



Limited Resources  
Healthy Family Friendly  
Recipes

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# Main Dishes:

## Chicken:

### Chicken Caesar Salad Wrap:

#### Ingredients:

- 2 cooked chicken breasts, shredded or sliced
- 4 large romaine lettuce leaves
- 1/2 cup Caesar salad dressing (store-bought or homemade)
- 1/4 cup grated Parmesan cheese
- 4 large flour tortillas

#### Instructions:

1. Lay out the tortillas on a clean surface.
2. Spread Caesar salad dressing evenly over each tortilla.
3. Place a romaine lettuce leaf on each tortilla.
4. Divide the shredded or sliced chicken evenly among the tortillas, placing it on top of the lettuce.
5. Sprinkle grated Parmesan cheese over the chicken.
6. Roll up the tortillas tightly, tucking in the ends to secure the filling.
7. Slice the wraps in half diagonally.
8. Serve immediately or wrap tightly in foil or plastic wrap for later.

### Chicken and Cheese Lettuce Wraps:

#### Ingredients:

- 1 cooked chicken breast, shredded or diced
- Lettuce leaves (such as romaine)
- 1/2 cup diced tomatoes
- 1/4 cup diced onions
- 1/4 cup shredded cheese
- Optional toppings: salsa, guacamole, sour cream

#### Instructions:

1. Lay out the lettuce leaves on a clean surface.
2. Divide the shredded or diced chicken evenly among the lettuce leaves.
3. Top each lettuce leaf with diced tomatoes, onions, and shredded cheese.
4. Add any optional toppings you like, such as salsa, guacamole, or sour cream.
5. Roll up the lettuce leaves to form wraps.
6. Serve immediately and enjoy these fresh and flavorful chicken and cheese lettuce wraps!

### Baked Chicken Parmesan: (link to video: <https://youtu.be/tD6k5cUUxQc> )

#### Ingredients:

- 4 boneless, skinless chicken breasts
- Salt and pepper to taste
- 1 cup all-purpose flour
- 2 large eggs, beaten
- 1 cup breadcrumbs
- 1 cup marinara sauce
- 1 cup shredded mozzarella cheese
- 1/4 cup grated Parmesan cheese
- Fresh basil leaves for garnish (optional)

#### Instructions:

1. Preheat your oven to 400°F (200°C).
2. Season the chicken breasts with salt and pepper.
3. Set up three shallow bowls: one with flour, one with beaten eggs, and one with breadcrumbs.
4. Dredge each chicken breast in flour, then dip it in the beaten eggs, and finally coat it with breadcrumbs, pressing gently to adhere.
5. Place the breaded chicken breasts on a baking sheet lined with parchment paper or aluminum foil.
6. Bake in the preheated oven for 20-25 minutes, or until the chicken is cooked through and the breadcrumbs are golden brown.
7. Remove the baking sheet from the oven and spoon marinara sauce over each chicken breast.
8. Sprinkle shredded mozzarella cheese and grated Parmesan cheese over the sauce.
9. Return the baking sheet to the oven and bake for an additional 5-10 minutes, or until the cheese is melted and bubbly.
10. Serve hot and enjoy!

### **Baked Chicken and Brown Rice:**

#### Ingredients:

- 1 ½ cups brown rice
- 6 boneless skinless chicken thighs
- 3 cups chicken stock, low sodium, boiling
- ½ teaspoon salt
- ½ teaspoon pepper
- 12 ounce bag frozen mixed peas and carrots

#### Instructions:

1. Preheat the oven to 375 degrees.
2. Evenly spread cooked brown rice on the bottom of a 9×13 baking dish. Place chicken on top.
3. Pour in the hot chicken stock and season with salt and pepper.
4. Bake for 45 minutes.
5. At the end of cooking, add mixed vegetables and bake 5 more minutes until warmed through.

### **Chicken and Apple Sandwich:**

#### Ingredients:

- 1 boneless, skinless chicken breast
- 1 medium apple
- 2 slices of bread (whole grain, sourdough, or your choice)
- Lettuce (e.g., romaine, arugula, or spinach, as desired)
- 1 tablespoon mayonnaise or mustard (optional)
- Salt and pepper to taste
- Olive oil or butter (for cooking the chicken)
- Optional add-ins: sliced cheese (cheddar or gouda), walnuts or pecans for crunch, or honey for sweetness

#### Instructions:

1. Season the chicken breast with salt and pepper on both sides. If you like, add a pinch of garlic powder or paprika for extra flavor.
2. In a skillet, heat 1-2 tablespoons of olive oil or butter over medium heat. Once hot, add the chicken breast.
3. Cook the chicken for about 6-7 minutes on each side, or until the internal temperature reaches 165°F (75°C). The chicken should be golden brown on the outside.
4. Remove from heat and let it rest for 5 minutes before slicing. This helps keep the juices in.
5. While the chicken is cooking, wash the apple thoroughly. Core and slice it into thin wedges or rounds, depending on your preference.
6. Rinse the lettuce leaves under cold water, then pat them dry with a paper towel or use a salad spinner.
7. If you're using mayonnaise or mustard, spread it evenly on one or both slices of bread for added flavor and moisture.
8. Layer the sandwich starting with the sliced chicken on the bottom slice of bread. Add the apple slices next, arranging them evenly for a nice crunch and flavor contrast.
9. Top with your choice of lettuce. If you're using any optional ingredients (like cheese or nuts), add them at this stage.

### **Chicken and Veggie Stir-Fry:**

#### Ingredients:

- 3 boneless, skinless chicken breasts
- 1 medium onion (yellow or white)
- ½ head of green cabbage (about 2-3 cups when chopped)
- 2 medium carrots (preferably thinly sliced or julienned)
- ½ cup celery (about 2-3 stalks, chopped)
- ½ cup cauliflower florets (fresh or frozen)
- ½ cup white rice (jasmine or basmati recommended)
- 2 tablespoons vegetable oil (or any cooking oil of your choice)
- Soy sauce (to taste, optional)
- Salt and pepper (to taste)
- Optional add-ins: garlic (2 cloves, minced), ginger (1 teaspoon, minced), green onions (for garnish), sesame seeds (for garnish)

#### Instructions:

1. Cook the white rice according to the package instructions.
2. While the rice is cooking, cut the chicken breasts into bite-sized pieces (about 1-inch cubes) and season with a pinch of salt and pepper.
3. Dice the onion and set aside and chop the celery into small pieces.
4. Peel the carrots and slice them thinly, either into rounds or julienne strips for a more delicate texture.
5. If using fresh cauliflower, break it into small florets; if using frozen, ensure they are thawed.
6. In a large skillet or wok, heat the vegetable oil over medium-high heat.
7. Add the diced onion and sauté for about 2-3 minutes, or until it starts to become translucent.
8. Add the sliced carrots, chopped celery, and cauliflower. Stir-fry for about 5 minutes, or until the vegetables are slightly tender but still crisp.
9. Push the vegetables to the side of the pan and add the seasoned chicken pieces. Cook for about 5-7 minutes, stirring occasionally, until the chicken is no longer pink and fully cooked.
10. If you're using garlic and ginger, add them now and stir-fry for an additional minute until fragrant.
11. Add the thinly sliced cabbage to the pan, mixing it in with the chicken and vegetables. Cook for another 3-4 minutes, or until the cabbage has wilted down.
12. If you like, drizzle soy sauce over the stir-fry, adjusting to your taste. Stir to combine everything well. Season with additional salt and pepper if necessary.
13. Serve the chicken and veggie stir-fry hot over a bed of cooked white rice.



### Chicken and Cabbage Tacos:

#### Ingredients:

- 3 boneless, skinless chicken breasts
- ½ head of green cabbage (about 2-3 cups when sliced)
- ½ medium onion (yellow or white)
- Tortillas (corn or flour, your choice)
- Cheese (optional; options include shredded cheddar, cotija, or Monterey Jack)
- 2 tablespoons olive oil (or any cooking oil)
- Salt and pepper (to taste)
- Optional spices: garlic powder, cumin, chili powder, paprika
- Optional toppings: lime wedges, fresh cilantro, avocado, sour cream, salsa

#### Instructions:

1. Place the chicken breasts in a pot and cover with water or chicken broth. Bring to a boil, then reduce the heat and let it simmer for about 15-20 minutes, or until cooked through.
2. Once cooked, remove the chicken from the pot and let it cool slightly. Use two forks to shred the chicken into bite-sized pieces or chunks. Set aside.
3. Thinly slice the onion and set it aside.
4. Cut the cabbage into quarters, remove the core, and then slice it thinly.
5. In a large skillet, heat 2 tablespoons of olive oil over medium heat.
6. Add the sliced onion to the skillet and sauté for about 3-4 minutes, or until the onion becomes translucent and fragrant.
7. Add the shredded chicken to the skillet and stir to combine with the onions. Cook for an additional 2-3 minutes to warm the chicken through.
8. Toss in the sliced cabbage and cook for about 5-7 minutes, stirring occasionally, until the cabbage is tender but still has some crunch.
9. Season the chicken and cabbage mixture with salt, pepper, and any preferred spices (like garlic powder, cumin, or chili powder) to taste.
10. Take a warm tortilla and fill it generously with the chicken and cabbage mixture. If desired, sprinkle cheese on top while the filling is still warm, allowing it to melt slightly.

### Chicken and Carrot Lettuce Wraps:

#### Ingredients:

- 3 boneless, skinless chicken breasts
- 2 medium carrots (about 1 cup when grated)
- ½ medium onion (yellow or white)
- 1 head of romaine lettuce (or butter lettuce for a sweeter flavor)
- 2 tablespoons peanut butter (smooth or crunchy, as preferred)
- Optional: splash of soy sauce (for extra flavor)
- Optional: a bit of water (to thin the sauce)
- Salt and pepper (to taste)
- Optional toppings: chopped green onions, cilantro, crushed peanuts, or lime wedges

#### Instructions:

1. Bake the chicken at 375°F for about 25-30 minutes.
2. Shred the Chicken: Once cooked, use two forks to shred the chicken into bite-sized pieces. Set aside.
3. Grate the Carrots: Peel and grate the carrots using a box grater or a food processor.
4. Dice the Onion: Thinly slice the onion and then chop it into small pieces.
5. In a large skillet, heat 1-2 tablespoons of oil over medium heat.
6. Add the diced onion and sauté for about 3-4 minutes until translucent.
7. Stir in the shredded chicken and grated carrots. Cook for another 5-7 minutes, stirring occasionally, until the carrots are tender. Season with salt and pepper to taste.
8. In a small bowl, combine the peanut butter with a splash of soy sauce and a little water. Mix well until smooth. Adjust the consistency by adding more water if needed. You want it to be pourable but not too thin.
9. Pour the peanut sauce over the chicken and carrot mixture in the skillet. Stir to combine and heat for an additional 1-2 minutes until everything is warmed through.
10. Carefully separate the romaine leaves, wash them under cold water, and pat them dry with a paper towel.
11. Spoon a generous amount of the chicken and carrot mixture onto the center of each lettuce leaf.
12. Fold the sides of the lettuce over the filling and enjoy as a wrap.

### Cauliflower and Chicken Rice Bowl:

#### Ingredients:

- 1 head cauliflower
- 3 breasts chicken
- ½ cup White rice
- 1 Carrot
- Soy sauce or teriyaki sauce

#### Instructions:

1. Cook white rice according to package instructions.
2. Grate or finely chop cauliflower.
3. In a pan, cook diced chicken until fully cooked.
4. Add grated cauliflower and grated carrot to the pan, and cook until tender.
5. Mix in cooked rice and drizzle with soy sauce or teriyaki sauce. Toss to combine and serve.

### Chicken and Cheese Quesadillas:

#### Ingredients:

- 3 breasts chicken
- 1-2 cups Cheese
- 4-6 Tortillas
- Oil or butter
- Sour cream or salsa (for serving, optional)

#### Instructions:

1. Bake the chicken at 375°F for about 25-30 minutes.
2. Shred the Chicken: Once cooked, use two forks to shred the chicken into bite-sized pieces. Set aside.
3. Place a tortilla in a hot pan, sprinkle half with shredded cheese and chicken.
4. Fold the tortilla in half and cook until the cheese is melted and the tortilla is golden brown.
5. Repeat with remaining tortillas, chicken, and cheese.
6. Cut into wedges and serve with salsa or sour cream if desired.

### Chicken and Rice Casserole:

#### Ingredients:

- 3 breasts Chicken
- ½ cup White rice
- ½ Onion
- 1 Carrot
- ½ Celery
- Cheese (optional)

#### Instructions:

1. Preheat your oven to 375°F (190°C).
2. In a medium saucepan, combine ½ cup white rice and 1 cup of chicken broth (or water). Bring to a boil, then reduce the heat to low, cover, and let it simmer for about 15-20 minutes or until the rice is tender and the liquid is absorbed. Remove from heat and fluff with a fork.
3. While the rice is cooking, dice the onion, carrot, and celery into small, even pieces to ensure even cooking.
4. In a large skillet, heat 1 tablespoon of olive oil over medium heat.
5. Add the diced onion, carrot, and celery. Sauté for about 5-7 minutes until the vegetables are tender and the onion is translucent.
6. Cut the chicken breasts into bite-sized pieces and season with salt, pepper, and any optional seasonings (like garlic powder or thyme).
7. Add the diced chicken to the pan with the vegetables. Cook for about 5-7 minutes, stirring occasionally, until the chicken is cooked through and no longer pink.
8. In a large mixing bowl, combine the cooked rice, sautéed chicken, and vegetables. Mix well to combine. Taste and adjust seasoning if needed.
9. Pour the chicken and rice mixture into a greased baking dish (around 9x13 inches is ideal). Spread it evenly.
10. If desired, sprinkle 1 cup of shredded cheese evenly over the top of the casserole.
11. Place the baking dish in the preheated oven and bake for 20-25 minutes, or until the casserole is heated through and the cheese is melted and bubbly.
12. Remove from the oven and let it cool for a few minutes before serving.

### Chicken and Peach Skewers:

#### Ingredients:

- 3 breasts Chicken
- 3 Peaches
- 1 Onion
- 2 Bell peppers (if available)

#### Instructions:

1. Preheat the grill or oven to 400°F (200°C).
2. Cut chicken, peaches, and onion into bite-sized pieces.
3. If available, cut bell peppers into similar-sized pieces.
4. Thread chicken, peaches, onion, and peppers onto skewers.
5. Grill or bake for 15-20 minutes, turning occasionally, until chicken is cooked through.

### Chicken and Lettuce Wraps:

#### Ingredients:

- 3 breasts Chicken
- Lettuce (romaine)
- 1 Carrot
- ½ Onion
- Soy sauce or teriyaki sauce

#### Instructions:

1. Bake the chicken at 375°F for about 25-30 minutes.
2. Shred the Chicken: Once cooked, use two forks to shred the chicken into bite-sized pieces.
3. Grate carrot and dice onion.
4. In a pan, sauté onion until translucent, then add shredded chicken and grated carrot.
5. Drizzle with soy sauce or teriyaki sauce and stir to combine.
6. Spoon the mixture onto large lettuce leaves and wrap them up.

### Chicken and Rice Stuffed Peppers:

#### Ingredients:

- 3 breasts Chicken
- ½ cup White rice
- 2 Bell peppers (if available)
- ½ Onion
- 1 Carrot
- Cheese (optional)

#### Instructions:

1. Cook white rice and set aside.
2. Bake the chicken at 375°F for about 25-30 minutes.
3. Shred the Chicken: Once cooked, use two forks to shred the chicken into bite-sized pieces.
4. Dice onion and carrot, and sauté until tender.
5. Mix cooked rice, chicken, and sautéed vegetables.
6. Cut the tops off bell peppers and remove seeds.
7. Stuff bell peppers with the rice and chicken mixture.
8. Place in a baking dish, top with cheese if desired, and bake at 375°F (190°C) for 20-25 minutes.

