prep and Cook Time: 30-45 min
Est. Cost Per Serving: \$3-\$5, makes 6 bowls

Ingredients:

4 large potatoes, peeled and cubed	2 ½ cups whole milk
½ tsp salt	2 ½ cups chicken broth or vegetable broth
8 oz bacon, bite sized pieces (I like to use turkey bacon)	1 cup mild or sharp cheddar cheese, shredded
4 Tbsp unsalted butter	¾ cup sour cream
½ med onion, finely chopped	1 tsp salt, or to taste
2 garlic cloves, minced	¼ tsp pepper, or to taste
¼ cup all-purpose flour	Green onions, to serve

Instructions:

1. Place sliced potatoes into a stockpot or 6 quart pot and cover with 1in of water. Season with ½ tsp salt and cook for 8-10 minutes or until potatoes pierce easily with a knife and then drain.
2. Meanwhile saute bacon in the oven until crispy or you can fry in a skillet and then transfer to a plate.
3. Add 4 Tbsp butter and chopped onions then saute until tender. Add garlic and cook for another 30 seconds.
4. Quickly whisk in the flour then slowly add 2 ½ cups milk and 2 ½ cups broth, whisking constantly. Bring the mixture to a soft boil.
5. Add drained potatoes and season soup with 1 tsp salt and ¼ tsp pepper or season to taste.
6. Stir in ¾ cup sour cream, 1 cup shredded cheddar, and half of your cooked bacon. Bring to a boil then remove from the heat and serve with your favorite toppings.

Special Notes:

- Would recommend peeled Russet potatoes or peeled Yukon Gold potatoes.
- I like to pair it with a mixed greens salad to get increased vegetable content into the meal!

Nutrition:

Serving Size: 2 cups; Calories: 428; Total Fat: 25g; Sat Fat: 14g; Total Carbohydrates: 30g; Protein: 22g

Ramen Salad

Submitted by: Judi Colson
Source:

Est. Prep and Cook Time: 10 min
Est. Cost Per Serving: \$2, serves 3-4

Ingredients:

3 Tbsp white sugar
1/3 cup vegetable oil
6 Tbsp rice vinegar
4 Tbsp Sesame Seeds (toasted)
1 Cup Slivered Almonds (toasted)

1 Head Cabbage – chopped in long thin slices
4 Tbsp Green Onion - chopped
2 packages of Ramen Noodles (Vegetarian such as Soy Sauce Flavor)

Instructions:

For the Dressing:

1. Mix together sugar, vegetable oil, rice vinegar, ½ tsp salt and mix with flavor packets from noodles for the dressing.

For the Salad:

1. Mix dry ingredients and crumble noodles and mix in dressing. Best if it can sit for several hours!

Special Notes:

Can add mandarin oranges for some citrus if you would like!

Nutrition:

Serving Size: 1.5 cups; Calories: 310; Total Fat: 18g; Sat Fat: 2.2g; Total Carbohydrates: 28g; Protein: 8g

Spicy Tuna Salad

Submitted by: Arianna Vidrio
Source:

Est. Prep and Cook Time: 15-20 min
Est. Cost Per Serving: \$2, serves 5

Ingredients:

1/3 red onion (finely chopped)
1/4 cup jar jalapenos (finely chopped) *add more if you'd like more spice
1 whole cucumber (peeled & diced, remove seeds)

2 cans/packets of tuna in water
4 Tbsp of mayo
Salt and pepper to taste (optional)
Hot sauce to taste (optional) *Valentina or Tapatio recommended

Instructions:

1. Mix all ingredients in a bowl and ready to serve.
2. Serve when ready or cold.

Special Notes:

1. *Best with crackers or on bread*
2. *Can refrigerate up to 3 days*

Nutrition:

Serving Size: 1 cup; Calories: 225; Total Fat: 16g; Sat Fat: 2.3g; Total Carbohydrates: 4g; Protein: 25g

Spinach, Berry and Parmesan Salad

Submitted by: Jaclyn Cooperrider
Source: Health Meets Food

Est. Prep and Cook Time: 6 min
Est. Cost Per Serving: \$3-\$4, makes 8 tacos

Ingredients:

For the Salad:

4 cups spinach
1 pint Strawberries or blueberries
¼ cup Parmesan, shaved
2 Tbsp Walnuts, chopped

For Vinaigrette:

½ cup Olive Oil
¼ Cup Red Wine Vinegar

1 Tbsp Dijon Mustard

1 Tbsp Honey

1 tsp Garlic Powder

½ tsp Thyme, dried

½ tsp Oregano, dried

½ tsp Salt, Kosher

To taste Black Pepper

Instructions:

1. In a medium bowl, mix cumin, chili powder, oregano, paprika, pepper, and ¼ tsp salt together
2. In a small container with a lid, combine all ingredients for the dressing. Shake well to combine. Can refrigerate and use as needed.
3. Put spinach in a large bowl and top with berries, Parmesan, and walnuts
4. Toss greens with ⅓ cup of the red wine vinaigrette.

Nutrition:

Serving Size: ¾ cup; Calories: 70; Total Fat: 4.5g; Sat Fat: 0.5g; Total Carbohydrates: 5g; Protein: 2g

Dinner Recipes

Asian Ground Chicken Taco Lettuce Wraps

Submitted by: **Miranda Crouch**
Source: **Pinch of Yum**

Est. Prep and Cook Time: **30 min**
Est. Cost Per Serving: **\$3-\$5, makes 6 wraps**

Ingredients:

1lb ground chicken
1 Tbsp olive oil
½ onion (finely diced)
½ Tbsp minced garlic
1 cup red or green pepper (finely diced)
8 oz water chestnuts (drained and finely diced)

For the Sauce:

3 Tbsp Soy Sauce, low sodium
3 Tbsp Hoisin Sauce
1 Tbsp sesame oil
1 Tbsp rice vinegar
1 Tbsp peanut butter
1 Tbsp honey
2 tsp sweet chili sauce
½ tsp garlic powder
¼ tsp powdered ginger

To serve:

¼ cup peanuts (crushed)
¼ cup sliced green onions
½ cup shredded carrots
Lettuce wraps

Instructions:

1. Whisk together sauce ingredients until well combined.
2. Heat 2 Tbsp of olive oil in a skillet. Once hot, add ground chicken, onion and minced garlic
3. Cook until chicken browns and the onions are translucent, cook for 5-10 minutes
4. Add the peppers and water chestnuts and cook for about 5 minutes or until peppers are slightly soft.
5. Add the sauce and simmer on low heat until the chicken and veggies are evenly coated and everything is heated through
6. Serve in lettuce leaves, on top of your favorite Asian salad, noodles, or rice!

Special Notes:

I like to serve with Jasmine rice!

Nutrition:

Serving Size: 1 lettuce wrap; Calories: 209; Total Fat: 9.2g; Sat Fat: 1.9g; Total Carbohydrates: 14.3g; Protein: 18.7g

Baked Chicken Breast

Submitted by: Miranda Crouch
Source: Spend with Pennies

Est. Prep and Cook Time: 35-40 min
Est. Cost Per Serving: \$2-\$4, serves 4

Ingredients:

4 boneless skinless chicken breast (about 6 oz each)
2 Tbs Olive Oil
1 tsp italian seasoning
½ tsp seasoned salt or table salt
1 tsp paprika
¼ tsp black pepper

Instructions:

1. Preheat the oven to 400°F. Lightly grease a rimmed baking pan.
2. In a medium bowl, combine chicken breasts, olive oil, Italian seasoning, seasoned salt, paprika, and black pepper. Mix well to coat.
3. Transfer the chicken to the prepared pan and bake uncovered for 21 to 27 minutes or until the chicken breasts reach an internal temperature of 165°F
4. Transfer to a plate or cutting board and let rest for 5 minutes before cutting into slices.

Special Notes:

- Costco chicken breasts are the absolute best for this recipe. You can also get roughly 12-18 chicken breasts for under \$25!
- Smaller chicken breasts will take close to 21 minutes whereas larger chicken breasts will take up to 27 minutes.

Nutrition:

Serving Size: 1 chicken breast; Calories: 236; Total Fat: 7g; Sat Fat: 1g; Total Carbohydrates: 0g; Protein: 22g

Baked Sweet Potato (Side Dish)

Submitted by: Miranda Crouch
Source: Love and Lemons

Est. Prep and Cook Time: 45 min
Est. Cost Per Serving: \$1.50, serves 1

Ingredients:

Sweet Potatoes (as many as you want to make!)

Topping ideas:

Brown sugar

Butter

Sea salt

Chives

Greek Yogurt

Creamy avocado cilantro lime dressing

**Can add any combination of these!

Instructions:

1. Preheat the oven to 425°F and place a piece of foil on a baking sheet. Use a fork to poke holes into the sweet potato(es).
2. Set them on the baking sheet and then roast for 40 to 50 minutes or until puffed up and soft inside when pierced with a fork
3. Serve with desired toppings you would like!

Nutrition:

Serving Size: 1 baked potato; Calories: 280; Total Fat: 12g; Sat Fat: 7g; Total Carbohydrates: 40g; Protein: 2g

Black Bean Soup with Roasted Corn

Submitted by: Faith Stirm
Source:

Est. Prep and Cook Time: 30 min
Est. Cost Per Serving: \$2.50, serves 3-4 bowls

Ingredients:

2 (15oz) cans low-sodium black beans, drained and rinsed (OR 3 cups cooked, 510g)
2 tsp onion powder
5 extra large garlic cloves, minced (or 1 spoonful minced garlic)
1 tsp garlic powder
Cayenne to taste
1 1/2 tsp ground cumin

2 tsp smoked paprika
1 tsp dried oregano
1/2 tsp salt and 1/8 teaspoon black pepper (this may vary depending on your beans)
2 1/2 cups LS veggie broth
3 Tbsp (45g) tomato paste
3/4 cup frozen sweet corn

Instructions:

1. Add 1 tsp oil to pot, and place on med-low heat. Then add tomato paste and garlic cloves. Allow to cook for 2-3 minutes, do not burn garlic.
2. Add seasonings except salt. (cumin, paprika, oregano, onion and garlic powder)
3. Stir, then add black beans and broth. Bring to a boil, then reduce to a simmer for 10-15 minutes.
4. While soup is simmering, toast frozen corn in oven or air fryer until somewhat crispy, but not burnt.
5. When soup is done, puree in pot with immersion blender or allow to cool slightly then puree in blender. (do not put hot soup in blender, it will explode)
6. Season soup to taste with salt, add cayenne pepper if desired.
7. Serve in a bowl topped with toasted corn.