### Chicken and Cauliflower Rice:

#### Ingredients:

- 3 boneless, skinless chicken breasts
- 1 head of cauliflower
- 1 medium carrot (diced)
- ½ medium onion (diced)
- 2 tablespoons olive oil (or any cooking oil)
- Salt and pepper (to taste)
- Optional: soy sauce, garlic (minced), ginger (grated), or sesame oil for added flavor
- Optional garnish: green onions or sesame seeds

#### Instructions:

1. Remove the leaves and stem from the cauliflower. Cut it into florets. Using a box grater or food processor, grate the florets until they resemble rice grains. Set aside.
2. Dice the Onion and Carrot: Peel and dice the onion and carrot into small, even pieces to ensure they cook quickly and evenly.
3. In a large skillet or pan, heat 2 tablespoons of olive oil over medium heat.
4. Season the chicken breasts with salt and pepper. Add them to the pan and cook for about 6-7 minutes on each side, or until the chicken is cooked through and no longer pink in the center (internal temperature should reach 165°F/75°C).
5. Once cooked, remove the chicken from the pan and let it rest for a few minutes. Then, shred or dice the chicken into bite-sized pieces.
6. In the same skillet (you may add a little more oil if needed), add the diced onion and carrot. Sauté for about 4-5 minutes, stirring occasionally, until the onion is translucent and the carrot is tender.
7. Stir in Cauliflower: Add the grated cauliflower to the skillet. Cook for an additional 3-4 minutes, stirring frequently, until the cauliflower is slightly tender but still has a bit of crunch.
8. Stir the shredded or diced chicken back into the pan with the vegetables.
9. Season: Add soy sauce (if using) and adjust seasoning with salt and pepper to taste. If you'd like, you can also add minced garlic and grated ginger for extra flavor. Cook for another minute to heat through.

## Microwavable:

### Microwave Chicken and Vegetable Stir-Fry:

#### Ingredients:

- 1 boneless, skinless chicken breast, cut into bite-sized pieces
- 1 cup mixed vegetables (such as sliced bell peppers, broccoli florets, and snap peas)
- 2 tablespoons soy sauce
- 1 tablespoon honey or brown sugar
- 1 teaspoon minced garlic
- 1 teaspoon grated ginger
- 1 tablespoon olive oil or sesame oil
- Cooked rice or noodles for serving

#### Instructions:

1. In a microwave-safe bowl, combine the chicken pieces, mixed vegetables, soy sauce, honey or brown sugar, minced garlic, and grated ginger. Toss to coat the chicken and vegetables evenly.
2. Drizzle olive oil or sesame oil over the mixture.
3. Cover the bowl with a microwave-safe lid or microwave-safe plastic wrap, leaving a small vent for steam to escape.
4. Microwave on high for 5-7 minutes, or until the chicken is cooked through and the vegetables are tender, stirring halfway through cooking.
5. Carefully remove the bowl from the microwave (it will be hot!) and stir the chicken and vegetables again.
6. Serve the chicken and vegetable stir-fry hot over cooked rice or noodles.

### **Microwave Chicken and Vegetable Rice Bowl:**

#### Ingredients:

- 1 boneless, skinless chicken breast, diced
- 1 cup mixed vegetables (such as diced carrots, peas, and corn)
- 1 cup cooked white rice
- 2 tablespoons soy sauce
- 1 teaspoon minced garlic
- 1 teaspoon grated ginger
- Salt and pepper to taste
- Optional: sliced green onions for garnish

#### Instructions:

1. In a microwave-safe bowl, combine the diced chicken breast, mixed vegetables, soy sauce, minced garlic, and grated ginger.
2. Microwave on high for 4-5 minutes, or until the chicken is cooked through and the vegetables are tender, stirring halfway through cooking.
3. Remove the bowl from the microwave and stir in the cooked white rice.
4. Season with salt and pepper to taste.
5. If desired, garnish with sliced green onions for added flavor.
6. Serve the chicken and vegetable rice bowl hot and enjoy!

## **Beef:**

### **Stuffed Bell Peppers with Beef and Rice:**

#### Ingredients:

- 4 large bell peppers (you can use any color you prefer)
- 1/2 pound ground beef
- 1 cup cooked rice
- 1 onion, diced
- 1 clove garlic, minced
- 1/2 cup diced tomatoes (you can use fresh or canned)
- 1/4 cup shredded cheese (cheddar or mozzarella works well)
- Salt and pepper to taste
- Optional: any preferred herbs or spices (such as paprika, oregano, or basil)

#### Instructions:

1. Preheat your oven to 375°F (190°C).
2. Cut the tops off the bell peppers and remove the seeds and membranes from the inside.
3. In a skillet, cook the ground beef over medium heat until it's no longer pink. Drain any excess fat.
4. Add diced onion and minced garlic to the skillet with the ground beef. Cook until the onion is translucent and fragrant.
5. Stir in the cooked rice and diced tomatoes. Season with salt, pepper, and any additional herbs or spices you like.
6. Spoon the beef and rice mixture into the hollowed-out bell peppers, pressing down gently to pack them.
7. Place the stuffed peppers in a baking dish. Cover with aluminum foil and bake in the preheated oven for about 25-30 minutes, or until the peppers are tender.
8. Remove the foil and sprinkle shredded cheese over the tops of the stuffed peppers. Return them to the oven and bake for an additional 5 minutes, or until the cheese is melted and bubbly.
9. Serve hot and enjoy!

### **Beef and Veggie Stir-Fry:**

#### Ingredients:

- 1 pound Beef (ground beef or hamburger patties)
- ½ Onion
- 1 Carrot
- 1 head Cabbage (green)
- ½ cup Rice (white or brown)
- Soy sauce (optional, from your pantry)
- Oil (from your pantry)

#### Instructions:

1. Cook the rice according to package instructions.
2. Chop the onion, carrot, and cabbage.
3. In a skillet, heat some oil over medium heat. Cook the beef until browned.
4. Add the chopped onion, carrot, and cabbage to the skillet with the beef. Cook until the vegetables are tender.
5. Pour in some soy sauce (optional) and stir well to combine.
6. Serve the beef and veggie stir-fry over cooked rice.

### **Beef and Sweet Potato Hash:**

#### Ingredients:

- 1 pound Ground beef
- ½ Onion
- 2 Sweet potatoes/yams
- 2 Carrots
- Cheese (optional)

#### Instructions:

1. Peel and dice sweet potatoes and carrots.
2. In a large pan, sauté diced onion until translucent.
3. Add ground beef and cook until browned.
4. Add diced sweet potatoes and carrots, cook until tender.
5. Season with salt, pepper, and your favorite herbs.
6. Sprinkle cheese on top if desired, and let it melt before serving.

### **Beef and Cauliflower Fried Rice:**

#### Ingredients:

- 1 pound Ground beef
- 1 head Cauliflower
- ½ Onion
- 1 Carrot
- 2 eggs
- ½ cup White rice

#### Instructions:

1. Cook white rice and set aside.
2. In a large pan, brown ground beef and set aside.
3. In the same pan, sauté diced onion and carrot until tender.
4. Add finely chopped cauliflower and cook until slightly tender.
5. Push veggies to one side of the pan, crack eggs into the empty side, and scramble them.
6. Combine everything in the pan, add cooked rice and ground beef, and mix well.
7. Season with soy sauce, salt, and pepper to taste.

### **Beef and Veggie Stuffed Peppers:**

#### Ingredients:

- 1 pound Ground beef
- ½ Onion
- 1 Carrot
- 1 head Green cabbage
- Cheese (optional)
- 4 Bell peppers (if available)

#### Instructions:

1. Preheat the oven to 375°F (190°C).
2. In a pan, sauté diced onion and grated carrot until tender.
3. Add ground beef and cook until browned.
4. Stir in finely chopped cabbage and cook until wilted. Season with salt and pepper.
5. Cut the tops off bell peppers and remove seeds. Stuff with the beef and veggie mixture.
6. Place stuffed peppers in a baking dish and bake for 25-30 minutes.
7. Sprinkle with cheese and bake for an additional 5 minutes if desired.

### **Beef and Sweet Potato Shepherd's Pie:** (link to video: <https://youtu.be/TfEgPYkItSE> )

#### Ingredients:

- 1 pound Ground beef
- ½ Onion
- 2 Carrot
- 2 Sweet potatoes/yams
- Salt and pepper (to taste)
- Cheese (optional)

#### Instructions:

1. Preheat the oven to 375°F (190°C).
2. Peel and cut sweet potatoes into small chunks.
3. Boil sweet potatoes until tender, about 12 minutes on high, then mash them.
4. In a pan, sauté diced onion and carrot until tender, about 7 minutes on medium.
5. Add ground beef and cook until browned. Salt and pepper it to taste. Drain any liquid.
6. In a baking dish, spread all beef mixture and top with mashed sweet potatoes.
7. Sprinkle cheese on top if desired.
8. Bake for 20-25 minutes, until heated through and the cheese is melted.

**Beef and Potato Skillet:**

## Ingredients:

- 1 pound Ground beef
- ½ Onion
- 1 Potato
- 1 Carrot
- Cheese (optional)

## Instructions:

1. Dice onion, potato, and carrot.
2. In a large skillet, brown ground beef and set aside.
3. In the same skillet, sauté the vegetables until tender.
4. Return the beef to the skillet and mix with the vegetables.
5. Season with salt, pepper, and your favorite spices.
6. Sprinkle cheese on top if desired, and let it melt before serving.

**Beef and Sweet Potato Chili:**

## Ingredients:

- 1 pound Ground beef
- 3 Sweet potatoes/yams
- ½ Onion
- 1 Carrot
- ¼ cup Tomato sauce or canned tomatoes (if available)

## Instructions:

1. Dice onion, sweet potato, and carrot.
2. In a large pot, brown ground beef and set aside.
3. In the same pot, sauté onion, sweet potatoes, and carrot until tender.
4. Return beef to the pot and add tomato sauce or canned tomatoes.
5. Bring to a boil, then reduce heat and simmer until sweet potatoes are tender.
6. Season with chili powder, salt, and pepper.

**Cabbage Lasagna:**

## Ingredients:

- 1 large head cabbage, leaves separated
- 2 tbsp. extra-virgin olive oil, plus more for baking dish
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 1/2 lb. ground beef
- 1 (28-oz.) can crushed tomatoes
- 1 tbsp. balsamic vinegar
- 1/4 c. torn basil leaves (optional)
- Kosher salt
- Freshly ground black pepper
- 3 c. ricotta
- 2 eggs, beaten
- 1/4 c. grated Parmesan, plus more for serving
- 3 c. shredded mozzarella

## Instructions:

1. Preheat the oven to 350°. In a large pot, boil 4 cups of water. Using tongs, dip each cabbage leaf in water for 30 seconds and place on a paper towel-lined plate to dry.
2. In a large skillet over medium heat, heat oil. Add onion and cook until onion is soft, about 5 minutes. Stir in garlic and ground beef, breaking up meat with a wooden spoon. Cook until beef is no longer pink, about 6 minutes; drain excess fat. Add crushed tomatoes and balsamic vinegar. Bring mixture to boil then reduce heat and simmer for 20 minutes. Season with salt and pepper then stir in basil.
3. In a medium bowl, combine ricotta, eggs, and Parmesan.
4. Grease a large baking dish with olive oil. Spoon a thin layer of sauce into the bottom of the baking dish. Add a layer of cabbage leaves, then top with more sauce, ricotta mixture, and mozzarella. Repeat layering twice more.
5. Bake until cabbage is tender and mozzarella is bubbly, about 25 minutes. Garnish with more basil.

**Taco Salad:** (link to video: <https://youtu.be/2DAbH21oO-4> )

Ingredients:

- 1 package of ground beef (1 to 1.5 pounds)
- 1 packet taco seasoning (about 1 ounce)
- 1 cup rice (long-grain white or brown rice)
- 1 can black beans or refried beans (15 ounces)
- 1 can corn (15 ounces)
- 1 tablespoon olive oil (or any cooking oil)
- Salt and butter (to taste)
- Lettuce (romaine, iceberg, or mixed greens)
- Tomatoes (optional)
- Cheese (shredded cheddar or Mexican blend) (optional)
- Avocado (optional)
- Sour cream (optional)
- Salsa (optional)
- Tortilla chips (optional)
- Jalapeños (optional)

Instructions:

1. In a large skillet, heat 1 tablespoon of olive oil over medium heat.
2. Add the ground beef and cook for about 15 minutes, breaking it apart with a spatula until it's browned and fully cooked. Drain any excess fat.
3. Sprinkle the taco seasoning over the cooked beef.
4. Add  $\frac{3}{4}$  cup of water to the pan. Stir well to combine.
5. Bring the mixture to a boil, then reduce the heat to a simmer. Let it simmer for about 5 minutes, stirring occasionally, until the sauce thickens slightly.
6. In a separate saucepan, add 2 cups of water and bring to a boil.
7. Once boiling, add 1 cup of rice. Stir briefly, then reduce the heat to low, cover, and let it simmer for 45-50 minutes (or until the water is absorbed and the rice is tender).
8. Once done, fluff the rice with a fork and stir in butter and salt to taste.
9. While the beef and rice are cooking, drain and rinse the black beans and heat them in a small pot or microwave until warmed through.
10. Drain the corn and heat it in a pot or microwave as well.
11. In a large bowl or serving platter, create a base with lettuce.
12. Layer on the cooked rice, seasoned ground beef, black beans, and corn.
13. Top with diced tomatoes, shredded cheese, avocado, and any other desired toppings (like sour cream or salsa)

## Fish:

**Baked Fish:**

Ingredients:

- 4 fish filets (such as tilapia, cod, or salmon)
- Salt and pepper to taste
- Olive oil
- Lemon wedges for serving
- Optional: herbs or spices of your choice (such as paprika, garlic powder, or dill)

Instructions:

1. Preheat your oven to 400°F (200°C).
2. Place the fish filets on a baking sheet lined with parchment paper or aluminum foil.
3. Drizzle olive oil over the fish filets and season with salt, pepper, and any optional herbs or spices.
4. Bake in the preheated oven for 12-15 minutes, or until the fish is cooked through and flakes easily with a fork.
5. Remove from the oven and squeeze fresh lemon juice over the fish filets before serving.
6. Serve the baked fish alongside the cheesy cauliflower casserole for a satisfying and wholesome dinner.

**Tuna Salad Lettuce Wraps:**

Ingredients:

- 1 can (5 ounces) tuna, drained
- 2 tablespoons mayonnaise
- 1 tablespoon diced celery
- 1 tablespoon diced red onion
- Salt and pepper to taste
- Lettuce leaves (such as romaine or butter lettuce)

Instructions:

1. In a mixing bowl, combine the drained tuna, mayonnaise, diced celery, and diced red onion. Mix well.
2. Season the tuna salad with salt and pepper to taste.
3. Lay out the lettuce leaves on a clean surface.
4. Spoon the tuna salad onto each lettuce leaf.
5. Roll up the lettuce leaves to form wraps.
6. Serve immediately for a light and refreshing no-cook dinner option.

### **Tuna and Apple Wrap:**

#### Ingredients:

- 5 oz Canned tuna
- 1 Apple
- Lettuce (romaine)
- Tortillas
- Cheese (optional)
- Mayo or mustard (optional)

#### Instructions:

1. Drain the canned tuna. Wash and chop the apple. Wash the lettuce leaves.
2. Lay a tortilla flat. Place a lettuce leaf in the center. Top with tuna, chopped apple, and cheese if using. Add a dollop of mayo or mustard if desired.
3. Roll up the tortilla tightly, enclosing the filling.
4. Serve the tuna and apple wrap whole or sliced in half.

### **Tuna and Cucumber Salad Wraps:**

#### Ingredients:

- 5 oz Canned tuna
- 1 Cucumber
- Lettuce (romaine)
- ½ cup Celery
- Tortillas

#### Instructions:

1. Drain and flake canned tuna.
2. Dice cucumber and celery, mix with tuna.
3. 1 tablespoon of mayonnaise or yogurt if desired, and mix well.
4. Lay lettuce leaves on tortillas.
5. Spoon tuna mixture onto lettuce, roll up tortillas, and serve.

### **Fish and Sweet Potato Bake:**

#### Ingredients:

- 2 pounds Fish filets
- 2 Sweet potatoes/yams
- ½ Onion
- 2 Carrot
- Cheese (optional)

#### Instructions:

1. Preheat the oven to 375°F (190°C).
2. Peel and thinly slice sweet potatoes and carrots.
3. Layer sweet potatoes, carrots, and sliced onion in a baking dish.
4. Place fish filets on top and season with salt, pepper, and your favorite herbs.
5. Cover with foil and bake for 25-30 minutes, until fish is cooked through and vegetables are tender.
6. Sprinkle with cheese and bake uncovered for an additional 5 minutes if desired.

### **Fish Tacos with Cabbage Slaw:**

#### Ingredients:

- 2 pounds Fish filets
- 1 head Green cabbage
- Tortillas
- ½ Onion
- Lime or lemon juice

#### Instructions:

1. Cook fish filets until done and flake into pieces.
2. Thinly slice green cabbage and onion.
3. In a bowl, mix cabbage and onion with lime or lemon juice, salt, and pepper to taste.
4. Warm tortillas, fill them with fish, and top with cabbage slaw.



### **Tuna and Cucumber Sushi Rolls:**

#### Ingredients:

- 5 oz Canned tuna
- 1 Cucumber
- ½ cup White rice
- Nori (seaweed) sheets (if available)

#### Instructions:

1. Cook white rice and let cool.
2. Drain and flake canned tuna.
3. Cut cucumber into thin strips.
4. On a bamboo sushi mat, place a sheet of nori (if available), spread a thin layer of rice on top.
5. Add a line of tuna and cucumber strips along one edge.
6. Roll tightly and slice into pieces.

### **Tuna and Veggie Patties:**

#### Ingredients:

- 5 oz Canned tuna
- 1 Carrot
- ½ cup Celery
- 1 egg
- 1 cup Oats

#### Instructions:

1. Drain and flake canned tuna.
2. Grate carrot and finely dice celery.
3. In a bowl, combine tuna, grated carrot, diced celery, an egg, and oats to bind.
4. Form into patties.
5. In a pan, cook the patties until golden brown on both sides.

### **Tuna and Cheese Melt:**

#### Ingredients:

- 5 oz Canned tuna
- Cheese
- Tortillas
- ½ Onion

#### Instructions:

1. Drain and flake canned tuna.
2. Dice onion.
3. Mix tuna with diced onion and grated cheese.
4. Spread the mixture onto tortillas.
5. Fold tortillas in half and cook in a hot pan until golden brown and cheese is melted.

## **Vegotarian:**

### **Cauliflower ceviche:**

#### Ingredients:

- 1 head cauliflower
- 3 tomatoes
- 1 small onion
- 1 bunch of cilantro
- Salt
- Pepper
- 3-4 lemons/limes
- Toasted tortillas (corn or flour)
- Salsa (optional)

#### Directions:

1. Toast tortillas
2. While tortillas toast, finely chop cauliflower, dice tomatoes, dice onion, chop cilantro, and juice Lemons/limes
3. Mix everything together
4. Sprinkle salt and pepper to taste
5. Put onto toasted tortillas

**Calabacitas:**

## Ingredients:

- 2-4 tomatoes
- 1 onion
- 1 garlic
- 2 tablespoons oil
- 2 -3 zucchini
- 1/2 cup water
- Salt

## Directions:

1. Dice tomatoes, onion, and garlic
2. Fry in 2 tablespoons of oil until soft
3. Add zucchini and water
4. Cover and cook until the zucchini is cooked
5. Salt to taste

**Cheesy Cauliflower Casserole:**

## Ingredients:

- 1 large cauliflower head, cut into florets
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 cup shredded cheese (cheddar or your favorite melting cheese)
- 1/2 cup milk
- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- Salt and pepper to taste
- Optional: breadcrumbs for topping

## Instructions:

1. Preheat your oven to 375°F (190°C).
2. Steam or boil the cauliflower florets until they are just tender. Drain and set aside.
3. In a saucepan, melt the butter over medium heat. Add the chopped onion and minced garlic, and sauté until softened and fragrant.
4. Stir in the flour to create a roux. Cook for 1-2 minutes, stirring constantly.
5. Slowly pour in the milk while stirring continuously to prevent lumps from forming.
6. Cook the sauce until it thickens and coats the back of a spoon.
7. Remove the saucepan from heat and stir in half of the shredded cheese until melted. Season with salt and pepper to taste.
8. Place the cooked cauliflower florets in a greased baking dish.
9. Pour the cheese sauce over the cauliflower, ensuring it's evenly coated.
10. Sprinkle the remaining shredded cheese over the top of the casserole. If desired, sprinkle breadcrumbs on top for added texture.
11. Bake in the preheated oven for 20-25 minutes, or until the casserole is bubbly and the cheese is golden brown on top.
12. Serve hot and enjoy this cheesy and delicious cauliflower casserole!

**Tuna Salad Stuffed Cucumbers:**

## Ingredients:

- 1 can (5 ounces) tuna, drained
- 2 tablespoons mayonnaise
- 1 tablespoon diced onions
- 1 tablespoon diced celery
- Salt and pepper to taste
- 2 large cucumbers

## Instructions:

1. In a mixing bowl, combine the drained tuna, mayonnaise, diced onions, and diced celery. Mix well.
2. Season the tuna salad with salt and pepper to taste.
3. Peel the cucumbers and cut them in half lengthwise.
4. Use a spoon to scoop out the seeds from the center of each cucumber half, creating a hollowed-out "boat."
5. Fill each cucumber boat with the tuna salad mixture, pressing it down gently to pack it in.
6. Repeat with the remaining cucumber halves and tuna salad.
7. Serve the tuna salad stuffed cucumbers immediately for a light and refreshing no-cook dinner option.

### **Stuffed Bell Peppers with Quinoa and Vegetables:**

#### Ingredients:

- 4 large bell peppers (any color)
- 1 cup cooked quinoa
- 1 cup diced tomatoes
- 1 cup diced zucchini
- 1 cup diced yellow squash
- 1/2 cup diced onion
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 1 teaspoon dried oregano
- Salt and pepper to taste
- Optional: shredded cheese for topping

#### Instructions:

1. Preheat your oven to 375°F (190°C).
2. Cut the tops off the bell peppers and remove the seeds and membranes.
3. Heat olive oil in a skillet over medium heat. Add the diced onion and minced garlic, and cook until softened and fragrant.
4. Add the diced tomatoes, zucchini, and yellow squash to the skillet. Cook for about 5 minutes, or until the vegetables are slightly softened.
5. Stir in the cooked quinoa, dried oregano, salt, and pepper. Cook for another 2-3 minutes to combine flavors.
6. Stuff the bell peppers with the quinoa and vegetable mixture, pressing down gently to pack it in.
7. Place the stuffed bell peppers in a baking dish. If desired, sprinkle shredded cheese on top of each stuffed pepper.
8. Bake in the preheated oven for 25-30 minutes, or until the peppers are tender.
9. Serve hot and enjoy your delicious stuffed bell peppers!

### **Rainbow Veggie Wraps with Avocado Dip:**

#### Ingredients:

##### For the wraps:

- Large lettuce leaves (such as romaine or butter lettuce)
- 1 large carrot, cut thinly
- 1 large cucumber, julienned
- 1 bell pepper (any color), julienned
- 1/2 cup shredded purple cabbage
- 1/2 cup alfalfa sprouts or microgreens

##### For the avocado dip:

- 1 ripe avocado
- Juice of 1 lime
- 1 clove garlic, minced
- Salt and pepper to taste

#### Instructions:

1. Prepare the avocado dip by mashing the ripe avocado in a bowl. Stir in the lime juice, minced garlic, salt, and pepper until well combined.
2. Lay out the large lettuce leaves on a clean surface.
3. Spread a spoonful of avocado dip onto each lettuce leaf.
4. Arrange the julienned carrot, cucumber, bell pepper, shredded cabbage, and sprouts or microgreens on top of the avocado dip.
5. Roll up the lettuce leaves to form wraps.
6. Serve immediately with any remaining avocado dip on the side for dipping.

### **Vegetable Stir-Fry:**

#### **Ingredients:**

- 1 onion, sliced
- 1 green apple, thinly sliced
- 1 cup shredded green cabbage
- 1 cup diced celery
- 1 cup cauliflower florets
- 1 carrot, sliced
- 1 cup diced sweet potato/yam
- 1 cup diced cantaloupe
- 1 cup diced cucumber
- 2 tablespoons oil for frying
- Salt and pepper to taste
- Optional: soy sauce or other seasoning of your choice

#### **Instructions:**

1. Heat oil in a large skillet or wok over medium-high heat.
2. Add sliced onion and stir-fry for 2-3 minutes until slightly softened.
3. Add diced sweet potato/yam, carrot, and cauliflower florets. Stir-fry for another 3-4 minutes until they begin to soften.
4. Add shredded cabbage, diced celery, diced cantaloupe, diced cucumber, and thinly sliced green apple to the skillet. Stir-fry for an additional 3-4 minutes until all the vegetables are tender but still crisp.
5. Season the stir-fry with salt, pepper, and any other seasoning you prefer, such as soy sauce.
6. Once the vegetables are cooked to your liking, remove the skillet from heat.

### **Egg Fried Rice:**

#### **Ingredients:**

- 2 cups cooked white rice (leftover rice works best)
- 2 eggs
- 2 tablespoons oil for frying
- Salt and pepper to taste
- Optional: soy sauce or other seasoning of your choice

#### **Instructions:**

1. Heat oil in a large skillet or wok over medium heat.
2. Crack the eggs into the skillet and scramble them until they are fully cooked.
3. Add the cooked rice to the skillet with the scrambled eggs. Stir-fry for 3-4 minutes, breaking up any clumps of rice with a spatula.
4. Season the fried rice with salt, pepper, and any other seasoning you prefer, such as soy sauce.
5. Continue to stir-fry the rice until it is heated through and slightly crispy.

#### **Serving:**

- Serve the vegetable stir-fry alongside the egg fried rice on individual plates or bowls.
- Garnish with slices of pear and lettuce leaves for extra freshness and crunch.

### **Stuffed Sweet Potato with Cauliflower Mash:**

#### **Ingredients:**

- 4 medium-sized sweet potatoes
- 1 small head cauliflower, cut into pieces
- 2 tablespoons olive oil
- Salt and pepper to taste
- Optional toppings: chopped parsley, chives, or a sprinkle of smoked paprika

#### **Instructions:**

1. Preheat your oven to 400°F (200°C).
2. Wash the sweet potatoes and pierce them several times with a fork.
3. Place the sweet potatoes on a baking sheet lined with parchment paper and bake for 45-60 minutes, or until tender.
4. While the sweet potatoes are baking, steam the cauliflower florets until they are very tender, about 10-15 minutes.
5. Once the sweet potatoes are done, remove them from the oven and let them cool slightly.
6. Cut each sweet potato in half lengthwise and scoop out some of the flesh, leaving a thin layer attached to the skin.
7. Mash the scooped-out sweet potato flesh together with the steamed cauliflower until smooth. Season with olive oil, salt, and pepper to taste.
8. Spoon the cauliflower mash back into the sweet potato skins.
9. Optionally, sprinkle chopped parsley, chives, or smoked paprika on top for extra flavor.

### **Potato, Cauliflower, and Carrot Curry: (with the white rice)**

#### Ingredients:

- 2 potatoes, peeled and diced
- 1 small head cauliflower, cut into florets
- 2 carrots, peeled and sliced
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 tablespoon ginger, minced
- 1 can (14 oz) coconut milk
- 2 tablespoons curry powder
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- Salt and pepper to taste
- 2 tablespoons oil for cooking
- Optional toppings: chopped cilantro, sliced green onions, or toasted coconut flakes

#### Instructions:

1. Heat oil in a large pot over medium heat. Add chopped onion and cook until softened, about 3-4 minutes.
2. Add minced garlic and ginger to the pot and cook for another 1-2 minutes until fragrant.
3. Stir in curry powder, ground turmeric, ground cumin, and ground coriander. Cook for 1 minute, stirring constantly.
4. Add diced potatoes, cauliflower florets, and sliced carrots to the pot. Stir to coat the vegetables with the spices.
5. Pour in the coconut milk and bring the mixture to a simmer.
6. Reduce heat to low, cover the pot, and let the curry simmer for 20-25 minutes, or until the vegetables are tender.
7. Season the curry with salt and pepper to taste.
8. Serve the Potato, Cauliflower, and Carrot Curry hot over cooked white rice.
9. Garnish with chopped cilantro, sliced green onions, or toasted coconut flakes if desired.

\*See end of cookbook for where to find these spices affordably

### **Cabbage and Potato Hash:**

#### Ingredients:

- 2 potatoes, peeled and diced
- 2 cups shredded green cabbage
- 1 onion, diced
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- Salt and pepper to taste
- Optional: chopped fresh parsley for garnish

#### Instructions:

1. Heat olive oil in a large skillet over medium heat. Add diced potatoes and cook until they start to brown, about 5-7 minutes.
2. Add diced onion and minced garlic to the skillet. Cook until onion becomes translucent, about 3-4 minutes.
3. Stir in shredded cabbage and cook until it wilts and becomes tender, about 5-7 minutes.
4. Season with salt and pepper to taste.
5. Cook for another 2-3 minutes until the potatoes are fully cooked and everything is heated through.
6. Garnish with chopped fresh parsley if desired.

### **Microwave Potato and Cauliflower Mash:**

#### Ingredients:

- 2 potatoes, peeled and diced
- 1 cup cauliflower florets
- 2 tablespoons milk (dairy or non-dairy)
- 1 tablespoon butter or olive oil
- Salt and pepper to taste
- Optional: chopped chives or parsley for garnish

#### Instructions:

1. Place the diced potatoes and cauliflower florets in a microwave-safe dish. Add a splash of water to the dish.
2. Cover the dish with a microwave-safe lid or microwave-safe plastic wrap, leaving a small vent for steam to escape.
3. Microwave on high for 8-10 minutes, or until the potatoes and cauliflower are tender.
4. Carefully remove the dish from the microwave. Drain any excess water.
5. Add milk, butter or olive oil, salt, and pepper to the dish.
6. Mash the potatoes and cauliflower together until smooth using a potato masher or fork.
7. If the mash is too thick, you can add a little more milk to reach your desired consistency.
8. Garnish with chopped chives or parsley if desired.

### **Veggie and Cheese Quesadillas:**

#### Ingredients:

- ½ Onion
- 1 head Cabbage (green)
- Cheese
- Tortillas
- Oil

#### Instructions:

1. Chop the onion and cabbage. Grate the cheese.
2. In a skillet, heat some oil over medium heat. Cook the chopped onion and cabbage until softened.
3. Lay a tortilla flat. Spread a layer of cooked veggies on one half of the tortilla. Sprinkle grated cheese on top. Fold the tortilla in half.
4. Place the quesadilla in the skillet and cook on both sides until the tortilla is crispy and the cheese is melted.
5. Cut the quesadilla into wedges and serve with salsa or sour cream if available.