Nutrition:

Serving Size: 1 cup; Calories: 120; Total Fat: 0.8g; Sat Fat: 0.1g; Total Carbohydrates: 21g; Protein: 7g

Cauliflower Korma

Submitted by: **Kierney Allsop**
Source: **Dishing Out Health, Jamie Vespa**

Est. Prep and Cook Time: **20 min**
Est. Cost Per Serving: **\$4.50, serves 4**

Ingredients:

- | | |
|--|---|
| 1 medium head cauliflower, cut into florets (about 8 cups) | 1 1/2 Tbsp. minced fresh ginger |
| 1 cup canned coconut milk, divided | 1/4 tsp. cayenne pepper |
| 1 Tbsp. fresh lemon juice | 1 (14.5-oz.) can diced tomatoes |
| 3 tsp. curry powder, divided (I use madras curry powder) | 1 3/4 cups vegetable broth |
| 2 tsp. garam masala, divided | 3 Tbsp. natural creamy almond butter |
| 1 tsp. kosher salt, divided | 1/4 cup plain whole milk yogurt |
| 2 Tbsp. neutral cooking oil or ghee | 1/4 cup roughly chopped cilantro leaves |
| 1 cup finely chopped yellow onion | Slivered almonds for garnish (optional) |
| 4 garlic cloves, minced | Basmati rice, quinoa, or Banza chickpea rice for serving
(the latter two are higher protein options) |

Instructions:

1. Place cauliflower in a large bowl. Add 1/3 cup coconut milk, lemon juice, 1 tsp. curry powder, 1/2 tsp. garam masala, and 1/4 tsp. salt. Toss to fully coat florets, and let stand at room temperature for 10 to 15 minutes.
2. Transfer cauliflower to a baking sheet lined with foil for easy cleanup. Turn broiler to HIGH, and place pan in the upper center rack of the oven. Broil cauliflower for 6 to 8 minutes, until the edges start to char.
3. Meanwhile, heat oil in a large sauté pan over medium-high. Once hot, add onions; cook 5 to 6 minutes, stirring occasionally, until soft. Add garlic, ginger, remaining 2 tsp. curry powder, 1 1/2 tsp. garam masala, and cayenne. Cook for 2 to 3 more minutes, stirring often, until aromatic.
4. Add tomatoes, broth, almond butter, remaining coconut milk, and 3/4 tsp. salt; whisk well to combine. Bring mixture to a low boil and add cauliflower florets. Reduce heat and gently simmer, uncovered, until the sauce reduces and starts to thicken, about 15 minutes.
5. Place yogurt in a medium bowl. Gradually add 3 to 4 Tbsp. of the korma sauce, stirring in between each, to temper yogurt and prevent it from breaking once it's introduced to the hot sauce. Remove pan from heat and stir in yogurt mixture and cilantro. Taste and adjust seasonings as needed (you may want more salt and extra spice from cayenne). Garnish with slivered almonds, and serve korma over rice or quinoa.

Special Notes: Can freeze leftovers in an airtight freezer-safe storage container or freezer safe ziplock bag for up to 3 months. Also great for reheating!

Nutrition:

Serving Size: 1.66 cups ; Calories: 330 ; Total Fat: 23.5g; Sat Fat: 10g ; Total Carbohydrates: 25g ; Protein: 9g

Chicken Chili

Submitted by: **Nikole Shepherdson**
Source:

Est. Prep and Cook Time: **45min**
Est. Cost Per Serving: **\$4, serves 6**

Ingredients:

1 large onion diced
1 bell pepper diced
2-3 garlic cloves chopped
2 cans green chilies
2 tsp cumin
1/2 tsp chili powder
1/4 tsp paprika
1/8 tsp cayenne

8 cups chicken broth
3-4 chicken breasts
1 can diced tomatoes
1 can black beans
1 can pinto beans
2 cups frozen corn
1 tsp olive oil or vegetable oil
salt and pepper to taste

Instructions:

Sauce:

1. Sauté onion and bell pepper until soft in oil over medium heat,
2. Add garlic and cook for about 1 min or until fragrant. Set aside.
3. Salt and pepper chicken breasts and sauté until brown.
4. Add back in onion, garlic and remainder of ingredients.
5. Simmer on med-low for 30- 45 min. If it becomes too thick you can add more chicken stock if desired.
6. Remove chicken, shred it and add it back.

Special Notes:

Serving suggestions: with shredded cheese, salsa, sour cream, avocado and tortilla chips.

Nutrition:

Serving Size: 1.5 cup; Calories: 260; Total Fat: 2.7g; Sat Fat: 0.5g; Total Carbohydrates: 24g; Protein: 27g

Chickpea and Tofu Buddha Bowl

Submitted by: **Miranda Crouch**
Source:

Est. Prep and Cook Time: 30 min
Est. Cost Per Serving: \$3-\$4, serves ~5

Ingredients:

1 head of red cabbage
2 cups kale
1 medium sweet potato, pelled and diced
½ red onion
1 package of pre-cooked tofu (I like the teriyaki flavor from Trader Joes) or non-cooked tofu
2 cups Jasmine Rice or Brown Rice
1 medium Avocado
1 (15oz) chickpeas

Almond-Chipotle sauce (I prefer the Chipotle Bitchin sauce)
1 tsp Cumin
¾ tsp chili powder
½ tsp oregano
¾ tsp garlic powder
Dash of salt and pepper

Instructions:

1. Preheat oven to 400°F and the air fryer to 400°F.
2. Cut sweet potatoes into cubes and onion into wedges
3. Coat sweet potatoes and onions with olive oil, dash of salt and pepper. Bake them in the oven for 20 minutes.
4. Coat the kale with oil/salt/pepper. Place on top of a baking sheet pan containing the sweet potatoes and onions. Bake for an additional 5 minutes.
5. During these steps, cut the tofu blocks into cubes. Place onto the basket of the air fryer. Cook for 10-15 minutes (if pre-cooked) or 15-20 minutes (if not pre-cooked).
6. In a mixing bowl, place the drained 15oz can of chickpeas with the cumin, chili powder, oregano, garlic powder, and salt/pepper. Mix.
7. Place the coated chickpeas in a stove top skillet on medium heat. Cook for 10 minutes as they should be golden brown.
8. Cook rice according to package instructions while potatoes, tofu, and chickpeas are cooking
9. Slice avocado and chop red cabbage.
10. Remove tofu, chickpeas, and rice after respective cooking times
11. Make your bowl and don't forget your dipping sauce!

Special Notes:

Would highly recommend using the chipotle flavored Bitchin' sauce.

Nutrition:

Serving Size: 1 bowl; Calories: 338; Total Fat: 13g; Sat Fat: 1.7g; Total Carbohydrates: 49g; Protein: 12g

Chicken Tinga Tacos

Submitted by: **Miranda Crouch**
Source: **Pinch of Yum**

Est. Prep and Cook Time: **30 min**
Est. Cost Per Serving: **\$3-\$4, serves 10-12**

Ingredients:

1 Tbs olive oil
1 cup roughly chopped sweet onion
2 close garlic, minced
1-2 chipotle peppers in adobo sauce, chopped
1 tsp dried oregano
½ tsp ground cumin
¾ cup canned crushed fire-roasted tomatoes
¼ cup chicken stock
½ tsp kosher salt
3 cups shredded cooked chicken (can also use rotisserie chicken!)

For Serving:

10 (6 inch) corn tortillas
2 ripe avocados, sliced
¼ cup chopped fresh cilantro
Picked onions (optional)
½ cup diced red onion
¼ cup Mexican cheese or cheese of your choice
Lime (optional)

Instructions:

Sauce:

1. Heat a large skillet over medium. Once warm, add the oil and onion. Saute for 4 minutes or until tender, stirring occasionally.
2. Add in the garlic and cook an additional 30 seconds more.
3. Stir in the chipotles, oregano, cumin, and cook for 1 minute
4. Add in the tomatoes, stock and salt.
5. Bring to a simmer, and cook for 8 minutes

Blend:

1. Place the tomato mixture in a high powered or regular blender, and blend until smooth.
2. Chicken:
3. Return the blended sauce to the pan over low heat.
4. Add the chicken and cook for 5 minutes.
5. Taste and add more salt if necessary

Prepare:

1. Prepare the garnishes including toasting the corn tortillas.
2. To assemble, top the tortillas with the chicken and garnish with the avocado slices, cilantro, red onion, and cheese. Serve with a lime wedge if you would like!

Special Notes:

Costco chicken is the best. I absolutely love this recipe. I usually add an additional chipotle pepper to give it a little more spice!

Nutrition:

Serving Size: 1 taco; Calories: 216; Total Fat: 8.1g; Sat Fat: -g; Total Carbohydrates: 15.9g; Protein: 19.6g

Chili and Rice

Submitted by: Jackson Decker
Source:

Est. Prep and Cook Time: 45 min - 1hr
Est. Cost Per Serving: \$1.75, serves 4

Ingredients:

4 cups White rice, steamed and fluffy
2 cans (approx. 30 oz) Nalley Original Chili
(with or without beans, per preference)
1 cup Mexican Style Blend cheese,
shredded
½ cup Sour cream

Instructions:

1. Prepare the Base: Cook 4 cups of white rice according to your preference
2. Heat the Chili (possible in stove top or microwave)
3. Assemble: Ladle a generous portion of the hot chili directly over the center of the rice
4. Layer the Toppings: Immediately sprinkle the Mexican blend cheese over the hot chili to allow for optimal melting. Finish each bowl with a dollop of sour cream.
5. Serve

Nutrition:

Serving Size: 1.5 cups or 1/4 of total; Calories: 500 ; Total Fat: 18g ; Sat Fat: 8g ; Total Carbohydrates: 55g ; Protein: 20g

Congolese-Style Typical Dinner

Submitted by: Mamisa Mande
Source:

Est. Prep and Cook Time: 20 min
Est. Cost Per Serving: \$4.50, serves 4

Ingredients:

1 Bag of Frozen Spinach or Linga Linga (Can buy in African store on Orchard)
1 Chopped Yellow Onion
1 Chopped Roma or Hothouse tomato
1 Tbs of olive oil

Salt and spices of your choice
Tilapia (Can clean the fish or buy the fillet already cleaned – some people leave the head on, some take it off)
Bunga Flour (Yellow or White – buy in African Store on Orchard or Cash N Carry)

Instructions:

For the Vegetables:

1. Thaw the bag of frozen spinach or linga linga in hot water / defrost it
2. Wash it
3. First sauté chopped yellow onion and chopped Roma or hothouse tomato in a little bit of olive oil
4. Then add the spinach or linga linga
5. Add salt and any other spices you want
6. Let the leaves wilt / sauté then they are ready!