### **Cauliflower and Cheese Gratin:**

#### Ingredients:

- 1 head Cauliflower
- 1 cup Cheese
- 1 cup Milk
- 2 tablespoons Flour
- 2 tablespoons Butter

#### Instructions:

1. Preheat the oven to 375°F (190°C).
2. Cut cauliflower into florets and steam until tender.
3. In a saucepan, melt butter, add flour, and cook for a minute to make a mixture.
4. Slowly add milk, stirring constantly, until thickened.
5. Add grated cheese and stir until melted.
6. Combine cheese sauce with steamed cauliflower.
7. Pour into a baking dish and bake for 20-25 minutes until bubbly and golden brown.

### **Fried Cabbage With Apples & Onions:**

#### Ingredients:

- 2 tablespoons salted butter
- 1 apple, coarsely grated
- 1 small Vidalia onion, thinly sliced (or use another sweet onion variety)
- ½ of a head of green cabbage, thinly sliced (about 3 – 4 cups total)
- 2 tablespoons cider vinegar
- 1 teaspoon sugar
- ½ teaspoon kosher salt, plus more to taste
- ground black pepper, to taste
- Dash of ground nutmeg

#### Instructions:

1. Melt butter in a large skillet over medium-high heat.
2. Add apple, onion, cabbage, vinegar, sugar, salt, pepper, and nutmeg.
3. Sauté until tender, about 12-15 minutes.
4. Season with additional salt and pepper, to taste.

# Microwavable:

## Microwave Sweet Potato:

### Ingredients:

- 1 medium sweet potato
- Butter, cinnamon, and brown sugar for topping (optional)

### Instructions:

1. Pierce the sweet potato several times with a fork to allow steam to escape during cooking.
2. Place the sweet potato on a microwave-safe plate.
3. Microwave on high for 5-7 minutes, or until the sweet potato is tender when pierced with a fork.
4. Carefully remove the sweet potato from the microwave (it will be hot!) and let it cool for a minute or two.
5. Slice open the sweet potato and fluff the flesh with a fork.
6. Top with butter, cinnamon, and brown sugar if desired.
7. Tip: Serve the microwave sweet potato alongside the chicken and vegetable stir-fry for a nutritious and satisfying dinner.

## Microwave Veggie and Cheese Omelet:

### Ingredients:

- 3 eggs
- 1/4 cup diced bell peppers
- 1/4 cup diced onions
- 1/4 cup diced tomatoes
- 1/4 cup shredded cheese (cheddar, mozzarella, or your favorite)
- Salt and pepper to taste
- Cooking spray or butter

### Instructions:

1. In a microwave-safe bowl, whisk the eggs until well beaten.
2. Stir in the diced bell peppers, onions, and tomatoes.
3. Season the mixture with salt and pepper to taste.
4. Lightly grease a microwave-safe plate with cooking spray or butter.
5. Pour the egg and vegetable mixture onto the plate, spreading it out evenly.
6. Microwave on high for 2-3 minutes, or until the eggs are set and cooked through.
7. Sprinkle shredded cheese over one half of the omelet.
8. Fold the other half of the omelet over the cheese-covered half to create a semi-circle shape.
9. Microwave for an additional 30-60 seconds, or until the cheese is melted.
10. Carefully remove the plate from the microwave (it will be hot!) and let the omelet cool for a minute before serving.

## Microwave Steamed Broccoli:

### Ingredients:

- 1 head of broccoli, cut into florets
- 2 tablespoons water
- Salt and pepper to taste
- Optional: lemon juice or grated Parmesan cheese for flavor

### Instructions:

1. Place the broccoli florets in a microwave-safe bowl.
2. Add 2 tablespoons of water to the bowl.
3. Cover the bowl with a microwave-safe lid or microwave-safe plastic wrap, leaving a small vent for steam to escape.
4. Microwave on high for 3-4 minutes, or until the broccoli is tender but still crisp.
5. Carefully remove the bowl from the microwave (it will be hot!) and drain any excess water.
6. Season the steamed broccoli with salt and pepper to taste.
7. If desired, squeeze fresh lemon juice over the broccoli or sprinkle grated Parmesan cheese for added flavor.
8. Serve the microwave veggie and cheese omelet alongside the microwave steamed broccoli for a quick and nutritious dinner.

### **Microwave Potato and Cabbage Casserole:**

#### Ingredients:

- 2 potatoes, peeled and thinly sliced
- 2 cups shredded cabbage
- 1/2 onion, thinly sliced
- 1 clove garlic, minced
- 1/2 cup vegetable broth
- 1/4 cup milk (dairy or non-dairy)
- 1 tablespoon olive oil
- Salt and pepper to taste
- Optional topping: grated cheese

#### Instructions:

1. In a microwave-safe casserole dish, layer thinly sliced potatoes, shredded cabbage, thinly sliced onion, and minced garlic.
2. In a small bowl, mix together vegetable broth, milk, olive oil, salt, and pepper. Pour this mixture over the layered vegetables.
3. Cover the casserole dish with a microwave-safe lid or microwave-safe plastic wrap, leaving a small vent for steam to escape.
4. Microwave on high for 10-12 minutes, or until the potatoes are tender and the cabbage is cooked through.
5. Carefully remove the casserole dish from the microwave. If desired, sprinkle grated cheese over the top.
6. Microwave for an additional 1-2 minutes, or until the cheese is melted and bubbly.
7. Let the casserole sit for a few minutes before serving.

## **Other:**

### **Roasted Vegetable and Sausage Sheet Pan Dinner:**

#### Ingredients:

- 1 pound sausage links (such as Italian sausage or bratwurst), sliced
- 2 cups diced potatoes
- 2 cups diced carrots
- 2 cups diced bell peppers (any color)
- 1 onion, sliced
- 2 tablespoons olive oil
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- Salt and pepper to taste
- Fresh parsley for garnish (optional)

#### Instructions:

1. Preheat your oven to 400°F (200°C).
2. In a large mixing bowl, combine the sliced sausage, diced potatoes, diced carrots, diced bell peppers, and sliced onion.
3. Drizzle olive oil over the sausage and vegetable mixture.
4. Sprinkle dried thyme, dried rosemary, salt, and pepper over the mixture, and toss until everything is evenly coated.
5. Spread the sausage and vegetable mixture in a single layer on a large baking sheet.
6. Roast in the preheated oven for 25-30 minutes, or until the vegetables are tender and caramelized, and the sausage is cooked through.
7. Remove from the oven and garnish with fresh parsley if desired.
8. Serve hot and enjoy your flavorful roasted vegetable and sausage sheet pan dinner!

## **Salads:**

### **Cucumber Melon Salad:**

#### Ingredients:

- 1 cucumber, peeled and diced
- 1 cup diced cantaloupe melon
- 1 tablespoon chopped fresh mint leaves (optional)
- Juice of 1/2 lemon
- Salt and pepper to taste

#### Instructions:

1. In a mixing bowl, combine the diced cucumber and cantaloupe.
2. Add chopped mint leaves if using.
3. Squeeze the lemon juice over the salad and toss gently to combine.
4. Season with salt and pepper to taste.
5. Chill the salad in the refrigerator for about 15-20 minutes before serving to let the flavors meld together.
6. Serve alongside the stuffed bell peppers for a refreshing and light side dish.



### **Greek Salad with Chicken:**

#### Ingredients:

- 1 cooked chicken breast, shredded or diced
- 2 cups chopped lettuce (romaine or mixed greens)
- 1/2 cup diced cucumber
- 1/2 cup diced tomatoes
- 1/4 cup sliced black olives
- 1/4 cup crumbled feta cheese
- 2 tablespoons chopped red onion
- 2 tablespoons extra virgin olive oil
- 1 tablespoon red wine vinegar
- 1 teaspoon dried oregano
- Salt and pepper to taste
- Optional: lemon wedges for serving

#### Instructions:

1. In a large bowl, combine the chopped lettuce, diced cucumber, diced tomatoes, sliced black olives, crumbled feta cheese, and chopped red onion.
2. Add the shredded or diced chicken breast to the bowl.
3. In a small bowl, whisk together the extra virgin olive oil, red wine vinegar, dried oregano, salt, and pepper to make the dressing.
4. Pour the dressing over the salad ingredients and toss gently to coat everything evenly.
5. Serve the Greek salad with chicken immediately, garnished with lemon wedges if desired.

### **Caprese Salad:**

#### Ingredients:

- 2 large tomatoes, sliced
- 1 ball fresh mozzarella cheese, sliced
- Fresh basil leaves
- Extra virgin olive oil
- Balsamic glaze (optional)
- Salt and pepper to taste

#### Instructions:

1. Arrange the tomato slices and mozzarella slices on a serving platter, alternating them.
2. Tuck fresh basil leaves between the tomato and mozzarella slices.
3. Drizzle extra virgin olive oil over the tomato and mozzarella slices.
4. Optionally, drizzle balsamic glaze over the salad for added flavor.
5. Season with salt and pepper to taste.
6. Serve immediately as a light and flavorful no-cook dinner option.

### **Cucumber and Apple Salad:**

#### Ingredients:

- 1 cucumber, thinly sliced
- 1 green apple, thinly sliced
- Juice of 1 lemon
- 1 tablespoon olive oil
- Salt and pepper to taste
- Optional: a sprinkle of chopped fresh mint or parsley for garnish

#### Instructions:

1. In a mixing bowl, combine thinly sliced cucumber and green apple.
2. Drizzle lemon juice and olive oil over the cucumber and apple slices. Toss until evenly coated.
3. Season with salt and pepper to taste. Toss again to combine.
4. Garnish the salad with a sprinkle of chopped fresh mint or parsley if desired.

### **Roasted Cauliflower and Sweet Potato Salad:**

#### Ingredients:

- 1 head cauliflower, cut into florets
- 2 sweet potatoes, peeled and diced
- 2 tablespoons olive oil
- Salt and pepper to taste
- 1 teaspoon smoked paprika (optional)
- 4 cups romaine lettuce, chopped
- 1 pear, thinly sliced
- 1 peach, thinly sliced

#### Instructions:

1. Preheat your oven to 425°F (220°C).
2. In a large mixing bowl, toss cauliflower florets and diced sweet potatoes with olive oil, salt, pepper, and smoked paprika (if using) until evenly coated.
3. Spread the cauliflower and sweet potatoes in a single layer on a baking sheet lined with parchment paper.
4. Roast in the preheated oven for 25-30 minutes, or until the vegetables are tender and golden brown, stirring halfway through.
5. While the vegetables are roasting, prepare the salad by arranging chopped romaine lettuce on a serving platter.
6. Once the roasted cauliflower and sweet potatoes are done, let them cool slightly, then arrange them over the bed of lettuce on the serving platter.
7. Top the salad with thinly sliced pear and peach.

### **Cabbage and Apple Slaw:**

#### Ingredients:

- 2 cups shredded green cabbage
- 1 green apple, cut into thin strips
- 1 pear, julienned
- 1/4 cup chopped fresh parsley
- 2 tablespoons apple cider vinegar
- 1 tablespoon honey or maple syrup
- 2 tablespoons olive oil
- Salt and pepper to taste

#### Instructions:

1. In a large mixing bowl, combine shredded cabbage, cut apple, cut pear, and chopped parsley.
2. In a small bowl, whisk together apple cider vinegar, honey or maple syrup, olive oil, salt, and pepper to make the dressing.
3. Pour the dressing over the cabbage and apple mixture. Toss until well coated.
4. Let the slaw sit for at least 10-15 minutes before serving to allow the flavors to meld together.

### **Melon, Cucumber, and Pear Salad:**

#### Ingredients:

- 2 cups diced cantaloupe melon
- 1 cucumber, diced
- 2 pears, diced
- 1/4 cup fresh mint leaves, chopped
- 1/4 cup feta cheese, crumbled (optional, for garnish)

#### Instructions:

1. In a large mixing bowl, combine diced cantaloupe melon, diced cucumber, diced pears, and chopped fresh mint leaves.
2. Toss the ingredients gently until well mixed.

### **Pear, Apple, and Cucumber Salad:**

#### Ingredients:

- 1 pear, thinly sliced
- 1 green apple, thinly sliced
- 1 cucumber, thinly sliced
- Juice of 1 lemon
- 2 tablespoons olive oil
- Salt and pepper to taste
- Optional: a sprinkle of chopped fresh mint or parsley for garnish

#### Instructions:

1. In a large mixing bowl, combine thinly sliced pear, apple, and cucumber.
2. Drizzle lemon juice and olive oil over the fruit and cucumber slices. Toss until evenly coated.
3. Season with salt and pepper to taste. Toss again to combine.
4. Garnish the salad with a sprinkle of chopped fresh mint or parsley if desired.

**Lettuce Salad:**

## Ingredients:

- 4 cups torn romaine lettuce leaves
- 1 pear, thinly sliced
- 1 cucumber, thinly sliced
- Juice of 1 lemon
- 2 tablespoons olive oil
- Salt and pepper to taste
- Optional garnish: crumbled feta cheese, toasted nuts or seeds

## Instructions:

1. In a large mixing bowl, combine torn romaine lettuce leaves, thinly sliced pear, and thinly sliced cucumber.
2. Drizzle lemon juice and olive oil over the salad.
3. Season with salt and pepper to taste.
4. Toss gently until everything is evenly coated.
5. Garnish with crumbled feta cheese, toasted nuts or seeds if desired.

**Apple and Peach Salad:**

## Ingredients:

- 1 apple, thinly sliced
- 2 peaches, thinly sliced
- Juice of 1 lemon
- 2 tablespoons honey or maple syrup
- 1 tablespoon olive oil
- Pinch of cinnamon (optional)
- Pinch of salt
- Optional garnish: chopped fresh mint or basil leaves

## Instructions:

1. In a large mixing bowl, combine thinly sliced apple and peach slices.
2. In a small bowl, whisk together lemon juice, honey or maple syrup, olive oil, cinnamon (if using), and a pinch of salt.
3. Drizzle the dressing over the apple and peach slices. Toss gently to coat.
4. Garnish with chopped fresh mint or basil leaves if desired.

**Chicken and Apple Salad:**

## Ingredients:

- 3 breasts Chicken
- 1 Apple
- 4 cups Lettuce (romaine)
- ½ Onion
- 2 stalks Celery
- ½ cup Cheese
- Salt and pepper (from your pantry)
- 1 tablespoon Oil or vinegar (from your pantry)

## Instructions:

1. Cook the chicken until fully done, then slice or shred it.
2. Wash and chop the lettuce, apple, onion, and celery. Grate the cheese.
3. In a large bowl, combine the chopped lettuce, apple, onion, celery, and cooked chicken. Add the grated cheese.
4. Drizzle with oil or vinegar, and season with salt and pepper.
5. Toss everything together and serve.

**Pasta Salad with Tuna and Veggies:**

## Ingredients:

- ½ box Pasta
- 5 oz Canned tuna
- ½ Onion
- 1 Cucumber
- 1-2 Tomatoes
- 3 tablespoons Olive oil (from your pantry)
- 1 tablespoon Vinegar (from your pantry)
- Salt and pepper (from your pantry)

## Instructions:

1. Cook the pasta according to package instructions. Drain and let cool.
2. Drain the canned tuna. Chop the onion, cucumber, and tomato.
3. In a large bowl, combine the cooked pasta, canned tuna, chopped onion, cucumber, and tomato.
4. Drizzle with olive oil and vinegar. Season with salt and pepper.
5. Toss everything together and serve chilled.

**Apple and Pear Salad with Peanut Butter Dressing:**

## Ingredients:

- 1 Apple
- 1 Pear
- 4 cups Lettuce (romaine)
- ½ Cucumber
- 2 tablespoons Peanut butter
- 1 tablespoon of soy sauce
- 1 tablespoon of water

## Instructions:

1. Chop apple, pear, and cucumber into bite-sized pieces.
2. Tear romaine lettuce into a large bowl.
3. Add apple, pear, and cucumber to the bowl.
4. For the dressing, mix 2 tablespoons of peanut butter with 1 tablespoon of soy sauce and 1 tablespoon of water until smooth.
5. Drizzle dressing over the salad and toss to combine.