Tilapia:

1. Clean the fish - or buy the fillet already cleaned (some people leave the head on, some take it off)
2. Prepare it by squeezing lemon on it, black pepper, salt, any other spices you want
3. Bake in oven at 230* C for 15 min - turn over - then another 15 min - until cooked.

Fufu:

1. Made with Bunga flour
2. Heat up some water - about 6 cups - to warm but not boiling
3. Then add a little bit of Bunga flour - about 1 cup - and stir - until it turns into consistency like porridge
4. Heat it up more, Let it boil for about 5 min
5. Then get more Bunga flour (about 2 more cups total) - slowly add little by little - while constantly stirring and heating. Keep adding until the mixture has the consistency of mashed potatoes.
6. Serve it all together and eat!

Nutrition:

Serving Size: 1.5 cups ; Calories: 390 ; Total Fat: 7.8g; Sat Fat: 1.3g; Total Carbohydrates: 63g; Protein: 23g

Creamy Brown Rice Risotto

Submitted by: Faith Stirm
Source:

Est. Prep and Cook Time: 30 min
Est. Cost Per Serving: \$3, serves 3-4

Ingredients:

1.5 cups of uncooked brown minute rice (or about 3 cups cooked brown rice)
1 cup low sodium broth of choice
4-6 ounces of sliced portobello mushrooms (can omit, or sub with veggie of choice)
1 Tbsp of olive oil
Salt and pepper to taste
15 ounces of great northern or white beans drained and rinsed

2 Tbsp of Parmesan
2 tsp garlic powder
2 tsp Italian seasoning
1 tsp onion powder
1 tsp paprika
2 spoonful's minced garlic
1 pinch red pepper flakes

Instructions:

1. Cook brown rice according to the package instructions.
2. While rice cooks, combine beans, 1 Tbsp of olive oil, 1-2 tablespoons water or broth, 2 Tbsp of parmesan, and garlic in a food processor or blender and blend until smooth (like hummus). Set aside.
3. In a large saucepan, heat mushrooms until lightly browned.
4. While mushrooms cook, heat 1 cup broth.
5. Once the mushrooms are cooked, reduce heat, and add cooked brown rice, garlic, Italian seasoning, paprika, onion powder, and red pepper flakes. Then add the warmed stock and let simmer for 4 to 5 minutes. Once the time is up, add bean puree to the pan and thoroughly combine.
6. Once risotto is thickened to your liking, remove from heat and serve.

Special Notes: Save some time. Make the brown rice the day before and refrigerate. It will heat up quickly in the warm broth but you may need to allow a few extra minutes to heat.

Alternative flavor suggestions: swap mushrooms for a few diced roma tomatoes, 1 tbsp tomato paste, and top with a sprinkle of mozzarella cheese

Nutrition:

Serving Size: 1 cup; Calories: 180; Total Fat: 3.6g; Sat Fat: 0.8g; Total Carbohydrates: 30g; Protein: 8g

Creamy Cajun Chicken Pasta

Submitted by: **Miranda Crouch**
Source: **Natasha's Kitchen**

Est. Prep and Cook Time: **30-40 minutes**
Est. Cost Per Serving: **\$4-\$5, serves 6**

Ingredients:

8 oz linguine pasta	2/3 cup diced tomatoes
2 boneless skinless chicken breasts	1 1/2 cup heavy whipping cream
2 tsp olive oil	1/2 grated parmesan cheese
2 Tbsp unsalted butter	2 Tbsp parsley, finely chopped, to serve
1 1/2 to 2 Tbsp cajun seasoning (can get cajun seasoning at Winco's)	
3 garlic cloves, minced	

Instructions:

1. Bring a large pot of water to a boil and add 1 Tbsp salt. Cook pasta according to package instructions until al dente. Keep 1/2 cup of pasta water then drain, cover, and keep warm
2. Cover the chicken breasts with 1 1/2 Tbsp cajun seasoning
3. In a large skillet, heat live oil over medium-high heat. Once hot, add the chicken and sear on both sides.
4. **Alternatively, you could cut the raw chicken into slices and then add to the skillet
5. Turn the heat down to medium and cook until internal temperature is 165°F. If already sliced, transfer to a cutting board or plate. If not sliced, transfer to board or plate to be sliced into strips.
6. In the same skillet, add the butter and garlic and saute for 30-60 seconds until the garlic is fragrant. Add the diced tomatoes and saute another 2 minutes
7. Add in the heavy whipping cream, add remaining cajun seasoning to taste, and parmesan cheese and bring to a simmer. Season to taste if needed.
8. Add the sliced chicken and cooked pasta to the sauce and toss until combined and pasta and chicken are warmed through.
9. Can add the saved pasta water here to thin the sauce if needed.
10. Serve with freshly grated parmesan and chopped parsley.

Special Notes:

- I usually add an extra 1 Tbsp of cajun seasoning throughout the recipe
- I like to slice my chicken first and then cook, saves time
- This is my go to dish. I love it so much!

Nutrition:

Serving Size: 2 cups; Calories: 480; Total Fat: 31g; Sat Fat: 18g; Total Carbohydrates: 34g; Protein: 18g

Crock Pot Chicken Pot Pie

Submitted by: Michelle Tomme
Source:

Est. Prep and Cook Time: 6 hours (most of time is in crockpot/slow cooker)
Est. Cost Per Serving: \$5, serves 6

Ingredients:

1 ½ lbs Boneless, skinless chicken breasts
½ cup low sodium chicken broth
1 tsp salt
½ tsp ground black pepper
¼ tsp dried thyme
¼ tsp dried rosemary
1 tsp onion powder

2 (10.5 oz) cans cream of chicken soup
3 medium Yukon gold potatoes (diced and peeled)
3 tsp garlic
1 (12 oz) bag frozen mixed vegetables
½ cup sour cream
1 (16 oz) can Grands biscuits (8 count Pillsbury Grands)

Instructions:

1. Place chicken in a 6-quart slow cooker and pour chicken broth over the top.
2. Season chicken with salt, pepper, thyme, rosemary, and onion powder.
3. Pour cream of chicken soup over the top of the chicken. Then, add potatoes, garlic, and mixed vegetables.
4. Cover and cook on low for 6-8 hours or on high for 3-4 hours.
5. Remove chicken and shred with two forks. Add back into the slow cooker with sour cream. Mix until well combined.
6. Bake your biscuits per the instruction on the packaging.
7. Serve with biscuit on top and enjoy!

Nutrition:

Serving Size: 1/8 recipe; Calories: 500; Total Fat: 19g; Sat Fat: 7g; Total Carbohydrates: 43g; Protein: 33g

Crockpot Chicken Noodle Soup

Submitted by: **Miranda Crouch**
Source: **Spend with Pennies**

Est. Prep and Cook Time: **Prep 20 min,**
Cook 6hrs 30 min
Est. Cost Per Serving: **\$3-\$4, serves 6**

Ingredients:

1 ½ pounds boneless skinless chicken breasts	½ teaspoon kosher salt
1 large yellow onion diced	¼ teaspoon black pepper
3 large carrots peeled and sliced into coins	1 bay leaf (optional)
2 ribs celery sliced	2 teaspoons chicken bouillon
3 cloves garlic minced, more to taste	8 to 9 cups reduced sodium chicken broth
½ teaspoon dried thyme leaves	8 ounces egg noodles wide or extra wide
½ teaspoon dried rosemary	chopped fresh parsley for garnish

Instructions:

1. To the bottom of a 6 quart or larger slow cooker, add trimmed chicken breasts. Top with onion, carrots, celery, garlic, dried thyme, dried rosemary, salt and pepper, and bay leaf (if using).
2. Dollop chicken base over the top, then pour in chicken broth. Gently stir to combine. Cover and cook on LOW for 6-8 hours, or HIGH for 3-4 hours.
3. Remove chicken from slow cooker to a large mixing bowl. Shred chicken. Discard bay leaf (if using), and return shredded chicken back to slow cooker.
4. Cook egg noodles al dente according to package directions.
5. Add egg noodles to soup and cook on LOW for 5 minutes to allow flavors to blend.
6. Serve garnished with minced fresh parsley and a sprinkle of black pepper.

Special Notes:

Make sure to cook the pasta separately and then add to the slow cooker.

Nutrition:

Serving Size: 1 cup; Calories: 258; Total Fat: 3g; Sat Fat: 0g; Total Carbohydrates: 33g; Protein: 22g

Dump-and-Bake Chicken Tzatziki Rice

Submitted by: **Shanee Eckert**
Source:

Est. Prep and Cook Time: 90 min
Est. Cost Per Serving: \$4-\$5, serves 4-6

Ingredients:

1 cup uncooked long grain white rice
1 medium zucchini, coarsely grated (about 1½ cups)
2 cups chicken broth
Fresh Herbs
1 tablespoon chopped fresh parsley (or ½ teaspoon dried)
1 teaspoon chopped fresh oregano (or ½ teaspoon dried)
1 teaspoon chopped fresh thyme (or ¼ teaspoon dried)

Marinade Base:

2 tablespoons lemon juice
2 tablespoons olive oil

Seasonings:

1 teaspoon smoked paprika
¾ teaspoon seasoned salt
½ teaspoon cumin
½ teaspoon onion powder
½ teaspoon garlic powder
¼ teaspoon ground black pepper
¼ teaspoon turmeric
⅛ teaspoon cayenne pepper

For Serving: Tzatziki sauce, Pita bread, Fresh herbs (dill, basil, parsley, or chives), fresh lemon

Instructions:

1. Grease a 9x13-inch baking dish or spray with nonstick cooking spray.
2. In the prepared dish, combine chicken with lemon juice, olive oil, and all herbs and spices. Let marinate at room temperature for 30 minutes while preheating oven to 375°F.
3. Add the uncooked rice, grated zucchini, and chicken broth to the pan with the marinated chicken. Stir everything together well.
4. Cover the dish tightly with foil and bake for 40 minutes, or until rice is tender and liquid is mostly absorbed. If needed, bake 5-10 minutes longer.
5. Fluff the rice with a fork, taste and adjust seasoning if needed. Serve topped with tzatziki sauce, fresh herbs, and a squeeze of lemon.

Special Notes:

1. Only use long grain white rice - brown rice, wild rice, or instant rice won't work with these liquid ratios and cooking times.
2. Use smoked paprika specifically for that authentic charred flavor similar to grilled souvlaki.
3. Covering the dish tightly is crucial to prevent steam from escaping while cooking.