**Tuna and Veggie Pasta Salad:**

## Ingredients:

- ½ box Pasta
- 5 oz Canned tuna
- 1 Cucumber
- 1 Carrot
- 2 stalks Celery
- ½ cup Cheese (optional)

## Instructions:

1. Cook pasta according to package instructions, then drain and let cool.
2. Dice cucumber, carrot, and celery.
3. In a large bowl, combine cooked pasta, diced veggies, and flaked tuna.
4. Add a dollop of mayonnaise or your favorite dressing and mix well.
5. Sprinkle with cheese if desired and serve chilled.

**Pear and Cheese Salad:**

## Ingredients:

- 1 Pear
- ½ cup Cheese (blue cheese or cheddar)
- 4 cups Lettuce (romaine)
- ½ Cucumber
- ¼ cups Walnuts or almonds (optional)

## Instructions:

1. Chop pear and cucumber into bite-sized pieces.
2. Tear romaine lettuce into a large bowl.
3. Add pear, cucumber, and crumbled or diced cheese to the bowl.
4. If desired, add a handful of walnuts or almonds for extra crunch.
5. Drizzle with your favorite vinaigrette dressing and toss to combine.

### **Peach and Watermelon Salad:**

#### Ingredients:

- 2 Peaches
- 4 cups Watermelon
- ½ Cucumber
- Mint leaves (optional)

#### Instructions:

1. Cut peaches and watermelon into bite-sized pieces.
2. Dice cucumber.
3. Mix all the fruit and cucumber in a large bowl.
4. Add fresh mint leaves for a refreshing touch if desired.
5. Serve chilled.

### **Carrot and Apple Slaw:**

#### Ingredients:

- 2 Carrots
- 1 Apple
- 2 cups Green cabbage
- ½ cup Yogurt or mayonnaise

#### Instructions:

1. Grate carrot and apple.
2. Thinly slice green cabbage.
3. In a bowl, mix grated carrot, apple, and cabbage.
4. Add a dollop of yogurt or mayonnaise, and mix well.
5. Season with salt, pepper, and a splash of lemon juice.

### **Peach and Cucumber Salad:**

#### Ingredients:

- 2 Peaches
- 1 Cucumber
- 4 cups Lettuce (romaine)
- 1 tablespoon Lime or lemon juice

#### Instructions:

1. Slice peaches and cucumber.
2. Tear romaine lettuce into bite-sized pieces.
3. In a bowl, combine lettuce, peach slices, and cucumber.
4. Drizzle with lime or lemon juice, and toss to combine.

### **Chicken and Melon Salad:**

#### Ingredients:

- 3 breasts Chicken
- 2 cups Cantaloupe
- 2 cups Watermelon
- 4 cups Lettuce (romaine)
- Mint leaves (optional)

#### Instructions:

1. Cook chicken and shred it.
2. Cut cantaloupe and watermelon into bite-sized pieces.
3. Tear romaine lettuce into a large bowl.
4. Add chicken, melon pieces, and mint leaves if desired.
5. Toss to combine and serve chilled.

## **Dressing:**

### **Honey Mustard Dressing:**

#### Ingredients:

- 3 tablespoons olive oil
- 1 tablespoon Dijon mustard
- 1 tablespoon honey
- 1 tablespoon apple cider vinegar
- Salt and pepper to taste

#### Instructions:

1. In a small bowl, whisk together olive oil, Dijon mustard, honey, and apple cider vinegar until well combined.
2. Season with salt and pepper to taste. Adjust the sweetness or tanginess by adding more honey or vinegar if desired.

### **Honey-Lime Dressing:**

#### Ingredients:

- Juice of 2 limes
- 2 tablespoons honey
- 2 tablespoons olive oil
- 1/2 teaspoon lime zest
- Salt and pepper to taste

#### Instructions:

1. In a small bowl, whisk together lime juice, honey, olive oil, lime zest, salt, and pepper until well combined.

## **Soups:**

### **Cabbage and Potato Soup:**

#### Ingredients:

- 1 onion, chopped
- 2 potatoes, peeled and diced
- 2 cups shredded green cabbage
- 1 carrot, sliced
- 1 celery stalk, diced
- 6 cups water or vegetable broth
- Salt and pepper to taste
- Optional: herbs such as thyme or parsley for garnish

#### Instructions:

1. In a large pot, heat some oil over medium heat. Add the chopped onion and sauté until translucent.
2. Add diced potatoes, sliced carrot, and diced celery to the pot. Cook for about 5 minutes until slightly softened.
3. Pour in water or vegetable broth, enough to cover the vegetables. Bring to a boil, then reduce heat and simmer for about 15-20 minutes until the vegetables are tender.
4. Add shredded cabbage to the pot and cook for an additional 5-10 minutes until the cabbage is wilted and tender.
5. Season the soup with salt and pepper to taste. Garnish with fresh herbs if desired.

### **Pear and Cucumber Gazpacho:**

#### Ingredients:

- 2 ripe pears, peeled, cored, and chopped
- 1 cucumber, peeled, seeded, and chopped
- 1/2 green apple, peeled, cored, and chopped
- 1/4 cup chopped fresh mint leaves
- 1/4 cup chopped fresh parsley leaves
- 1 tablespoon lemon juice
- 1 tablespoon lime juice
- 1 tablespoon honey or maple syrup (optional, for added sweetness)
- Salt and pepper to taste
- 1 cup cold water or vegetable broth
- Optional garnish: chopped cucumber, diced pear, fresh mint leaves

#### Instructions:

1. In a blender or food processor, combine chopped pears, cucumber, green apple, chopped mint leaves, chopped parsley leaves, lemon juice, lime juice, honey or maple syrup (if using), salt, pepper, and cold water or vegetable broth.
2. Blend the mixture until smooth and creamy.
3. Taste and adjust the seasoning, adding more salt, pepper, or lemon/lime juice if needed.
4. Transfer the gazpacho to a large bowl or pitcher and refrigerate for at least 1 hour to chill and allow the flavors to meld together.
5. Before serving, give the gazpacho a good stir. If it's too thick, you can thin it out with a little more cold water or vegetable broth.
6. Serve the Pear and Cucumber Gazpacho chilled, garnished with chopped cucumber, diced pear, and fresh mint leaves if desired.

### **Potato and Celery Soup:**

#### Ingredients:

- 4 potatoes, peeled and diced
- 4 celery stalks, diced
- 1 onion, chopped
- 2 cloves garlic, minced
- 4 cups vegetable broth
- 1 cup water
- 2 tablespoons olive oil
- Salt and pepper to taste
- Optional garnish: chopped chives or parsley

#### Instructions:

1. In a large pot, heat olive oil over medium heat. Add chopped onion and minced garlic, sauté until softened, about 3-4 minutes.
2. Add diced potatoes and celery to the pot. Sauté for another 5 minutes.
3. Pour in vegetable broth and water. Bring to a boil, then reduce heat to low, cover, and simmer for 20-25 minutes, or until the potatoes and celery are tender.
4. Use an immersion blender to blend the soup until smooth. Alternatively, transfer the soup in batches to a blender and blend until smooth, then return to the pot.
5. Season with salt and pepper to taste.
6. Serve the Potato and Celery Soup hot, garnished with chopped chives or parsley if desired.

### **Cheesy Cauliflower and Potato Soup:**

#### Ingredients:

- 1 head Cauliflower
- 2 Potatoes
- 1 Onion
- 1 cups Cheese
- 4 cups Chicken or vegetable broth (from your pantry)
- Salt and pepper (from your pantry)
- 2 tablespoons Oil or butter (from your pantry)

#### Instructions:

1. Chop the cauliflower, potato, and onion. Grate the cheese.
2. In a pot, heat some oil or butter over medium heat. Cook the chopped onion until softened. Add the cauliflower and potato and cook for a few minutes.
3. Pour in enough chicken or vegetable broth to cover the veggies. Bring to a boil, then reduce heat and simmer until the vegetables are tender.
4. Use an immersion blender or transfer the soup to a blender and blend until smooth.
5. Stir in the grated cheese until melted and creamy.
6. Season with salt and pepper to taste.
7. Serve the cheesy cauliflower and potato soup hot.

### **Carrot and Sweet Potato Soup:**

#### Ingredients:

- 4 Carrots
- 2 Sweet potatoes/yams
- 1 Onion
- 4 cups Chicken broth (or vegetable broth)

#### Instructions:

1. Peel and chop carrots, sweet potatoes, and onion.
2. In a large pot, sauté the onion until translucent.
3. Add chopped carrots and sweet potatoes, and cover with broth.
4. Bring to a boil, then reduce heat and simmer until vegetables are tender.
5. Use an immersion blender to blend the soup until smooth.
6. Season with salt, pepper, and any preferred spices. Serve warm.

### **Cauliflower and Cheese Soup:**

#### Ingredients:

- 1 head Cauliflower
- 1 Onion
- 1 cup Cheese
- 4 cups Chicken broth (or vegetable broth)
- ½ cup Milk or cream (optional)

#### Instructions:

1. Chop cauliflower and onion.
2. In a large pot, sauté onion until translucent.
3. Add cauliflower and cover with broth.
4. Bring to a boil, then reduce heat and simmer until cauliflower is tender.
5. Use an immersion blender to blend the soup until smooth.
6. Stir in cheese until melted. Add milk or cream for extra creaminess if desired.
7. Season with salt and pepper to taste.

### **Chicken and Cabbage Soup:**

#### Ingredients:

- 3 breasts Chicken
- 1 head Green cabbage
- 1 Onion
- 2 Carrots
- 2 stalks Celery
- 4 cups Chicken broth

#### Instructions:

1. Dice onion, carrot, and celery.
2. In a large pot, sauté the vegetables until tender.
3. Add diced chicken and cook until no longer pink.
4. Chop cabbage and add it to the pot.
5. Pour in chicken broth and bring to a boil.
6. Reduce heat and simmer until the cabbage is tender.
7. Season with salt, pepper, and your favorite herbs.

### **Chunky Beef, Cabbage and Tomato Soup (Instant Pot or Stove Top):**

#### Ingredients:

- 1 lb 90% lean ground beef
- 1-1/2 teaspoon kosher salt
- 1/2 cup diced onion
- 1/2 cup diced celery
- 1/2 cup diced carrot
- 28 oz can diced or crushed tomatoes
- 5 cups chopped green cabbage
- 4 cups beef stock (canned\* or homemade)
- 2 bay leaves

#### Instructions:

##### Instant Pot:

1. Assuming your electric pressure cooker has a saute option, or if using the Instant Pot, press the saute button and let the pressure cooker get very hot, when hot spray with oil, add the ground beef and salt and cook until browned breaking the meat up into small pieces as it cooks, 3 to 4 minutes.
2. When browned, add the onion, celery and carrots and saute 4 to 5 minutes.
3. Add the tomatoes, cabbage, beef stock and bay leaves, lock the lid and cook at high pressure for 20 minutes.
4. Let the steam release naturally. Remove bay leaves and serve. Makes 11 cups.

##### Stove top:

1. Follow the same directions as above in a large pot or Dutch oven, cook covered for 40 minutes.



# Microwavable:

## Microwave Sweet Potato and Cauliflower Curry:

### Ingredients:

- 1 sweet potato, peeled and diced
- 1 cup cauliflower florets
- 1/2 onion, finely chopped
- 1 clove garlic, minced
- 1 tablespoon curry powder
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon ground cumin
- 1/2 cup coconut milk
- 1 tablespoon olive oil
- Salt and pepper to taste
- Optional garnish: chopped cilantro or parsley

### Instructions:

1. In a microwave-safe bowl, combine diced sweet potato, cauliflower florets, chopped onion, minced garlic, curry powder, ground turmeric, ground cumin, coconut milk, and olive oil.
2. Cover the bowl with a microwave-safe lid or microwave-safe plastic wrap, leaving a small vent for steam to escape.
3. Microwave on high for 6-8 minutes, or until the sweet potato and cauliflower are tender.
4. Carefully remove the bowl from the microwave. Stir the curry mixture.
5. Season with salt and pepper to taste.
6. Garnish with chopped cilantro or parsley if desired.

## Microwave Cauliflower and Potato Soup:

### Ingredients:

- 2 potatoes, peeled and diced
- 1 cup cauliflower florets
- 1/2 onion, chopped
- 1 clove garlic, minced
- 2 cups vegetable broth
- 1/4 cup milk (dairy or non-dairy)
- 1 tablespoon olive oil
- Salt and pepper to taste
- Optional garnish: chopped chives or parsley

### Instructions:

1. In a microwave-safe bowl, combine diced potatoes, cauliflower florets, chopped onion, minced garlic, and vegetable broth.
2. Cover the bowl with a microwave-safe lid or microwave-safe plastic wrap, leaving a small vent for steam to escape.
3. Microwave on high for 8-10 minutes, or until the potatoes and cauliflower are tender.
4. Carefully remove the bowl from the microwave. Use a fork to mash some of the potatoes and cauliflower.
5. Stir in milk and olive oil. Microwave for an additional 1-2 minutes to heat through.
6. Season with salt and pepper to taste.
7. Garnish with chopped chives or parsley if desired.

# Pastas:

## Chicken and Cucumber Pasta:

### Ingredients:

- 3 breasts Chicken
- 1 Cucumber
- ½ box Pasta
- ½ cup Cheese (optional)

### Instructions:

1. Cook pasta according to package instructions, then drain and set aside.
2. Cook chicken until fully cooked and shred or dice it.
3. Dice cucumber and combine with cooked pasta and chicken.
4. Drizzle with olive oil, season with salt, pepper, and any preferred herbs.
5. Toss together and top with cheese if desired.

### **Chicken and Veggie Pasta:**

#### Ingredients:

- 3 breasts Chicken
- ½ box Pasta
- 1 Onion
- 2 Carrots
- 2 cups Green cabbage
- ½ cup Cheese (optional)

#### Instructions:

1. Cook pasta according to package instructions.
2. In a pan, cook diced chicken until no longer pink and set aside.
3. Sauté diced onion and grated carrot until tender.
4. Add shredded cabbage and cook until wilted.
5. Mix in the cooked chicken and pasta.
6. Season with salt, pepper, and any preferred herbs.
7. Top with grated cheese if desired and serve.

### **Tuna Pasta Salad:**

#### Ingredients:

- 5 oz Canned tuna
- ½ box Pasta
- 1 Cucumber
- 2 stalks Celery
- ½ cup Yogurt or mayonnaise

#### Instructions:

1. Cook pasta according to package instructions, then drain and let cool.
2. Drain and flake canned tuna.
3. Dice cucumber and celery.
4. In a large bowl, combine cooked pasta, tuna, cucumber, and celery.
5. Stir in yogurt or mayonnaise to taste.
6. Season with salt and pepper, and serve chilled.

### **Beef and Tomato Pasta:**

#### Ingredients:

- 1 pound Ground beef
- ½ box Pasta
- 1 Onion
- 1 can Tomato sauce or canned tomatoes (if available)
- ½ cup Cheese (optional)

#### Instructions:

1. Cook pasta according to package instructions.
2. In a pan, brown ground beef and set aside.
3. Sauté diced onion until translucent.
4. Add tomato sauce or canned tomatoes and simmer for 10 minutes.
5. Stir in cooked beef and pasta.
6. Season with salt, pepper, and any preferred herbs.
7. Top with grated cheese if desired and serve.

### **Chicken Alfredo Pasta:**

#### Ingredients:

- 3 breasts chicken
- 1 box of pasta
- 1 cup milk
- 1 cup Cheese
- 2 tablespoons butter
- 2 tablespoons flour

#### Instructions:

1. Cook pasta according to package instructions.
2. Cook chicken until fully cooked and set aside.
3. In a saucepan, melt 2 tablespoons of butter.
4. Add 2 tablespoons of flour and cook for a minute to make a roux.
5. Slowly add 1 cup of milk, stirring constantly until thickened.
6. Add 1 cup of grated cheese and stir until melted.
7. Mix in cooked chicken and pasta.
8. Season with salt and pepper, and serve.