Nutrition:

Serving Size: 1 cup; Calories: 384; Total Fat: 11g; Sat Fat: -g; Total Carbohydrates: 41g; Protein: 29g

Easy Hamburger Soup

Submitted by: Miranda Crouch
Source: Spend with Pennies

Est. Prep and Cook Time: 35 min
Est. Cost Per Serving: \$4-\$5, serves 5-6

Ingredients:

1 pound lean ground beef	10.75 ounces condensed tomato soup 1 can
1 onion diced	2 teaspoons Worcestershire sauce
2 cloves garlic minced	1 teaspoon Italian seasoning
2 medium potatoes peeled and diced	1 bay leaf
3 ½ cups beef broth	Salt and black pepper to taste
28 ounces canned diced tomatoes with juices, 1 can	3 cups frozen mixed vegetables or fresh chopped vegetables

Instructions:

1. Brown onion, ground beef and garlic until no pink remains. Drain any fat.
2. Add potatoes, broth, tomatoes, tomato soup, Worcestershire sauce, seasoning and bay leaves. Simmer covered 10 minutes.
3. Stir in vegetables. Simmer 15-20 minutes or until potatoes are tender.

Special Notes:

- Super fast and easy to make! I like to pair with peanut butter/maple syrup sandwiches!

Nutrition:

Serving Size: 1.5 cups; Calories: 245; Total Fat: 9g; Sat Fat: 3g; Total Carbohydrates: 25g; Protein: 16g

Green Chilies Rellenos

Submitted by: Justin Glass
Source: Simply Simpatico Cookbook
(Albuquerque, NM)

Est. Prep and Cook Time: 60 min
Est. Cost Per Serving: \$3, makes 12 chilies

Ingredients:

12 green chilies (Hatch variety ideally)

12oz Monterey Jack Cheese

Batter:

1 cup white flour. 3/4 cup cornmeal

1 teaspoon baking powder

1/2 tsp salt

1 cup milk

2 eggs - slightly beaten

Instructions:

1. Roast the green chiles on an outdoor grill. The skins should blacken and bubble and loosen from the underlying chili.
2. Turn them to get all sides roasted.
3. Once roasted, place the chilies in a brown paper bag for 10-15 minutes to allow them to cool.
4. After cooling, peel them thoroughly to get all the skin off. You don't need to take off the stalk of the chili.
5. After peeling them, use a knife to cut a 1 inch slit somewhere in the green chili.
6. Cut the Monterey Jack cheese into long strips. Slide the strips into the chilies to create stuffed chilies. You can decide how much cheese you want in each chili.
7. Make the batter while the chilies are cooling
8. Blend together the milk and eggs and then mix all ingredients together. Add additional milk if needed to create a smooth batter. (I don't use a blender, I just throw it all in a large bowl and mix with a spoon).
9. Heat a cast iron skillet with canola oil (or other oil). Coat each chili with batter and place on the skillet. Turn chilies once batter is golden brown. Add batter as needed for somewhat uniform coating.
10. Serve warm with rice, beans, guacamole or whatever other sides you want to add. One to two chilies per person is usually enough.

Special Notes:

- Hatch Green Chilies are the right amount of heat

Nutrition:

Serving Size: 1/8 recipe; Calories: 500; Total Fat: 19g; Sat Fat: 7g; Total Carbohydrates: 43g; Protein: 33g

Ground Chicken Tacos

Submitted by: **Miranda Crouch**
Source: **Plays Well With Butter**

Est. Prep and Cook Time: **20min**
Est. Cost Per Serving: **\$2-\$3, serves 4**

Ingredients:

1 pound lean ground chicken
Olive oil
½ yellow onion, finely diced
Kosher salt and ground black pepper
1 Tbsp tomato paste
½ cup water
Toppings/For serving:
Flour Tortillas, shredded lettuce, shredded cheese, sour cream or avocado crema, salsa of choice, avocado, cilantro

Homemade Taco Seasoning:
1 Tbsp chili powder
2 tsp ground cumin
1 tsp garlic powder
1 tsp onion powder
1 tsp dried oregano
1 tsp smoked paprika
1 tsp salt
Optional: up to ½ tsp cayenne pepper.

Instructions:

1. Add the onion to a hot skillet and cook for 3-4 minutes over medium heat.
2. Then add tomato paste and cook for an additional 1-2 minutes longer, until the tomato paste is darkened in color
3. Push the onion mixture to the side and add the ground chicken to the skillet. Press the ground chicken down into a thin, flat layer and cook for 2 minutes on each side until slightly browned.
4. Once the chicken is nearly cooked through, use a wooden spoon or a meat chopper to break it into fine crumbles and mix with the onion/tomato paste mixture.
5. Add the taco seasoning to the skillet and coat evenly. Cook an additional 1-2 minutes.
6. Serve the chicken taco meat onto warm tortillas and then add your toppings!

Special Notes:

I like to put cooked green peppers on my tacos. Sometimes I will have black beans and spanish rice as a side! I also put sweet potatoes in the tacos sometimes to mix it up.

Nutrition:

Serving Size: 1 taco; Calories: 237; Total Fat: 16.2g; Sat Fat: 3.6g; Total Carbohydrates: 36g; Protein: 20g

Homemade Chicken or Vegetarian Ramen

Submitted by: **Miranda Crouch**
Source: **The Cozy Cook**

Est. Prep and Cook Time: **1 hour**
Est. Cost Per Serving: **\$4-\$5, serves 4-5**

Ingredients:

Mushroom and Chicken

2 Tbs olive oil, divided
2 Tbs butter, divided
8 oz Mushrooms (I like baby bella)
1 large boneless/skinless chicken breast
To taste: salt and pepper

Soup

½ cup dry white wine
1 Tbs butter
3 cloves garlic, minced
6 cups low sodium chicken broth
2 Tbs low sodium soy sauce
2 tsp hot sauce
2 tsp honey
¾ tsp toasted sesame seed oil
2 (3 oz) packets instant Ramen noodles, DO NOT USE THE FLAVOR PACKETS
6 leaves Bok Choy, roughly chopped

Seasonings:

¾ tsp each: Onion powder, mustard powder
¼ tsp ground ginger
⅛ tsp white pepper (optional)
1 pinch red pepper flakes

For Serving:

Green onions
Roughly chopped honey roasted peanuts
Soft boiled eggs

Instructions:

1. Heat 1 Tbsp olive oil and 1 Tbsp of butter in a large soup pot over medium-high heat. Add the mushrooms and saute until golden, about 4 minutes.
2. Remove and set aside so that they retain the color, flavor, and texture.
3. If using chicken, slice the chicken in half lengthwise to create 2 thinner slices. Season with salt and pepper.
4. In the large soup pot/6 quart pot, sear the chicken in batches for 5 minutes per side until a golden crust has developed.
5. Set aside the chicken and turn the heat off. Let the chicken rest for 10 minutes, then cut into strips of desired size.
6. Add the wine and set the heat to medium. Use a silicone spatula to clean the bottom and sides of the skillet.
7. Let the wine bubble gently and reduce the heat by half, 4-5 minutes
8. Add the butter and garlic and cook for 2 minutes
9. Add the chicken/vegetable broth, soy sauce, hot sauce, honey, sesame oil, and soup seasonings. Bring to a gentle boil and let the broth reduce and concentrate for 10 minutes while you start preparing the soft boiled eggs!
10. Bring the soup to a more rapid boil, add the Ramen, and cook for 1 minute. Reduce to a gentle simmer and add the Bok Choy along with cooked mushrooms and chicken. Simmer until the noodles are done for about 3 minutes.
11. Transfer to serving bowls and top with green onions, roughly chopped peanuts and soft boiled eggs.

For Soft Boiled Eggs:

1. Gently drop 4 eggs into a sauce pan. Cover the eggs with 1" of water. Gently boil for 7-8 minutes.
2. In the meantime, prepare an ice water bowl
3. Remove the eggs and place in the ice water bowl (to stop cooking) for approximately 5-8 minutes.
4. Then peel the shell off and slice in half lengthwise

Homemade Chicken or Vegetarian Ramen

Submitted by: Miranda Crouch
Source: The Cozy Cook

Est. Prep and Cook Time: 1 hour
Est. Cost Per Serving: \$4-\$5, serves 4-5

Instructions:

Special Notes:

1. I like to make this vegetarian with extra mushrooms and/or tofu!
2. I like to put additional hot sauce on top of the bowl
3. I add extra Bok Choy.

Nutrition:

Serving Size: 1 bowl (roughly 2 cups); Calories: 511; Total Fat: 27g; Sat Fat: 11g; Total Carbohydrates: 39g; Protein: 27g (variable pending if you include chicken or not)

Mediterranean Sweet Potatoes

Submitted by: Hollie Bearce
Source: Cozy Cravings

Est. Prep and Cook Time: 45 min
Est. Cost Per Serving: \$2, serves 4-5

Ingredients:

4 small sweet potatoes halved
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon smoked paprika
1 teaspoon kosher salt
½ teaspoon black pepper
1 tablespoon olive oil
For the chickpeas:
15 oz can of chickpeas drained and rinsed
1 tablespoon olive oil
1 teaspoon za'atar
½ teaspoon cayenne

½ teaspoon garlic powder
For the yogurt sauce:
2 tablespoon full-fat Greek yogurt
1 tablespoon olive oil
2 teaspoon honey
2 tablespoon fresh parsley chopped
1 tablespoon fresh lemon juice (from about ½ a lemon)
½ teaspoon kosher salt
For the salad:
1 ½ cups cucumber chopped (1 english cucumber)
1 cup cherry or grape tomatoes sliced (6oz)
1 cup feta cubed (7oz)

Instructions:

1. Preheat your oven to 400°F.
2. Season and roast the sweet potatoes. Place the sweet potatoes on a large baking sheet lined with parchment paper. Drizzle 1 tablespoon over them and sprinkle the garlic powder, onion powder, smoked paprika, kosher salt, and pepper over top. Mix together to evenly coat the sweet potatoes. Lay them cut-side down and roast them in a 400°F oven for 30-40 minutes until fork-tender and lightly golden brown.
3. Season and roast the chickpeas. Dump the rinsed, drained, and dried chickpeas on a separate medium baking sheet lined with parchment paper. Drizzle with 1 tablespoon olive oil and sprinkle with za'atar, cayenne powder, and garlic powder. Mix together until evenly coated. Roast in the oven alongside the sweet potatoes for 20-30 minutes, shaking the pan a few times throughout.
4. Make the dressing. In a small bowl, whisk together the chopped parsley, lemon juice, Greek yogurt, olive oil, honey, and kosher salt.
5. Combine the chopped cucumber, tomatoes, and feta. While the sweet potatoes and chickpeas are roasting, combine the chopped cucumber, tomatoes, and cubed feta in a large bowl.
6. Toss the cucumber mixture together with the dressing. Pour the dressing over the cucumber mixture and combine.
7. To serve - top the sweet potatoes with the roasted chickpeas, and dressed chopped cucumber mixture.