### **Veggie Pasta Primavera:**

#### Ingredients:

- ½ box Pasta
- 1 Carrot
- ½ head Cauliflower
- 2 stalks Celery
- 1 Onion
- ½ cup Cheese (optional)

#### Instructions:

1. Cook pasta according to package instructions.
2. In a pan, sauté diced onion, carrot, and celery until tender.
3. Add cauliflower florets and cook until slightly tender.
4. Mix in cooked pasta.
5. Season with salt, pepper, and any preferred herbs.
6. Top with grated cheese if desired and serve.

### **Tuna and Broccoli Pasta Bake:**

#### Ingredients:

- 5 oz Canned tuna
- ½ box Pasta
- ½ head Cauliflower
- 1 cup Cheese
- 1 cup Milk
- 2 tablespoons Flour
- 2 tablespoons Butter

#### Instructions:

1. Preheat the oven to 375°F (190°C).
2. Cook pasta according to package instructions.
3. Steam cauliflower until tender.
4. Drain and flake canned tuna.
5. In a saucepan, melt 2 tablespoons of butter, add 2 tablespoons of flour, and cook for a minute to make a roux.
6. Slowly add 1 cup of milk, stirring constantly until thickened.
7. Add 1 cup of grated cheese and stir until melted.
8. In a baking dish, combine cooked pasta, steamed cauliflower, and tuna.
9. Pour cheese sauce over the top and mix well.
10. Bake for 20-25 minutes until bubbly and golden brown.

### **Spicy Beef and Tomato Pasta:**

#### Ingredients:

- 1 pound Ground beef
- ½ box Pasta
- 1 Onion
- 1 can Tomato sauce or canned tomatoes (if available)
- ½ teaspoon Chili flakes (optional)
- ½ cup Cheese (optional)

#### Instructions:

1. Cook pasta according to package instructions.
2. In a pan, brown ground beef and set aside.
3. Sauté diced onion until translucent.
4. Add tomato sauce or canned tomatoes and simmer for 10 minutes.
5. Stir in cooked beef and pasta.
6. Add chili flakes for some heat if desired.
7. Top with grated cheese if desired and serve.

### **Chicken and Apple Pasta Salad:**

#### Ingredients:

- 3 breasts Chicken
- ½ box Pasta
- 1 Apple
- 2 stalks Celery
- ½ cup Yogurt or mayonnaise

#### Instructions:

1. Cook pasta according to package instructions, then drain and let cool.
2. Cook chicken and shred it.
3. Dice apple and celery.
4. In a large bowl, combine cooked pasta, shredded chicken, diced apple, and celery.
5. Stir in yogurt or mayonnaise to taste.
6. Season with salt and pepper, and serve chilled.

### **Creamy Carrot and Cauliflower Pasta:**

#### Ingredients:

- ½ box Pasta
- 2 Carrots
- ½ head Cauliflower
- 1 cup Cheese
- 1 cup Milk
- 2 tablespoons Butter
- 2 tablespoons Flour

#### Instructions:

1. Cook pasta according to package instructions.
2. Peel and grate carrot, and chop cauliflower into small florets.
3. In a pan, sauté grated carrot and cauliflower until tender.
4. In a saucepan, melt 2 tablespoons of butter, add 2 tablespoons of flour, and cook for a minute to make a roux.
5. Slowly add 1 cup of milk, stirring constantly until thickened.
6. Add 1 cup of grated cheese and stir until melted.
7. Mix in cooked pasta and vegetables.
8. Season with salt and pepper, and serve.

## **Microwavable:**

### **Microwave Pasta with Tomato Sauce and Cheese:**

#### Ingredients:

- 1 cup dried pasta (such as penne or rotini)
- 1/2 cup tomato sauce
- 1/4 cup shredded cheese (such as mozzarella or Parmesan)
- 1 tablespoon olive oil
- 1/2 teaspoon Italian seasoning (or dried basil and oregano)
- Salt and pepper to taste

#### Instructions:

1. Cook the pasta according to the package instructions until al dente. Drain and set aside.
2. In a microwave-safe bowl, combine the cooked pasta, tomato sauce, shredded cheese, olive oil, Italian seasoning, salt, and pepper.
3. Microwave on high for 1-2 minutes, or until the sauce is heated through and the cheese is melted, stirring halfway through cooking.
4. Carefully remove the bowl from the microwave and stir the pasta to evenly coat it with the sauce and cheese.
5. Serve the microwave pasta with tomato sauce and cheese hot and enjoy!

## **Breakfast:**

### **Tortilla Scramble:**

#### Ingredients:

- Oil
- 5-6 corn tortillas
- 2-3 eggs
- Cheese (pick your type)
- Salt
- Pepper
- Spinach (optional)

#### Directions:

1. Add a little oil to a frying pan and heat it up.
2. Tear or slice 5 or 6 corn tortillas into strips and add to the pan.
3. As they are cooking, break 2 or 3 eggs into the pan and stir with a spatula to scramble.
4. Sprinkle on some cheddar, jack, or whatever type of cheese you like.
5. Season with salt and pepper.
6. When eggs are fully cooked and cheese is melted, it's ready to eat! (You can also throw in some spinach with a bit more oil and wilt down the spinach before eating. Great with salsa, too!)

### **Sweet Potato Hash with Fried Eggs:**

#### Ingredients:

- 2 medium sweet potatoes, peeled and diced
- 1 onion, diced
- 1 bell pepper, diced
- 2 tablespoons olive oil
- Salt and pepper to taste
- 4 eggs
- Optional toppings: chopped parsley, hot sauce, avocado slices

#### Instructions:

1. Heat the olive oil in a large skillet over medium heat.
2. Add the diced sweet potatoes to the skillet and cook for about 5-7 minutes, stirring occasionally, until they start to soften.
3. Add the diced onion and bell pepper to the skillet with the sweet potatoes. Cook for another 5 minutes, or until the vegetables are tender and slightly caramelized.
4. Season the hash with salt and pepper to taste.
5. Create four wells in the hash mixture and crack an egg into each well.
6. Cover the skillet and cook for 5-7 minutes, or until the egg whites are set but the yolks are still runny.
7. Remove from heat and sprinkle with optional toppings like chopped parsley, hot sauce, or avocado slices.
8. Serve hot and enjoy a delicious and nutritious breakfast!

### **Oatmeal with Peaches and Peanut Butter:**

#### Ingredients:

- 1 cup Oats
- 1 Peach
- 1 tablespoon Peanut butter

#### Instructions:

1. Cook oats according to package instructions.
2. Slice peaches and stir them into the cooked oats.
3. Swirl in a tablespoon of peanut butter.
4. Sweeten with honey or sugar if desired.

### **Peanut Butter and Banana Oatmeal:**

#### Ingredients:

- 1 cup Oats
- 1 tablespoons Peanut butter
- 1 Banana

#### Instructions:

1. Cook oats according to package instructions.
2. Slice banana and stir into the cooked oats.
3. Swirl in a tablespoon of peanut butter.
4. Sweeten with honey or sugar if desired.

### **Carrot and Peanut Butter Muffins:**

#### Ingredients:

- 2 Carrots
- 1/2 cup of Peanut butter
- 1 cup Oats
- 1 egg
- 1/4 cup of Honey or maple syrup

#### Instructions:

1. Preheat the oven to 350°F (175°C).
2. shred carrots
3. In a bowl, mix oats, peanut butter, grated carrot, an egg, and honey or maple syrup.
4. Spoon the mixture into a greased muffin tin.
5. Bake for 15-20 minutes until golden brown.

### **Veggie Omelette:**

#### Ingredients:

- 4 eggs
- 1 Onion
- ¼ head Cabbage
- ½ cup Cheese
- 1 Carrot
- Salt and pepper (from your pantry)
- 2 tablespoons Oil or butter (from your pantry)

#### Instructions:

1. Finely chop the onion, cabbage, and carrot.
2. In a skillet, heat some oil or butter over medium heat. Add the chopped veggies and cook until softened.
3. In a bowl, beat the eggs with a pinch of salt and pepper.
4. Pour the eggs over the veggies in the skillet. Sprinkle cheese on top. Cook until the eggs are set, folding the omelet in half before serving.

### **Peanut Butter and Apple Oatmeal:**

#### Ingredients:

- 1 cup Oats
- 1 Apple
- 1 tablespoon Peanut butter
- 2 tablespoons Honey or sugar (optional)

#### Instructions:

1. Cook the oats according to the package instructions.
2. Peel and chop the apple into small pieces.
3. Stir the apple pieces and a spoonful of peanut butter into the cooked oats. Add honey or sugar if desired.
4. Serve warm.

### **Breakfast Burrito:**

#### Ingredients:

- 4 eggs
- ½ Ground beef or hamburger patties
- 1 cup Cheese
- 4 Tortillas
- 1 Onion
- Salt and pepper (from your pantry)
- 2 tablespoons Oil or butter (from your pantry)

#### Instructions:

1. In a skillet, cook the ground beef or crumble the hamburger patties over medium heat until browned. Remove from the skillet and set aside.
2. In the same skillet, add a bit of oil or butter and cook chopped onion until softened.
3. Beat the eggs with a pinch of salt and pepper. Pour into the skillet with the onions and scramble until cooked.
4. On each tortilla, layer the scrambled eggs, cooked beef, and cheese. Roll up the tortilla to form a burrito.
5. Serve warm, optionally with a side of salsa if available.

### **Sweet Potato and Apple Hash:**

#### Ingredients:

- 2 Sweet potatoes
- 2 Apples
- 1 Onion
- 4 eggs
- Salt and pepper (from your pantry)
- 2 tablespoons Oil or butter (from your pantry)

#### Instructions:

1. Peel and dice the sweet potatoes and apples. Finely chop the onion.
2. In a large skillet, heat some oil or butter over medium heat. Add the sweet potatoes and cook until they start to soften.
3. Add the chopped onion and apple to the skillet and continue cooking until everything is tender.
4. In a separate pan, cook the eggs to your liking (scrambled, fried, etc.).
5. Serve the sweet potato and apple hash with the cooked eggs on top.

### **Tuna and Veggie Breakfast Scramble:**

#### Ingredients:

- 4 eggs
- 5 oz Canned tuna
- 1 Onion
- ¼ head Cabbage
- 1 Carrot
- Salt and pepper (from your pantry)
- 2 tablespoons Oil or butter (from your pantry)

#### Instructions:

1. Finely chop the onion, cabbage, and carrot.
2. In a skillet, heat some oil or butter over medium heat. Add the chopped veggies and cook until softened.
3. Add the canned tuna to the skillet and heat through.
4. Beat the eggs with a pinch of salt and pepper. Pour into the skillet and scramble until cooked.
5. Serve the scramble warm.

### **Fruit and Yogurt Parfait:**

#### Ingredients:

- 1 cup Cereal
- 2 Peaches
- 2 Pears
- 1 cup Yogurt

#### Instructions:

1. Peel and chop the peaches and pears.
2. In a glass or bowl, layer cereal, yogurt, and chopped fruit.
3. Serve immediately.

### **Melon and Cucumber Smoothie:**

#### Ingredients:

- 2 cups Cantaloupe
- ½ Cucumber
- 2 tablespoons Honey or sugar (optional)
- ½ - 1 cup Water or milk

#### Instructions:

1. Peel and chop the cantaloupe and cucumber.
2. In a blender, combine the cantaloupe, cucumber, a bit of honey or sugar, and some water or milk. Blend until smooth.
3. Serve chilled.

### **Breakfast Quesadilla:**

#### Ingredients:

- 2 Tortillas
- 4 eggs
- 1 cup Cheese
- ½ Onion
- ½ Cucumber
- Salt and pepper (from your pantry)
- 2 tablespoons Oil or butter (from your pantry)

#### Instructions:

1. Finely chop the onion and cucumber.
2. Beat the eggs with a pinch of salt and pepper. Cook scrambled eggs in a skillet with a bit of oil or butter. Set aside.
3. On one half of a tortilla, layer scrambled eggs, cheese, chopped onion, and cucumber. Fold the tortilla in half.
4. In a skillet, cook the quesadilla on both sides until the tortilla is golden and the cheese is melted.
5. Slice into wedges and serve warm.

### Chicken and Veggie Breakfast Bowl:

#### Ingredients:

- 3 breasts Chicken
- 4 Eggs
- ½ head Cauliflower
- 1 Carrot
- 1 Onion
- Salt and pepper (from your pantry)
- 2 tablespoons Oil or butter (from your pantry)

#### Instructions:

1. Cook the chicken in a skillet over medium heat until fully cooked. Remove from the skillet and set aside.
2. Finely chop the cauliflower, carrot, and onion.
3. In the same skillet, heat some oil or butter. Add the chopped veggies and cook until tender.
4. Beat the eggs with a pinch of salt and pepper. Pour into the skillet with the veggies and scramble until cooked.
5. Chop the cooked chicken and add it to the egg and veggie mixture. Stir to combine.
6. Serve warm.

### Sweet Potato Pancakes:

#### Ingredients:

- 2 Sweet potatoes
- 2 Eggs
- 1 cup Oats
- 1 teaspoon Cinnamon
- 2 tablespoons Honey or sugar (optional)
- 2 tablespoons Oil or butter (from your pantry)

#### Instructions:

1. Peel and cook the sweet potatoes until tender, then mash them.
2. In a bowl, combine the mashed sweet potatoes, eggs, oats, and a pinch of cinnamon. Add honey or sugar if desired.
3. Heat some oil or butter in a skillet over medium heat. Drop spoonfuls of the batter into the skillet and cook until golden brown on both sides.
4. Serve warm with your choice of toppings.

### Cheesy Potato and Veggie Frittata:

#### Ingredients:

- 6 Eggs
- 2 Potato
- 1 Onion
- 1 cup Cheese
- 1 Cabbage
- Salt and pepper (from your pantry)
- 2 tablespoons Oil or butter (from your pantry)

#### Instructions:

1. Preheat your oven to 375°F (190°C).
2. Peel and thinly slice the potato. Finely chop the onion and cabbage.
3. In an oven-safe skillet, heat some oil or butter. Add the sliced potato, onion, and cabbage, and cook until the veggies are tender.
4. In a bowl, beat the eggs with a pinch of salt and pepper.
5. Pour the eggs over the cooked veggies in the skillet. Sprinkle cheese on top. Cook on the stovetop for a few minutes until the edges start to set.
6. Transfer the skillet to the oven and bake for about 15-20 minutes, or until the eggs are fully set and the top is golden.
7. Let cool slightly before slicing and serving.

### Watermelon and Cantaloupe Breakfast Salad:

#### Ingredients:

- 3 cups Watermelon
- 3 cups Cantaloupe
- 2 tablespoons Honey or lime juice (optional)

#### Instructions:

1. Cut the watermelon and cantaloupe into bite-sized cubes.
2. In a large bowl, combine the watermelon and cantaloupe cubes.
3. Drizzle with a bit of honey or lime juice if desired.
4. Serve chilled.



### **Tuna and Egg Breakfast Muffins:**

#### Ingredients:

- 5 oz Canned tuna
- 4 Eggs
- 1 cup Cheese
- 1 Onion
- Salt and pepper (from your pantry)
- 2 tablespoons Oil or butter (from your pantry)

#### Instructions:

1. Preheat your oven to 350°F (175°C).
2. Finely chop the onion.
3. In a bowl, combine the canned tuna, beaten eggs, chopped onion, and cheese. Add a pinch of salt and pepper.
4. Grease a muffin tin with oil or butter. Pour the mixture into the muffin cups, filling them about three-quarters full.
5. Bake for about 20-25 minutes, or until the muffins are set and golden brown.
6. Let cool slightly before removing from the tin and serving.