Special Notes: Try topping with hummus, cilantro and siracha. May substitute yams for sweet potatoes.

Nutrition:

Serving Size: 1/2 potato, roughly 1 cup; Calories: 265; Total Fat: 12g; Sat Fat: 3.5g; Total Carbohydrates: 29g; Protein: 10g

Oven Baked Pork Chops

Submitted by: Miranda Crouch
Source: Eating on a Dime

Est. Prep and Cook Time: 25 min
Est. Cost Per Serving: \$1-\$2, makes 6

Ingredients:

6 boneless pork chops (1 inch thick)
2 Tbsp extra virgin olive oil
1 tsp salt
1 tsp black pepper
1 Tbsp paprika
½ tsp onion powder
½ tsp garlic powder

Instructions:

1. Preheat oven to 400°F
2. Place olive oil in a 9x13 baking dish
3. In a small bowl, mix together the spices above until well combined
4. Place 6 boneless pork chops in the prepared baking dish. Place additional olive oil over each pork chop
5. Sprinkle the seasoning mixture evenly over the pork chops so it covers the top and sides of the pork chop.
6. Bake for 15-20 minutes until the pork reaches an internal temperature of 145 degrees F
7. Sit for 5 minutes and serve warm.

Nutrition:

Serving Size: 1 pork chop; Calories: 252; Total Fat: 14g; Sat Fat: 4g; Total Carbohydrates: 1g; Protein: 29g

Pork Tenderloin with Maple Chipotle Sauce

Submitted by: Nikole Shepherdson
Source:

Est. Prep and Cook Time: 45min
Est. Cost Per Serving: \$2, serves ~5

Ingredients:

Pork Tenderloin 2lbs
1 tbsp olive oil
Rub for pork:
1/2 tsp salt
1/2 tsp dried thyme
1/4 tsp nutmeg
1/4 tsp cinnamon
1/2 tsp pepper
1/8 tsp all spice

Maple Sauce:

2 tsp adobo sauce and 1-2 peppers out of a can of chipotle in adobo (freeze the rest for next time)
1/2 cup maple syrup
3 Tbsp chicken broth
1 1/2 Tbsp apple cider vinegar

Instructions:

1. Combine spices.
2. Coat pork in olive oil and then rub with the spice mixture. If you have time, let it marinate overnight to cook the next night.
3. Bake at 375 deg F for 30-45 min
4. While the pork is baking make the maple chipotle sauce
5. Mix all ingredients together in a saucepan and cook over med low heat until it reduces slightly.

Nutrition:

Serving Size: 3 oz tenderloin; Calories: 201; Total Fat: 5g; Sat Fat: 2g; Total Carbohydrates: 19g; Protein: 38g

Roasted Asparagus - Side Dish

Submitted by: **Miranda Crouch**
Source: **Love and Lemons**

Est. Prep and Cook Time: **15 min**
Est. Cost Per Serving: **\$1, serves 2-4**

Ingredients:

1 bunch of asparagus, trim the woody ends
Olive oil for drizzling
Sea salt and freshly ground black pepper
Parmesean cheese (optional)

Instructions:

Oven:

1. Preheat the oven to 425°F and line a baking sheet with parchment paper.
2. Place the asparagus on the baking sheet and drizzle with olive oil. Season with salt and pepper and toss to coat.
3. Bake for 10 to 15 minutes or until lightly crisp and tender.
4. Super important to make sure you do not overcook the asparagus as they will get soggy and mushy!
5. Remove from the oven. Can add a touch of Parmesan cheese if desired or lemon juice per preference.

Skillet:

1. Coat a skillet with olive oil.
2. Place the asparagus into the skillet on medium heat.
3. Continuously turn the asparagus for 4-5 minutes.
4. Remove from the skillet and coat with Parmesan cheese or lemon juice per preference.

Nutrition:

Serving Size: 5 Asparagus Stalks; Calories: 51; Total Fat: 4.3g; Sat Fat: 1g; Total Carbohydrates: 2.2g; Protein: 2.3g

Roasted Veggie Enchilada Casserole

Submitted by: Chelsea Pack
Source: Cookie and Kate Blog

Est. Prep and Cook Time: 45 min
Est. Cost Per Serving: \$5, serves 6

Ingredients:

Roasted veggies:

½ medium head of cauliflower, cut into ½-inch chunks
1 large sweet potato, peeled and cut into ½-inch cubes (about 2 cups)
2 red bell peppers, cut into 1-inch squares
1 medium yellow onion, sliced into wedges about ½-inch wide
3 tablespoons extra-virgin olive oil, divided
1 teaspoon ground cumin, divided
Salt
Freshly ground black pepper

Remaining ingredients:

2 ¼ cups (18 ounces) red salsa, either homemade or jarred*
½ cup chopped fresh cilantro, plus extra for garnish
9 to 10 corn tortillas**, halved
1 can (15 ounces) black beans, rinsed and drained, or 1 ½ cups cooked black beans
2 big handfuls (about 2 ounces) baby spinach leaves
2 cups shredded Monterey Jack cheese

Instructions:

1. To roast the veggies (this can be done up to 2 days in advance), preheat the oven to 400 degrees Fahrenheit with racks in the middle and upper third of the oven.
2. Line two large, rimmed baking sheets with parchment paper to prevent the vegetables from sticking.
3. On one pan, combine the cauliflower and sweet potato. On the other pan, combine the bell peppers and onion.
4. Drizzle half of the olive oil over one pan, and the other half over the other pan. Same with the cumin.
5. Sprinkle both pans lightly with salt and pepper, then toss each one until the vegetables are lightly coated in oil and spices, adding another light drizzle of olive oil if necessary.
6. Arrange the vegetables in an even layer across each pan. Bake the vegetables about 35 minutes, tossing the veggies and swapping the pans halfway.
7. When you're ready to assemble, reduce the oven heat to 350°F and lightly grease a 9" square baker. Stir the cilantro into the salsa.
8. To assemble, spread ½ cup salsa evenly over the bottom of the baking pan. Add a single layer of halved tortilla pieces, arranging them so they completely cover the salsa.
9. Top with ½ of the beans, ⅓ of the vegetables, ½ of the of spinach, and ⅓ of the cheese.
10. Make a second layer of tortillas. Top with ½ of the remaining salsa, all of the remaining beans, ½ of the remaining vegetables, all of the remaining spinach, and ½ of the remaining cheese.
11. Make a third layer of tortillas (again, I press down to make more room). Top with the remaining salsa, vegetables, and cheese.
12. Cover the pan with parchment paper or aluminum foil. Bake for 20 minutes, then remove the parchment paper or aluminum foil and bake for 10 more minutes, or until heated through.
13. Let the casserole cool for 10 minutes, to give it time to set and reach a palatable temperature. Before serving, sprinkle the top lightly with additional chopped cilantro.

Nutrition:

Serving Size: 1 serving; Calories: 450 ; Total Fat: 20g ; Sat Fat: 8g ; Total Carbohydrates: 55g ; Protein: 18g

Roasted Vegetables

Submitted by: **Miranda Crouch**
Source: **Love and Lemons**

Est. Prep and Cook Time: **40 min**
Est. Cost Per Serving: **\$2-\$3, serves 4**

Ingredients:

2 cups cubed butternut squash
2 cups halved Brussels sprouts
2 cups cauliflower florets
2 carrots, cut into 1-inch pieces
1 to 2 turnips, cut into 1-inch pieces
1 small red onion, cut into wedges

1 cup halved red radishes or cubed daikon radish
Extra-virgin olive oil, for drizzling
Sea salt and freshly ground black pepper
2 tablespoons chopped rosemary or 12 chopped sage leaves, optional
Lemon wedges, for serving, optional

Instructions:

1. Preheat the oven to 425°F and line 2 large baking sheets with parchment paper.
2. Choose any vegetables you like from the list above and place them in separate rows on the baking sheets, grouping vegetables with similar cooking times together. See the notes below for the approximate roasting times for each vegetable. Drizzle with olive oil and sprinkle with salt and pepper. Roast until tender and golden brown around the edges, tossing halfway through.
3. If you're roasting two sheets in the oven at the same time, switch racks halfway through so that the vegetables on both sheets brown evenly. Remove the vegetables from the sheets as they're done.
4. Vegetables can be served hot or warm. If you'd like to serve them piping hot, toss them all back into the oven to warm up for a few minutes before serving.
5. Mix the vegetables together and transfer to a serving platter. Season to taste with salt, pepper and squeezes of lemon. Sprinkle with rosemary and drizzle with apple cider vinegar dressing, if using. Serve with lemon wedges, if desired.

Special Notes:

- *Optimal cook times for various vegetables: Butternut squash: 30 to 35 minutes, Brussels sprouts: 25 to 35 minutes, Cauliflower: 25 to 30 minutes, Carrots: 15 to 25 minutes, Turnips: 25 to 30 minutes, Onion wedges: 30 minutes, Radishes: 10 to 15 minutes*

Nutrition:

Serving Size: 1 cup; Calories: 52; Total Fat: 1.5g; Sat Fat: 0.2g; Total Carbohydrates: 9.3g; Protein: 1.8g

Slow Cooker Baby Carrots- Side Dish

Submitted by: Miranda Crouch
Source:

Est. Prep and Cook Time: 3-4 hours
Est. Cost Per Serving: \$1-\$2, serves 15

Ingredients:

¼ cup of water
2 pounds of baby carrots, rinsed
¼ cup butter, cut into 4-6 pieces
¼ cup brown sugar
3 Tbsp honey
¼ tsp salt

Instructions:

1. Pour the water into the bottom of the slow cooker
2. Add the carrots
3. Top the carrots with butter, brown sugar, honey, and salt.
4. Cook on high for 3-4 hours.
5. Serve!