### **Pear and Peanut Butter Wraps:**

#### Ingredients:

- 1 Pear
- 2-3 tablespoons Peanut butter
- 2 Tortillas

#### Instructions:

1. Peel and thinly slice the pear.
2. Spread a layer of peanut butter on a tortilla. Arrange pear slices on top of the peanut butter.
3. Roll up the tortilla tightly.
4. Slice into smaller pieces if desired and serve.

### **Apple Cinnamon Rice Pudding:**

#### Ingredients:

- 1 cup Rice (white or brown)
- 1 Apple
- 2 cups Milk or milk substitute (if available)
- 1 teaspoon Cinnamon
- 2 tablespoons Honey or sugar (optional)
- 2 tablespoons Butter or oil (from your pantry)

#### Instructions:

1. Cook the rice according to the package instructions.
2. Peel and dice the apple.
3. In a saucepan, heat some butter or oil over medium heat. Add the diced apple, a pinch of cinnamon, and a bit of honey or sugar if desired. Cook until the apple is soft.
4. Add the cooked rice to the saucepan with the apples. Pour in some milk and stir to combine. Cook until the mixture is creamy and heated through.
5. Serve warm, sprinkled with a bit more cinnamon if desired.

### **Carrot and Zucchini Muffins:**

#### Ingredients:

- 1 Carrot
- 1 Cucumber (to substitute for zucchini)
- 1 cup Oats
- 2 Eggs
- ¼ cup Honey or sugar
- 1 teaspoon Baking powder (if available)
- 1 teaspoon Cinnamon
- 2 tablespoons Oil or butter (from your pantry)

#### Instructions:

1. Preheat your oven to 350°F (175°C).
2. Grate the carrot and cucumber.
3. In a bowl, beat the eggs with a bit of oil or melted butter and honey or sugar.
4. In another bowl, mix oats, a pinch of cinnamon, and baking powder if available.
5. Mix the wet and dry ingredients together, then fold in the grated carrot and cucumber.
6. Grease a muffin tin with oil or butter. Pour the mixture into the muffin cups, filling them about three-quarters full.
7. Bake for about 20-25 minutes, or until the muffins are set and golden brown.
8. Let cool slightly before removing from the tin and serving.

### **Chicken and Sweet Potato Breakfast Hash:**

#### Ingredients:

- 2 breasts Chicken
- 1 Sweet potato
- 1 Onion
- Salt and pepper (from your pantry)
- 2 tablespoons Oil or butter (from your pantry)

#### Instructions:

1. Cook the chicken in a skillet over medium heat until fully cooked. Remove from the skillet and set aside.
2. Peel and dice the sweet potato. Finely chop the onion.
3. In the same skillet, heat some oil or butter. Add the sweet potato and cook until it starts to soften. Add the onion and continue cooking until everything is tender.
4. Chop the cooked chicken and add it to the skillet with the sweet potato and onion. Stir to combine and cook until heated through.
5. Season with salt and pepper to taste.
6. Serve warm.

### **Fruit and Nut Breakfast Bowl:**

#### Ingredients:

- 1 cup Oats
- 2 Peaches
- 2 Pears
- Honey or sugar (optional)
- Nuts (if available)

#### Instructions:

1. Peel and chop the peaches and pears.
2. Cook the oats according to the package instructions.
3. In a bowl, combine the cooked oats with the chopped fruit. Add a bit of honey or sugar if desired.
4. Sprinkle with nuts if you have them.
5. Serve warm.

### **Savory Cabbage and Egg Breakfast Wrap:**

#### Ingredients:

- 1 cup Cabbage
- 3 Eggs
- 1 Onion
- 4 Tortillas
- ½ cup Cheese
- Salt and pepper (from your pantry)
- 2 tablespoons Oil or butter (from your pantry)

#### Instructions:

1. Finely chop the cabbage and onion.
2. In a skillet, heat some oil or butter over medium heat. Add the chopped cabbage and onion and cook until softened.
3. Beat the eggs with a pinch of salt and pepper. Pour into the skillet with the veggies and scramble until cooked.
4. On each tortilla, place a layer of the egg and veggie mixture, then sprinkle with cheese. Roll up the tortilla to form a wrap.
5. Serve warm.

### **Peanut Butter and Banana Rice Cakes:**

#### Ingredients:

- 1 cup Rice (white or brown)
- 2-3 tablespoons Peanut butter
- 1 Apple (to substitute for banana if not available)
- Honey or cinnamon (optional)

#### Instructions:

1. Cook the rice according to the package instructions and let it cool.
2. Peel and slice the apple.
3. Form the cooled rice into small patties or cakes.
4. Spread peanut butter on each rice cake, then top with apple slices.
5. Drizzle with honey or sprinkle with cinnamon if desired.
6. Serve immediately.

### **Melon and Yogurt Smoothie Bowl:**

#### Ingredients:

- 1 cup Cantaloupe
- 1 cup Watermelon
- ½ cup Yogurt (if available)
- Honey or sugar (optional)
- Cereal or oats

#### Instructions:

1. Peel and chop the cantaloupe and watermelon.
2. In a blender, combine the chopped fruit with yogurt and a bit of honey or sugar if desired. Blend until smooth.
3. Pour the smoothie into a bowl and top with cereal or oats.
4. Serve immediately.

## **Snacks/Slides:**

### **Apple Peanut Butter Energy Bites:**

#### Ingredients:

- 1 cup rolled oats
- 1/2 cup creamy peanut butter
- 1/4 cup honey
- 1/4 cup finely diced apple (any variety you prefer)
- 1/4 teaspoon ground cinnamon
- Pinch of salt

#### Instructions:

1. In a mixing bowl, combine rolled oats, creamy peanut butter, honey, diced apple, cinnamon, and salt.
2. Stir until all ingredients are well combined and form a thick, sticky dough.
3. Using clean hands, roll the dough into small balls, about 1 inch in diameter.
4. Place the energy bites on a baking sheet lined with parchment paper.
5. Refrigerate the energy bites for at least 30 minutes to firm up.
6. Once chilled, transfer the energy bites to an airtight container for storage.
7. Enjoy as a quick and nutritious snack whenever hunger strikes!

### **Peanut Butter and Banana Sandwiches:**

#### Ingredients:

- 4 slices of bread (whole wheat or your preferred variety)
- 1/4 cup peanut butter
- 2 bananas, thinly sliced

#### Instructions:

1. Lay out the slices of bread on a clean surface.
2. Spread peanut butter evenly on one side of each slice of bread.
3. Arrange thinly sliced bananas on top of the peanut butter on two of the bread slices.
4. Place the remaining two slices of bread on top to form sandwiches.
5. Press down gently to secure the sandwiches.
6. Optionally, you can toast the sandwiches in a toaster if desired, but they are also delicious as is.
7. Serve the peanut butter and banana sandwiches immediately for a quick and satisfying no-cook dinner option.

### **Fresh Fruit Salad:**

#### Ingredients:

- 2 cups cubed watermelon
- 1 cup sliced strawberries
- 1 cup blueberries
- 1 cup grapes, halved
- 2 kiwis, peeled and sliced
- 1 banana, sliced
- Juice of 1 lime or lemon (optional)
- Fresh mint leaves for garnish (optional)

#### Instructions:

1. In a large bowl, combine all the fruits: watermelon, strawberries, blueberries, grapes, kiwis, and bananas.
2. Toss gently to mix the fruits together.
3. If desired, squeeze the juice of one lime or lemon over the fruit salad to add a citrusy flavor and prevent browning of fruits.
4. Garnish with fresh mint leaves for a pop of color and extra freshness.
5. Serve immediately or chill in the refrigerator before serving for a refreshing fruit salad.

### **Grilled Sweet Potato Wedges:**

#### Ingredients:

- 2 sweet potatoes, scrubbed and cut into wedges
- 2 tablespoons olive oil
- 1 teaspoon smoked paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- Salt and pepper to taste

#### Instructions:

1. Preheat your grill to medium-high heat.
2. In a large bowl, toss sweet potato wedges with olive oil, smoked paprika, garlic powder, onion powder, salt, and pepper until evenly coated.
3. Place the sweet potato wedges on the preheated grill and cook for 15-20 minutes, turning occasionally, until tender and lightly charred on the edges.
4. Remove the sweet potato wedges from the grill and transfer to a serving plate.

### **White Rice:**

#### Ingredients:

- 1 cup white rice
- 2 cups water
- Pinch of salt

#### Instructions:

1. Rinse the white rice under cold water until the water runs clear.
2. In a medium saucepan, combine the rinsed rice, water, and a pinch of salt.
3. Bring the water to a boil over high heat, then reduce the heat to low, cover the saucepan, and simmer for 18-20 minutes, or until the rice is tender and the water is absorbed.
4. Remove the saucepan from the heat and let the rice sit, covered, for 5 minutes.
5. Fluff the rice with a fork before serving.

### **Peanut butter and jam flapjacks:**

#### Ingredients:

- 5 tbsp salted butter, plus extra for the tin
- 1 cup crunchy peanut butter
- 8 tbsp strawberry or raspberry jam
- 2/3 cup light brown soft sugar
- 1 1/2 cup rolled oats

#### Instructions:

1. Heat the oven to 325°F. Butter and line the base and sides of a 20cm square cake tin with baking parchment.
2. Put 3 tbsp each of the peanut butter and jam in separate small bowls and set aside. Tip the remaining peanut butter, the rest of the jam and the butter and sugar into a pan set over a medium heat and stir until everything has melted together. Quickly stir in the oats, then leave to cool for 5 mins
3. Spoon the mixture into the prepared cake tin and gently press down with your hands. Dot over the reserved peanut butter and jam, then bake for 20-25 mins or until golden brown. Leave to cool completely in the tin, then turn out onto a board and cut into squares.

### Unicorn Smoothie:

#### Ingredients:

- 1 1/2 c low-fat or non-fat milk (divided)
- 1 1/2 c plain low-fat or non-fat yogurt (divided)
- 3 bananas (divided)
- 1 c blackberries (or blueberries, frozen)
- 1 c mango (chunks, frozen)
- 1 c raspberries (or strawberries, frozen)
- star fruit (and kiwi, mixed berries, and chia seeds, for garnish)

#### Instructions:

1. Combine 1/2 cup each of milk and yogurt, 1 banana and the blackberries (or blueberries) in a blender. Blend until smooth. Divide the mixture among 4 large glasses. Place in the freezer. Rinse out the blender.
2. Combine 1/2 cup each of milk and yogurt, 1 banana and the mango chunks in the blender. Blend until smooth. Divide the mixture over the purple layer in the glasses. Return the glasses to the freezer. Rinse out the blender.
3. Combine the remaining 1/2 cup each of milk and yogurt, the remaining banana and raspberries (or strawberries) in the blender. Blend until smooth. Divide the mixture over the yellow layer in the glasses. Run a skewer around the edges to swirl the layers slightly.
4. If desired, arrange the star fruit slices, kiwi slices and berries on 4 wooden skewers to garnish each glass. Sprinkle with chia seeds, if desired

### Peanut Butter Banana Smoothie:

#### Ingredients:

- 1 Banana
- 1-2 tablespoons Peanut butter
- 1 cup Milk or yogurt
- 1/4 cup Oats (optional)

#### Instructions:

1. In a blender, combine banana, a spoonful of peanut butter, and milk or yogurt.
2. Blend until smooth.
3. Add a handful of oats for extra texture and blend again if desired.
4. Serve chilled.

### Mozzarella Snackers:

#### Ingredients:

- 4 cheese sticks (cut in half - see note below)
- 1 egg (beaten)
- 1/2 c all purpose flour (or whole wheat flour, optional - see note below)
- 3/4 c whole wheat breadcrumbs (see note below)
- cooking spray

#### Instructions:

1. Preheat the oven to 400 degrees Fahrenheit (if you have an air fryer, see the note below). While the oven preheats, set up a dredging station with 4 separate bowls in a row: the cheese sticks in the first, the flour in the second, the beaten egg in the third, and the breadcrumbs in the fourth bowl.
2. Coat each side of the cheese sticks one at a time in the flour, then move to the beaten egg, followed by coating them in breadcrumbs. This process can be messy, but is fun for kids to help with!
3. Place the coated cheese sticks on a baking tray coated with cooking spray. Place them in the freezer for 20 minutes.
4. Place the cheese sticks in the oven and bake for 10 minutes, or until golden brown. Enjoy!

#### Notes:

If you don't have cheese sticks, you can also cut block cheese into sticks or cubes.

You can use whatever flour you have available, but if you don't have flour, you can skip this step and just use breadcrumbs.

Make your own whole wheat breadcrumbs by placing whole wheat bread in a 250-degree oven for 20 minutes. This will dry out the bread so you can crumble it. The crumbs will keep in your pantry for up to 1 month.

Have an air fryer? Cook the coated cheese sticks at 350 degrees for 5 minutes, or until golden brown

**Melon and Cheese Skewers:**

## Ingredients:

- Watermelon
- Cantaloupe
- Cheese (cheddar or mozzarella)

## Instructions:

1. Cut watermelon, cantaloupe, and cheese into bite-sized cubes.
2. Skewer the cubes in an alternating pattern.
3. Serve as a refreshing and light appetizer or snack.

**Peanut Butter and Apple Oat Bars:**

## Ingredients:

- 2 cups Oats
- 1 Apple
- ½ cup Peanut butter
- ¼ cup Honey or maple syrup

## Instructions:

1. Preheat the oven to 350°F (175°C).
2. In a bowl, mix 2 cups of oats with 1/2 cup of peanut butter and 1/4 cup of honey or maple syrup.
3. Grate an apple and add it to the mixture.
4. Press the mixture into a greased baking dish.
5. Bake for 20-25 minutes, until set and golden brown.
6. Let cool before cutting into bars.

**Sweet Potato and Carrot Fries:**

## Ingredients:

- 1 Sweet potato/yam
- 2 Carrots
- 2 tablespoons Olive oil
- Salt and pepper

## Instructions:

1. Preheat the oven to 425°F (220°C).
2. Peel and cut sweet potatoes and carrots into fry-shaped pieces.
3. Toss with olive oil, salt, and pepper.
4. Spread on a baking sheet in a single layer.
5. Bake for 20-25 minutes, turning halfway through, until crispy and golden brown.

**Fruit and Yogurt Parfait:**

## Ingredients:

- 3 Peaches
- 1 cup Watermelon
- 1 cup Cantaloupe
- 1 cup Yogurt
- ½ cup Oats

## Instructions:

1. Cut peaches, watermelon, and cantaloupe into bite-sized pieces.
2. In a glass or bowl, layer yogurt with mixed fruit.
3. Sprinkle oats on top for added crunch.
4. Repeat layers if desired, and serve chilled.

**Mama's Surprise Apples:**

## Ingredients:

- 1 Apple
- Cinnamon
- Raisins (optional)

## Directions:

1. Cut an apple in half widthwise
2. Scoop out the core and seeds, but keep the apple halves from breaking.
3. Spoon some cinnamon into each cavity.
4. Add some raisins if you have them.
5. Sprinkle with cinnamon.
6. Put the two halves together and then slice them into wedges.
7. Put the apple back together and wrap in tin foil.