Nutrition:

Serving Size: 1.5 cups; Calories: 224; Total Fat: 9g; Sat Fat: 5.7g; Total Carbohydrates: 37g;
Protein: 1.8g

Spaghetti Squash Pasta

Submitted by: Jaclyn Cooperrider
Source: Health Meets Food

Est. Prep and Cook Time: ~60 min
Est. Cost Per Serving: \$4-\$5, serves 2 cups

Ingredients:

1 each Spaghetti Squash, halved lengthwise,
seeds removed
2 tsp Olive Oil
3 each Tomato, medium and diced
½ each Onion, medium and diced
2-3 cloves Garlic, minced

2 Tbsp Parmesan Cheese, grated
1 (15 oz) can Cannellini Beans, low sodium drained
and rinsed
½ tsp Kosher salt
To taste Black Pepper
3 Tbsp Parsley, fresh, chopped

Instructions:

1. Preheat oven to 350°F
2. Line a baking sheet with tin foil. Drizzle half of the olive oil on the inside of the spaghetti squash. Place cut-side down on the baking sheet. Bake for about 40 minutes, until fork tender
3. While the spaghetti squash is baking, cut all vegetables and prepare the rest of the ingredients.
4. Heat a medium saute pan over medium-high heat and add the remaining olive oil. When the oil is hot, add the onion.
5. Cook the onion until it is translucent and beginning to turn brown. Add the garlic, cook for 30 seconds, then add the tomatoes, cannellini beans, salt, and pepper.
6. Reduce the heat to low and all the mixture to simmer for 7-10 minutes or until most of the liquid has evaporated.
7. When the spaghetti squash is finished baking, remove from the oven and set aside until cooled enough to handle.
8. Once the squash has cooled, use a fork to remove the flesh, which should create long strands that resemble spaghetti.
9. Add the spaghetti squash to the tomato and white bean mixture. Toss in the Parmesan cheese and parsley.
10. Serve hot!

Nutrition:

Serving Size: 2 cups; Calories: 200; Total Fat: 5g; Sat Fat: 1g; Total Carbohydrates: 31g; Protein: 8g

Sticky Coconut Chicken and Rice

Submitted by: Jessie Duvall
Source: One Pot Meals

Est. Prep and Cook Time: 45 min
Est. Cost Per Serving: \$4-\$5, serves 4

Ingredients:

1 1/2 pounds boneless, skinless chicken thighs, each thigh cut into 2 equal-size pieces	1 (13.5-ounce) can full-fat coconut milk
1/4 cup olive oil	1 yellow bell pepper, cored, seeded and chopped (1/2-inch pieces)
2 teaspoons kosher salt (Diamond Crystal)	1/2 cup roasted cashews, coarsely chopped
1/2 teaspoon black pepper	3 scallions, green and white parts, thinly sliced (1/2 packed cup)
2 tablespoons minced fresh ginger	2 tablespoons coarsely chopped cilantro
1 tablespoon minced garlic	2 broccoli heads
1 1/2 cups short-grain white rice, rinsed until water runs clear	1 container of raw tofu (optional)
1 3/4 cups low-sodium chicken broth	Hot sauce, for serving

Instructions:

1. Heat oven to 375 degrees. Rub chicken with 1 tablespoon of oil, and season with 1 teaspoon of salt and 1/4 teaspoon of pepper.
2. In a large Dutch oven, heat 2 tablespoons of the oil over medium heat. Working in two batches, brown chicken, turning halfway, until no longer pink, around 5 minutes per batch. Transfer to a plate.
3. Add the remaining 1 tablespoon oil, the ginger and the garlic to the empty pot, and stir until fragrant for roughly 30 seconds.
4. Add rice and stir until evenly coated in the oil. Add broth, coconut milk, bell pepper, cashews, scallions and the remaining 1 teaspoon salt and 1/4 teaspoon pepper. Stir to lift up any browned bits on the bottom of the pot.
5. Arrange chicken on top, add any accumulated juices from the plate and bring to a boil over high.
6. Add tofu if adding.
7. Cover and bake until all of the liquid is absorbed, rice is tender and chicken is cooked through, 25 minutes.
8. After 20 minutes, take dish out, uncover, add broccoli on top, replace the lid and cook for final 5 minutes.
9. Scatter cilantro over the chicken and rice, then divide among bowls. Serve with hot sauce.

Nutrition:

Serving Size: 1 cup; Calories: 445; Total Fat: 28g; Sat Fat: 9.5g; Total Carbohydrates: 24g; Protein: 24g

Sweet Potato and Carrot Puree

Submitted by: Jaclyn Cooperrider
Source: Health Meets Food

Est. Prep and Cook Time: 25 min
Est. Cost Per Serving: \$2, serves 2

Ingredients:

1 ½ lb Sweet Potatoes, peeled, cut into
small cubes
1 cup Carrots, washed, peeled, sliced into
coins
¼ cup Water

Instructions:

1. In a medium pot, boil 3 quarters of water. Add carrots and cook for about 10 minutes or until fork tender. Set carrots aside in a medium bowl.
2. Add sweet potatoes to a pot of boiling water and cook for 10 minutes. Strain and add to carrots.
3. Place the vegetables and water in the blender and puree until smooth. Serve warm.

Nutrition:

Serving Size: 1/2 cup; Calories: 70; Total Fat: 0g; Sat Fat: 0g; Total Carbohydrates: 17g;
Protein: 1g

Sweet Potato Black Bean Enchiladas

Submitted by: **Laura Styles**
Source: **Cookie and Kate Food Blog**

Est. Prep and Cook Time: **1hr**
Est. Cost Per Serving: **\$4.00, serves 5**

Ingredients:

Filling

1 ¼ pounds sweet potatoes (2 small-to-medium)
1 can (15 ounces) black beans, rinsed and drained, or
1 ½ cups cooked black beans
4 ounces (1 cup) grated Monterey Jack cheese
10oz chopped spinach, fresh or frozen
2 small cans (4 ounces each) diced green chiles
1 medium jalapeño, seeded and minced
2 cloves garlic, pressed or minced
2 tablespoons lime juice
½ teaspoon ground cumin
½ teaspoon chili powder
¼ teaspoon cayenne pepper (optional)

¼ teaspoon cayenne pepper (optional)
¼ teaspoon salt, more to taste
Freshly ground black pepper

Remaining Ingredients:

2 cups (16 ounces) mild salsa verde, either homemade or store-bought
10 corn tortillas
4 ounces (1 cup) grated Monterey Jack cheese
2 tablespoons sour cream
1 tablespoon water
¼ cup chopped red onion (optional)
¼ cup chopped fresh cilantro (optional)

Instructions:

1. Preheat the oven to 400 degrees Fahrenheit and line a large baking sheet with parchment paper.
2. Slice the sweet potatoes in half lengthwise and coat the flat sides lightly with olive oil. Place the sweet potatoes flat-side down on the baking sheet. Bake until they're tender and cooked through, about 30 to 35 minutes. Leave the oven on.
****You can also bake the sweet potatoes in the microwave for faster preparation (this reduces baking time from ~40min to ~5min)**
1. Meanwhile, pour enough salsa verde into a 9 by 13-inch baking dish to lightly cover the bottom (about ½ cup). In a medium mixing bowl, combine all of the remaining filling ingredients.
2. Once the sweet potatoes are cooked through and cool enough to handle, scoop out the insides with a spoon. Discard the potato skins and lightly mash the sweet potatoes with a fork or the back of a spoon.
3. Stir the mashed sweet potato into the bowl of filling, and season to taste with additional salt and pepper.
4. Warm up your tortillas, one by one in a skillet, or all at once in a microwave so they don't break when you bend them. Wrap them in a clean tea towel so they stay warm.
5. Working with one tortilla at a time, spread about ½ cup filling down the center each tortilla, then wrap both sides over the filling and place it in your baking dish. Repeat for all of the tortillas.
6. Top with the remaining salsa verde and cheese. Bake for 25 to 35 minutes, until sauce is bubbling and the cheese is lightly golden.
7. Let the enchiladas cool for about 5 minutes. Whisk the sour cream and water together to make a drizzly sour cream sauce. Drizzle it back and forth over the enchiladas, then top them with cilantro and red onion (if using).

Special Notes:

- *My family LOVES this recipe. It's a great way to get the kids to eat a bunch of veggies at once. It's satisfying and doesn't feel like you're missing out on anything, plus it makes great leftovers!*

Nutrition:

Serving Size: 1/5 pan ; Calories: 580 ; Total Fat: 23g ; Sat Fat: 9g ; Total Carbohydrates: 69g ; Protein: 25g

Sweet Potato with Coconut Spinach and Chickpeas

Submitted by: Zara Bowden
Source:

Est. Prep and Cook Time: 30-45 min
Est. Cost Per Serving: \$5-\$6, serves 3-4 bowls

Ingredients:

2 teaspoons olive oil
1 small yellow onion
1/2 cup sun-dried tomatoes, chopped
4 Sweet Potatoes, whole roasted
4 large cloves garlic, peeled and minced
1 tablespoon peeled and grated fresh ginger (or ground ginger)
Finely grated zest of 1 large lemon

1 pinch red pepper flakes (optional)
1 (15-ounce) can chickpeas, drained and rinsed
1 pound baby spinach
1 (13 to 14-ounce) can coconut milk
2 tablespoons freshly squeezed lemon juice
1 teaspoon salt, plus more as needed

Instructions:

Roasted Sweet Potatoes:

1. Arrange a rack in the middle of the oven and heat the oven to 375°F.
2. Scrub each sweet potato clean. Then, pierce each sweet potato with a fork 4-5 times, brush with vegetable or olive oil, and wrap loosely in aluminum foil.
3. Make sure the foil is well-sealed. Place the aluminum foil-wrapped sweet potatoes on a baking sheet.
4. Bake for 30-45 minutes depending on the size of your sweet potatoes.

Coconut Spinach & Chickpeas:

1. Heat the oil in a large, deep Dutch oven or heavy pot over medium-high heat.
2. Add the onion and cook until the onion is beginning to brown (about 5 minutes).
3. Add the sun-dried tomatoes, garlic, ginger, lemon zest, and red pepper (if using). Cook for 3 minutes, stirring frequently.
4. Add the chickpeas and cook over high heat for a few minutes, or until the chickpeas are beginning to turn golden and are coated with the onion and garlic mixture.
5. Toss in the spinach, one handful at a time (this will take about 5 minutes). Stir in a handful or two and wait for it to wilt down. Make room in the pot before adding the next handful.
6. When all the spinach has been added, add the coconut milk, lemon juice, and salt. Bring to a simmer, then turn down the heat and cook until the chickpeas are warmed through (about 10 minutes).
7. Taste and season with more salt and lemon juice if needed. Serve hot over roasted sweet potatoes.

Nutrition:

Serving Size: 1 bowl; Calories: 205; Total Fat: 8.8g; Sat Fat: 5.8g; Total Carbohydrates: 28g; Protein: 5.8g

Tangy Tahini Butter Sweet Potatoes

Submitted by: Ryan Love
Source: NYT Cooking/Sami Nostrat/Carla Lalli Music

Est. Prep and Cook Time: 45 min
Est. Cost Per Serving: \$3, serves 4

Ingredients:

4 sweet potatoes, washed

Tahini Butter:

6 Tbsp butter, room temp

1/4 cup tahini

3 Tbsp lime juice

2 Tbsp soy sauce

1 tsp toasted sesame oil

1 clove garlic, mashed/grated

Salt and pepper, to taste

2 Tbsp sesame seeds

Salt and lime wedges for serving

Instructions:

1. Cook the sweet potatoes until soft.
2. You can steam them in a pot; however, I prefer to pre-heat them in the microwave.
3. While the main oven is preheating - stab them a couple of times with a fork and cook for 6 minutes.
4. Then wrap in foil with a little butter and bake them.
5. Whisk the butter, tahini, lime juice, soy sauce, sesame oil and garlic until smooth.
6. Add salt and pepper to taste.
7. Toast the sesame seeds in a small pan over medium heat until golden brown, stirring to toast evenly (about 4 minutes).
8. Split the tender sweet potatoes and top with the tahini butter, toasted sesame seeds, squeezed lime wedge, and salt to taste. Enjoy!

Special Tip:

- I love to par cook the sweet potatoes in the microwave, wrap in foil, make the tahini butter, and bring this out camping. Just toss the potatoes on the campfire coals and turn occasionally with metal tongs until cooked tender. I'm not a vegetarian but this makes a delicious main dish that satisfies, while accommodating those who are. Don't skip the tahini or toasted sesame oil -- they are key to making this dish and can both be found at WINCO.

Nutrition:

Serving Size: 1 sweet potato with tahini butter; Calories: 400; Total Fat: 29g; Sat Fat: 12.5g; Total Carbohydrates: 32g; Protein: 6.5g

TJ's Spicy Corn and Zucchini

Submitted by: Olivia Wiese
Source:

Est. Prep and Cook Time: 30 min
Est. Cost Per Serving: \$5, serves 4

Ingredients:

1 Bag Frozen Corn / 2-4 Corn Cobs	Juice from ½ Lemon
2-4 Zucchini chopped	1 Tbs Paprika
1-2 Jalapeno/Serrano peppers chopped	2 tsp Chili powder
1 cup of crumbled Cotija Cheese	Salt
	Pepper

Instructions:

1. Heat skillet to medium-high, char the corn for 5-7 minutes. Salt & pepper
2. Set aside, scraping any burnt corn chunks from the pan
3. Add zucchini, peppers. Char 2-4 minutes until zucchini is softened. Add salt & pepper to taste.
4. Reduce heat to low-medium and reintroduce corn into the mix
5. Add paprika and chili powder to taste. Stir in lemon juice and cheese. Serve warm!

Nutrition:

Serving Size: 1-1.5 cups; Calories: 155; Total Fat: 6.3g; Sat Fat: 2.5g; Total Carbohydrates: 17g; Protein: 7g

Tofu With Peanut Sauce

Submitted by: Abby Davids

Source:

Est. Prep and Cook Time: 20 min

Est. Cost Per Serving: \$4.50, serves 4

Ingredients:

For the Tofu:

- 1 block of extra firm tofu
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp sea salt
- 2 tsp corn starch
- 1 Tbsp soy sauce

For the Stir Fry:

- 1 bag Trader Joe's Cauliflower Rice Stir Fry

- 1 bunch Asparagus

For the Peanut Sauce:

- 12 Tbsp GHughes Sugar Free Sweet Chili Sauce
- 4 Tbsp PB Fit Peanut Powder
- 4 Tbsp Soy Sauce

Instructions:

1. Prep the tofu - press or drain.
2. Cut into small cubes.
3. Toss the tofu in a bowl with all the spices / soy sauce / cornstarch listed above.
4. Then air fry at 400 degrees F for 10-12 minutes (until somewhat crispy).
5. Meanwhile, make the sauce. Whisk together the sweet chili sauce, PB fit powder, and soy sauce. Set aside.
6. Sauté the cauliflower rice stir fry (comes frozen) and asparagus (or other veggie) with light oil or spray.
7. After it is baked/air fried, put the tofu on top of the cauliflower rice stir fry and veggies, and then dress with the sauce over top!

Special Tip: I make this several times a month! You can make it ahead for the week - it re-heats nicely. You can bake the tofu in the oven if you don't have an air fryer. You can substitute any vegetable side for the asparagus.

Nutrition:

Serving Size: 1 portion ; Calories: 325-375 ; Total Fat: 10-12g; Sat Fat: 1.1g ; Total Carbohydrates: 13g ; Protein: 28-30g

Two Bean Kale Soup

Submitted by: Abby Davids
Source:

Est. Prep and Cook Time: 10 min prep, 20
min simmer

Est. Cost Per Serving: \$3.00, serves 4-6

Ingredients:

Carrots - 2-3, diced

Celery - 2-3, diced

1 White or yellow onion - diced

Kale - 1 bunch, torn into pieces

Chickpeas - 1 can

Black beans low sodium - 1 can

Vegetable stock (or any stock you prefer)
- 4 cups

Spices as you prefer (I add a little salt,
pepper, onion salt, garlic salt)

Instructions:

1. In a stock pot, first sauté / cook the diced carrots, celery, and onion in a little bit of oil or cooking spray until soft, over medium heat (about 2-4 min).
2. Then add in the beans, and then the kale which will quickly wilt.
3. Add the stock and spices and bring to a boil.
4. Can add a little more water if you'd like soup to be thinner.
5. Simmer for another 15-20 min and then ready to eat!

Special Tip:

- *Reheats Well!*

Nutrition:

Serving Size: 1.5 cups ; Calories: 185 ; Total Fat: 1.5g; Sat Fat: 0.3g ; Total Carbohydrates: 34g ; Protein: 11g

Vegan Tortilla Soup

Submitted by: Loren Colson
Source: Eat With Clarity

Est. Prep and Cook Time: 30-45 min
Est. Cost Per Serving: \$4.00, serves 6

Ingredients:

1 yellow onion
2 Tbsp olive oil
4 cloves garlic
1 jalapeno (remove seeds)
1 red bell pepper
1 Tbsp tomato paste
(2) 15oz cans fire roasted crushed tomatoes
¾ cup red lentils
1 can black beans drained and rinsed
1 cup corn
1/3 cup cashew cream OR sour cream

2 ½ tsp cumin
1 Tbsp brown OR coconut sugar
1 tsp salt
1 tsp oregano
1 tsp lime juice
3-4 cups low sodium vegetable broth
2 tsp chili powder

Serving Suggestions:

1 cup tortilla strips, 1 avocado, 1 lime juiced, 1/2 chopped cilantro

Instructions:

1. In a large pot or dutch oven, add the finely diced onion and olive oil. Saute for about 5 minutes.
2. Add in the minced garlic, diced bell pepper, and diced jalapeno. If you want less spice, just remove the seeds from the jalapeno or use less.
3. Saute for about 3 extra minutes, then add in the tomato paste and saute an additional 2 or so minutes.
4. Add in all remaining ingredients aside from the lime juice, which will be added at the end.
5. I used 3 cups of veggie broth because I wanted this on the thicker side,. If you like it more brothy, use 4. If you're not sure, start with 3 and add more at the end if you want to thin it out.
6. Stir everything well to combine and bring to a boil. Reduce heat to low, cover and let simmer for about 20-25 minutes, stirring occasionally.
7. After about 20 minutes, taste to check to see if the lentils are fully cooked. Let simmer for 5-10 more minutes if they still have a crunch to them.
8. Once the lentils are done, transfer 2 cups worth of soup to a blender and blend until smooth.
9. Transfer back to the pot and stir to combine. Stir in the lime juice. Taste and adjust flavors as desired, and/or add more broth to thin it out if you like.
10. Serve and garnish with tortilla strips, chopped cilantro, fresh lime juice, avocado and sour cream.

Nutrition:

Serving Size: 1 bowl ; Calories: 275 ; Total Fat: 8.2g; Sat Fat: 1.5g ; Total Carbohydrates: 42g ; Protein: 13g

Vegetable Enchilada

Submitted by: Kholtny Barney
Source:

Est. Prep and Cook Time: 1hr 15 min
Est. Cost Per Serving: \$4.00, serves 8

Ingredients:

1 can black beans, rinsed and drained	1/4 tsp paprika
2 cups cooked sweet potatoes, small cubes (I just use a pre-cut, steamable bag)	1/2 tsp chili powder
8 tortillas of choice, 8-12 inch diameter	1 tsp sea salt
2 tablespoons olive oil	1/2 tsp pepper
1 small can diced green chiles	1/2 tsp garlic powder
1 yellow onion, diced	1 1/2 cup shredded colby jack cheese, divided
1 bell pepper, any color, diced	1/2 cup broth (optional)
1 cup plain non-fat greek yogurt	1 15 ounce can green enchilada sauce

Instructions:

1. Preheat oven to 350 F
2. Heat olive oil in large pan (9x13) over medium-high heat. Add onion and pepper to pan once hot, sauté until tender and browned slightly
3. In large mixing bowl, combine drained beans, sweet potatoes, green chiles, yogurt, 3/4 c. cheese, and seasonings.
4. Add sauteed vegetables to mixing bowl and mix.
5. Slowly add broth, 1 tablespoon at a time, to thin out filling if desired. You don't want it soupy.
6. Spoon in about 1/3-1/2 cup filling into tortillas, roll, and place in prepared baking pan.
7. Top evenly with enchilada sauce, then with remaining cheese.
8. Bake for approximately 20 minutes, or until cheese on top is melted and internal temperature of the food is 165 F.

Special Notes:

- This is a family favorite; my kids prefer this over chicken or beef enchiladas.
- You can experiment with the seasonings and vegetables; use what veggies you like.

Nutrition:

Serving Size: 1 enchilada; Calories: 440-460; Total Fat: 15-17g ; Sat Fat: 4-5g ; Total Carbohydrates: 55-60g ; Protein: 16-18g

Vegetarian Chili

Submitted by: Olive Myers
Source: Cookie and Kate

Est. Prep and Cook Time: 20 min prep, 40 min
cook

Est. Cost Per Serving: \$2-\$4, serves 6

Ingredients:

2 Tbsp extra-virgin olive oil
1 medium red onion, chopped
1 large red bell pepper, chopped
2 medium carrots, chopped
2 ribs celery, chopped
½ tsp salt, divided
4 cloves garlic, pressed or minced
2 Tbsp chili powder
2 tsp ground cumin
1 ½ tsp smoked paprika
1 tsp dried oregano

1 large can (28 ounces) or 2 small cans (15 ounces each) diced tomatoes, with their juices
2 cans (15 ounces each) black beans, rinsed and drained
1 can (15 ounces) pinto beans, rinsed and drained
2 cups vegetable broth or water
1 bay leaf
2 Tbsp chopped fresh cilantro,
1 to 2 tsp sherry or red wine vinegar or lime juice, to taste
Garnishes: chopped cilantro, sliced avocado, tortilla chips, sour cream or crème fraîche, grated cheddar cheese, etc.

Instructions:

1. In a large Dutch oven or heavy-bottomed pot, warm the olive oil over medium heat until shimmering. Add the chopped onion, bell pepper, carrot, celery and ¼ teaspoon of the salt. Stir to combine and cook, stirring occasionally, until the vegetables are tender and the onion is translucent, about 7 to 10 minutes.
2. Add the garlic, chili powder, cumin, smoked paprika and oregano. Cook until fragrant while stirring constantly, about 1 minute.
3. Add the diced tomatoes and their juices, the drained black beans and pinto beans, vegetable broth and bay leaf. Stir to combine and let the mixture come to a simmer. Continue cooking, stirring occasionally and reducing heat as necessary to maintain a gentle simmer, for 30 minutes.
4. Remove the chili from the heat and discard the bay leaf. For the best texture and flavor, transfer 1 ½ cups of the chili to a blender, making sure to get some of the liquid portion. Securely fasten the lid and blend until smooth (watch out for hot steam), then pour the blended mixture back into the pot. (Or, you can blend the chili briefly with an immersion blender, or mash the chili with a potato masher until it reaches a thicker, more chili-like consistency.)
5. Add the chopped cilantro, stir to combine, and then mix in the vinegar, to taste. Add salt to taste, too—I added ¼ teaspoon more at this point. Divide the mixture into individual bowls and serve with garnishes of your choice. This chili will keep well in the refrigerator for about 4 days or you can freeze it for longer-term storage.

Nutrition:

Serving Size: 1-1.5 cups; Calories: 236; Total Fat: 6.4g ; Sat Fat: unknown ; Total Carbohydrates: 37.6g ; Protein: 10.9g

White Bean Pumpkin Turkey Chili

Submitted by: Sara Reiter
Source:

Est. Prep and Cook Time: 5 min prep, 4hr cook
Est. Cost Per Serving: \$1.75, serves 8

Ingredients:

Olive oil spray,
2 lbs 99% lean ground turkey
1/2 teaspoon olive oil
1 small onion, chopped
3 garlic cloves, minced
1 teaspoon chili powder, to taste
2 bay leaves
1 1/2 tbsp cumin
1 tsp oregano

2 (15 oz) cans white northern or navy beans, rinsed and drained
15 oz can pumpkin puree, or homemade
4.5 oz can chopped green chiles
2 cups low sodium chicken broth, check labels for GF
Kosher salt and pepper to taste
Chopped cilantro, red onion or chives for topping
Greek yogurt or low-fat sour cream for topping, optional

Instructions:

1. Heat a large skillet over high heat and lightly spray with oil.
2. Add meat and cook, breaking it up until white, about 5 minutes. Transfer to the crock pot.
3. Add oil to the skillet, then onions, garlic, sauté about 3 - 4 minutes; add cumin and sauté another minute. Transfer to crock pot.
4. Add beans, pumpkin puree, green chilis, broth, chili powder, oregano, and bay leaves. Cover and cook on high for 4 hours or low for 8 hours.
5. Remove bay leaves and adjust seasoning to taste before serving. Enjoy!
6. Instant Pot:
7. Press sauté and lightly spray with oil. Add meat and cook, breaking it up until white, about 5 minutes. Set aside.
8. Add oil to the sauté pan, then onions, garlic, sauté about 3 - 4 minutes; add cumin and sauté another minute. Return meat to the pot.
9. Add the beans, pumpkin puree, green chilis, broth, chili powder, oregano, and bay leaves.
10. Cover and cook on high pressure 25 minutes. Natural release.
11. Remove bay leaves and adjust seasoning to taste before serving. Enjoy!

Special Notes: Serve with a dollop of sour cream or Greek yogurt and corn chips for dipping and scooping-total hit with the kids!

Nutrition:

Serving Size: 1/8 of total; Calories: 240; Total Fat: 1.5-2g ; Sat Fat: 0.3-0.5g ; Total Carbohydrates: 21-22g ; Protein: 31-33g

Snacks/Desert Recipes

Cinnamon Roasted Chickpeas

Submitted by: Jaclyn Cooperrider
Source: Health Meets Food

Est. Prep and Cook Time: 30-35 min
Est. Cost Per Serving: \$1-\$2, serves 3-4

Ingredients:

- 1 (15 oz) can
- 1 tsp Olive Oil
- 1 Tbsp Cinnamon
- 1 Tbsp Sugar, granulated

Instructions:

1. Preheat Oven to 300°F
2. Mix spices together and toss with the chickpeas and olive oil.
3. Spread in a single layer on a baking tray and roast for 25-30 minutes, stirring occasionally, until they are brown and no longer soft.
4. Serve!

Nutrition:

Serving Size: 1/2 cup; Calories: 141; Total Fat: 4g; Sat Fat: 0g; Total Carbohydrates: 26g; Protein: 6g

Homemade Granola Bars

Submitted by: Liz Atnip
Source: Minimalist Baker

Est. Prep and Cook Time: 15 min
Est. Cost Per Serving: \$0.50, makes 10 bars

Ingredients:

1 heaping cup packed dates, pitted
1/4 cup maple syrup, agave nectar, or
honey
1/4 cup creamy salted natural peanut
butter or almond butter

1 cup roasted unsalted almonds,
chopped
1 1/2 cups rolled oats
Chocolate chips, dried fruit, nuts, banana
chips, vanilla, etc.

Instructions:

1. Process dates in a food processor until small bits remain (about 1 minute). It should form a "dough" like consistency. (Mine rolled into a ball.)
2. Optional step: Toast your oats (and almonds if raw) in a 350-degree F (176 C) oven for 10-15 minutes or until slightly golden brown. Otherwise, leave them raw - I prefer the toasted flavor.
3. Place oats, almonds and dates in a large mixing bowl - set aside.
4. Warm maple syrup (or agave or honey) and peanut butter in a small saucepan over low heat. Stir and pour over oat mixture and then mix, breaking up the dates to disperse throughout.
5. Once thoroughly mixed, transfer to an 8x8-inch baking dish or other small pan lined with plastic wrap or parchment paper so they lift out easily. (A loaf pan might work, but will yield thicker bars // adjust size of pan if altering batch size).
6. Press down firmly until uniformly flattened - I use something flat, like a drinking glass, to press down and really pack the bars, which helps them hold together better.
7. Cover with parchment or plastic wrap, and let firm up in fridge or freezer for 15-20 minutes.
8. Remove bars from pan and chop into 10 even bars (or 9 squares // as original recipe is written). Store in an airtight container for up to a few days. I kept mine in the freezer to keep them extra fresh, but it isn't necessary.

Nutrition:

Serving Size: 1/10th of pan; Calories: 231; Total Fat: 9.7g; Sat Fat: 1.2g; Total Carbohydrates: 34g; Protein: 6g

Peanut Butter and Banana Roll-up

Submitted by: Jaclyn Cooperrider
Source: Health Meets Food

Est. Prep and Cook Time: 5-10 min
Est. Cost Per Serving: \$2, makes 2 roll-ups

Ingredients:

¼ cup Peanut Butter, creamy
2 large tortillas, whole wheat preferably
(but can use any type)
2 Tbsp Honey
2 medium bananas

Instructions:

1. Spread the peanut butter evenly across the two tortillas
2. Drizzle honey over the peanut butter once it is layered evenly
3. Peel banana and place in the center of each tortilla. Fold the tortilla around the banana
4. Cut in half and serve!

Nutrition:

Serving Size: 1/2 Roll-up; Calories: 240; Total Fat: 9g; Sat Fat: 1.5g; Total Carbohydrates: 36g; Protein: 6g

Peanut Butter and Oats Protein Balls

Submitted by: Nikole Shepherdson
Source:

Est. Prep and Cook Time: 10 min
Est. Cost Per Serving: \$1-\$2, makes 25 balls

Ingredients:

2 1/2 cup rolled oats
1 cup Honey
1 cup raisins
1 cup peanut butter
1 cup instant dry milk

Instructions:

1. In a large bowl, combine oats, honey, raisins, peanut butter and dry milk. Shape and roll into 1 inch balls.

Special Notes:

- *You can roll the balls in a 1/2 cup of crushed Triscuit wafers for extra crunch*

Nutrition:

Serving Size: 1 ball; Calories: 177; Total Fat: 5.5g; Sat Fat: 1.1g; Total Carbohydrates: 28g; Protein: 5.5g

Pumpkin Dark Chocolate Chip Cookies

Submitted by: Faith Stirm
Source: Faith Stirm's Mother

Est. Prep and Cook Time: 40 min
Est. Cost Per Serving: \$2, makes 20-22

Ingredients:

1 cup pumpkin puree (not pumpkin pie filling)
1 egg
2 tsp cinnamon
1 Tbsp vanilla extract
1 cup brown sugar

2 cups flour (1 cup wheat, 1 cup all purpose)
1 tsp baking soda
2 tsp baking powder
½ cup vegetable oil
1 tsp milk
1.5 cups dark chocolate chips (or semisweet)

Instructions:

1. Mix pumpkin, sugar, oil, and eggs. Then add baking soda, baking powder, cinnamon, vanilla, and milk.
2. Add flour then mix. Stir in chocolate chips
3. Drop on the greased cookie sheet (use 2 spoons). Bake at 375 F for 8-10 minutes.

Nutrition:

Serving Size: 1 cookie; Calories: 135; Total Fat: 7.1g; Sat Fat: 1.9g; Total Carbohydrates: 18g; Protein: 1.7g

Tropical Green Smoothie

Submitted by: Jaclyn Cooperrider
Source: Health Meets Food

Est. Prep and Cook Time: 5-10 min
Est. Cost Per Serving: \$3-\$4, serves 1-2

Ingredients:

2 cups Spinach, fresh or frozen
½ cup Coconut Milk, canned, light
1 cup Ice
1 each Banana, frozen
1 cup Pineapple, Chunks, frozen
3 Kiwi, peeled, diced

Instructions:

1. Blend all ingredients in a blender or food processor until smooth. Serve cold.

Nutrition:

Serving Size: 8 oz; Calories: 120; Total Fat: 2.5g; Sat Fat: 2g; Total Carbohydrates: 25g;
Protein: 2g

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