# Desserts:

## Apple Pear Crisp:

### Ingredients:

- 2 apples, peeled, cored, and thinly sliced
- 2 pears, peeled, cored, and thinly sliced
- 1 tablespoon lemon juice
- 1/4 cup granulated sugar
- 1 teaspoon ground cinnamon
- 1/2 cup all-purpose flour
- 1/2 cup rolled oats
- 1/4 cup brown sugar
- 1/4 cup cold butter, diced
- Vanilla ice cream or whipped cream for serving (optional)

### Instructions:

1. Preheat your oven to 375°F (190°C).
2. In a large mixing bowl, toss the sliced apples and pears with lemon juice to prevent browning.
3. Add granulated sugar and cinnamon to the bowl and toss until the fruit is evenly coated.
4. Transfer the fruit mixture to a greased baking dish.
5. In another bowl, combine flour, rolled oats, and brown sugar. Cut in the cold diced butter using a pastry cutter or fork until the mixture resembles coarse crumbs.
6. Sprinkle the crumb mixture evenly over the fruit in the baking dish.
7. Bake in the preheated oven for 30-35 minutes, or until the fruit is bubbly and the topping is golden brown.
8. Allow the crisp to cool slightly before serving.
9. Serve warm with a scoop of vanilla ice cream or a dollop of whipped cream if desired.

## Apple and Pear Crumble:

### Ingredients:

- 2 Apples
- 2 Pears
- 1 cup Oats
- ¼ cup Brown sugar (optional)
- ¼ cup Butter

### Instructions:

1. Preheat your oven to 350°F (175°C).
2. Prepare the Fruit: Peel, core, and slice the apples and pears.
3. In a bowl, combine oats, a little bit of brown sugar (if available), and a pinch of salt. Cut in some butter until the mixture becomes crumbly.
4. Place the fruit in a baking dish and sprinkle the oat mixture on top.
5. Bake for about 30-35 minutes or until the top is golden and the fruit is tender.
6. Let it cool slightly before serving.

## Watermelon and Cantaloupe Salad with Mint:

### Ingredients:

- Watermelon
- Cantaloupe
- Optional: Honey (if available), lemon juice, mint leaves (if available)

### Instructions:

1. Cut the watermelon and cantaloupe into bite-sized cubes.
2. In a large bowl, combine the fruit.
3. If available, mix a little honey and lemon juice to drizzle over the salad. Add some finely chopped mint leaves if you have them.
4. Chill in the refrigerator for about an hour before serving.

### **Peanut Butter Oat Bites:**

#### Ingredients:

- 1 cup Peanut butter
- 1 cup Oats
- 2 tablespoons Honey or sweetener (if available)
- Optional: ½ teaspoon Cinnamon, ¼ cup chocolate chips

#### Instructions:

1. In a bowl, combine peanut butter, oats, and a bit of honey (if available). Add a pinch of cinnamon if desired.
2. Roll the mixture into small balls.
3. Place the bites on a plate and refrigerate for about 30 minutes until firm.
4. Enjoy as a quick and healthy dessert or snack.

### **Baked Apples with Oats and Cinnamon:**

#### Ingredients:

- 4 Apples
- ½ cup Oats
- 2 tablespoons Butter or substitute
- 1 teaspoon Cinnamon
- 2 tablespoons Honey or sugar (optional)

#### Instructions:

1. Preheat your oven to 350°F (175°C).
2. Core the apples, creating a small well in the center.
3. In a small bowl, mix oats, a bit of butter, a dash of cinnamon, and a small amount of honey or sugar if desired.
4. Stuff the center of each apple with the oat mixture.
5. Place the apples in a baking dish and bake for about 25-30 minutes, or until the apples are tender.
6. Serve warm, optionally with a dollop of yogurt or whipped cream if available.

### **Pear and Sweet Potato Mash:**

#### Ingredients:

- 2 Pears
- 2 Sweet potatoes
- ½ teaspoon Cinnamon
- 2 tablespoons Honey or maple syrup (optional)

#### Instructions:

1. Peel and chop the sweet potatoes, then boil them until soft.
2. Peel, core, and chop the pears.
3. In a bowl, mash the sweet potatoes and pears together until smooth.
4. Add a pinch of cinnamon and a drizzle of honey or maple syrup if desired.
5. Serve warm or chilled.

### **Melon and Cucumber Salad:**

#### Ingredients:

- 4 cups Cantaloupe
- 1 Cucumber
- Optional: 1 tablespoon Lime juice, mint leaves, honey (if available)

#### Instructions:

1. Peel and cube the cantaloupe. Peel and slice the cucumber.
2. In a large bowl, combine the melon and cucumber.
3. Drizzle with a bit of lime juice and honey, and sprinkle with chopped mint leaves if available.
4. Chill in the refrigerator for about an hour before serving.

### **Peach and Carrot Smoothie:**

#### Ingredients:

- 2 Peaches (fresh or canned)
- 1 Carrot
- ½ cup Yogurt or milk (if available)
- 2 tablespoons Honey or sweetener (optional)

#### Instructions:

1. Peel and chop the carrots. Peel and slice the peaches.
2. In a blender, combine the peaches, carrots, and a bit of yogurt or milk. Add a touch of honey or sweetener if desired.
3. Blend until smooth and creamy.
4. Serve immediately.



### **Apple and Peanut Butter Sandwiches:**

#### Ingredients:

- 2 Apples
- ¼ cup Peanut butter
- Optional: 2 tablespoons Oats, ½ teaspoon cinnamon, 1 tablespoon honey

#### Instructions:

1. Core and slice the apples into rounds.
2. Spread peanut butter on one apple slice and top with another slice to make a sandwich.
3. Sprinkle with oats, a pinch of cinnamon, or a drizzle of honey for added flavor.
4. Enjoy as a healthy and satisfying dessert.

### **Watermelon Sorbet:**

#### Ingredients:

- 4 cups Watermelon
- 2 tablespoons Honey or sugar (optional)
- 1 tablespoon Lime juice (optional)

#### Instructions:

1. Cut the watermelon into chunks and remove any seeds.
2. In a blender, blend the watermelon until smooth. Add a bit of honey or sugar if you like it sweeter, and a splash of lime juice if desired.
3. Pour the mixture into a shallow dish and freeze for a few hours, stirring every 30 minutes until it reaches a sorbet-like consistency.
4. Scoop into bowls and serve.

### **Caramelized Pears with Rice:**

#### Ingredients:

- 2 Pears
- 1 cup Rice (white or brown)
- 2 tablespoons Butter or oil (from your pantry)
- 2 tablespoons Brown sugar or honey (optional)
- ½ teaspoon Cinnamon

#### Instructions:

1. Cook the rice according to the package instructions.
2. Peel, core, and slice the pears.
3. In a skillet, melt some butter or heat some oil over medium heat. Add the pear slices, sprinkle with a bit of brown sugar or honey if desired, and a pinch of cinnamon. Cook until the pears are golden and caramelized.
4. Serve the caramelized pears over the cooked rice.

### **Sweet Potato and Apple Bake:**

#### Ingredients:

- 2 Sweet potatoes
- 2 Apples
- 1 teaspoon Cinnamon
- 2 tablespoons Honey or brown sugar (optional)

#### Instructions:

1. Preheat your oven to 375°F (190°C).
2. Peel and slice the sweet potatoes and apples.
3. In a baking dish, layer the sweet potatoes and apples.
4. Sprinkle with cinnamon and drizzle with a bit of honey or sprinkle with brown sugar if desired.
5. Cover with foil and bake for about 30-40 minutes, or until the sweet potatoes are tender.
6. Serve warm.

### **Cauliflower Rice Pudding:**

#### Ingredients:

- 1 head Cauliflower
- 2 cups Milk
- 3 tablespoons Honey or sugar
- ½ teaspoon Cinnamon
- ½ teaspoon Vanilla extract (optional)

#### Instructions:

1. Grate or process the cauliflower into small, rice-sized pieces.
2. In a pot, combine the cauliflower with milk and cook over medium heat until the cauliflower is tender.
3. Add a bit of honey or sugar, a pinch of cinnamon, and a splash of vanilla extract if you have it. Cook until the mixture thickens to a pudding-like consistency.
4. Serve warm or chilled.

### **Grilled Peaches with Cheese:**

#### Ingredients:

- 4 Peaches
- 1 cup Cheese (cheddar, cream cheese, or another type you prefer)
- 2 tablespoons Honey (optional)

#### Instructions:

1. Cut the peaches in half and remove the pits.
2. Heat a grill or grill pan over medium heat. Grill the peach halves, cut side down, until they are slightly charred and softened.
3. Place a slice or dollop of cheese on each peach half. If desired, drizzle with a bit of honey.
4. Serve warm.

### **Cantaloupe and Cheese Skewers:**

#### Ingredients:

- 1 Cantaloupe
- 1 ½ cup Cheese (cheddar, mozzarella, or another type you prefer)
- Wooden skewers or toothpicks

#### Instructions:

1. Cut the cantaloupe into bite-sized cubes. Cut the cheese into similar-sized cubes.
2. Thread the cantaloupe and cheese cubes onto small skewers or toothpicks, alternating between the two.
3. Serve chilled as a refreshing and easy-to-eat dessert.

### **Apple Oatmeal Cookies:**

#### Ingredients:

- 1 Apple
- 1 ½ cup Oats
- ½ cup Butter or oil
- ¼ cup Honey or sugar (optional)
- 1 teaspoon Cinnamon
- 1 Egg

#### Instructions:

1. Preheat your oven to 350°F (175°C).
2. Peel and finely chop the apples.
3. In a bowl, beat the egg with a bit of melted butter or oil. Add honey or sugar if desired.
4. In another bowl, mix oats and a pinch of cinnamon.
5. Mix the wet and dry ingredients together, then fold in the chopped apples.
6. Drop spoonfuls of the mixture onto a baking sheet lined with parchment paper.
7. Bake for about 15-20 minutes, or until the cookies are golden brown.
8. Let the cookies cool on a wire rack before serving.

### **Carrot and Apple Slaw:**

#### Ingredients:

- 2 Carrots
- 2 Apples
- 1 tablespoon Honey or sugar (optional)
- 1 tablespoon Lemon juice or vinegar (from your pantry)
- ½ teaspoon Cinnamon

#### Instructions:

1. Peel and grate the carrots and apples.
2. In a small bowl, mix a bit of honey or sugar with lemon juice or vinegar and a pinch of cinnamon.
3. Toss the grated carrots and apples with the dressing.
4. Chill in the refrigerator for about an hour before serving.

### **Sweet Potato and Oat Bars:**

#### Ingredients:

- 2 Sweet potatoes
- 1 ½ cup oats
- ¼ cup honey or sugar
- ¼ cup butter or oil (from your pantry)
- ½ teaspoon cinnamon
- 1 egg

#### Instructions:

1. Preheat your oven to 350°F (175°C).
2. Peel and boil the sweet potatoes until tender, then mash them.
3. In a bowl, combine the mashed sweet potatoes with a bit of melted butter or oil, honey or sugar, and the egg.
4. In another bowl, mix oats and a pinch of cinnamon.
5. Mix the wet and dry ingredients together.
6. Spread the mixture in a greased baking dish and bake for about 25-30 minutes, or until set and golden brown.
7. Let cool before cutting into bars.

### **Grilled Pineapple and Watermelon Skewers:**

#### Ingredients:

- 2 cups Watermelon
- 2 cups Pineapple (could substitute with cantaloupe)
- Honey (optional)

#### Instructions:

1. Cut the watermelon and pineapple (or cantaloupe) into large cubes.
2. Thread the fruit onto skewers.
3. Heat a grill or grill pan over medium heat. Grill the skewers for a few minutes on each side until grill marks appear.
4. Serve warm, optionally drizzled with a bit of honey.

### **Cheesy Apple and Pear Quesadillas:**

#### Ingredients:

- 1 Apple
- 1 Pear
- 1 cup Cheese
- 4 Tortillas
- ½ teaspoon Cinnamon
- Honey (optional)

#### Instructions:

1. Peel, core, and thinly slice the apples and pears.
2. Place a tortilla on a skillet over medium heat. Add a layer of cheese, then apple and pear slices, a sprinkle of cinnamon, and another layer of cheese. Top with another tortilla.
3. Cook until the bottom tortilla is golden and the cheese starts to melt, then flip and cook the other side.
4. Slice into wedges and serve warm, optionally drizzled with honey.

### **Spiced Fruit Compote:**

#### Ingredients:

- 2 apples
- 2 pears
- 2 cup cantaloupe
- 3 tablespoons honey or sugar
- 1 teaspoon Cinnamon
- 2 tablespoons Lemon juice or water (from your pantry)

#### Instructions:

1. Peel and chop the apples, pears, and cantaloupe into small pieces.
2. In a large pot, combine the fruit with a bit of honey or sugar, a splash of lemon juice or water, and a pinch of cinnamon. Cook over medium heat until the fruit is soft and the mixture is thickened, stirring occasionally.
3. Serve warm or chilled as a dessert on its own or as a topping for yogurt or oatmeal.

### **Peanut Butter Cookies:**

#### Ingredients:

- 1 cup smooth peanut butter
- 1 cup (200 grams) sugar (1/2 cup lightly packed brown sugar and 1/2 cup granulated sugar, if possible)
- 1 large egg
- 1 teaspoon baking soda

#### Instructions:

1. Place a rack in the upper third of the oven and preheat the oven to 350 degrees F. Line a rimmed baking sheet with parchment paper or very lightly grease a baking sheet with butter and set aside.
2. In the bowl of a stand mixer or in a medium bowl with electric hand beaters, combine peanut butter and sugar until well combined, about 2 minutes. Add egg and baking soda and mix for another 2 minutes. Roll into small walnut sized balls and create a criss-cross pattern with a fork.
3. Bake for 10-12 minutes, until lightly browned. Cool on a baking sheet for two minutes, then transfer to a wire rack or directly into your mouth. Cookies will last in an airtight container at room temperature for up to 4 days

### **Peach and Oat Crumble:**

#### Ingredients:

- 5 peaches
- 1 cup oats
- ¼ cup Butter
- ¼ cup Honey or brown sugar

#### Instructions:

1. Preheat the oven to 350°F (175°C).
2. Slice peaches and place them in a baking dish.
3. In a bowl, mix 1 cup of oats with 1/4 cup of melted butter and 1/4 cup of honey or brown sugar.
4. Sprinkle the oat mixture over the peaches.
5. Bake for 25-30 minutes until the top is golden brown and bubbly.

### **Apple and Pear Compote:**

#### Ingredients:

- 2 apples
- 2 pears
- 3 tablespoons honey or sugar
- ½ teaspoon Cinnamon (optional)
- ¼ cup water

#### Instructions:

1. Peel and dice apple and pear.
2. In a saucepan, combine diced apple, pear, and water.
3. Cook over medium heat until the fruit is soft.
4. Stir in honey or sugar to taste and add cinnamon if desired.
5. Serve warm or chilled, on its own or over yogurt or ice cream.

### **Peanut Butter and Banana Bites:**

#### Ingredients:

- 1 banana
- 3 tablespoons peanut butter
- ¼ cup Oats

#### Instructions:

1. Slice the banana into rounds.
2. Spread a small amount of peanut butter on each banana slice.
3. Sprinkle oats on top of the peanut butter.
4. Stack two slices together to make a bite-sized sandwich.
5. Chill in the refrigerator for 10-15 minutes before serving.

### **Watermelon and Cantaloupe Sorbet:**

#### Ingredients:

- 3 cups watermelon
- 3 cups cantaloupe
- 3 tablespoons honey or sugar (optional)

#### Instructions:

1. Cut watermelon and cantaloupe into chunks and freeze them until solid.
2. In a blender or food processor, blend the frozen fruit until smooth.
3. Add honey or sugar to taste if desired.
4. Scoop into bowls and serve immediately or freeze for a firmer texture.

**Peach and Yogurt Parfait:**

## Ingredients:

- 3 peaches
- 2 cups yogurt
- ½ cup oats
- 2 tablespoons honey (optional)

## Instructions:

1. Slice peaches.
2. In a glass or bowl, layer yogurt, peach slices, and a sprinkle of oats.
3. Repeat layers and drizzle honey on top if desired.
4. Serve immediately.

**Carrot Cake Muffins:** (link to video: <https://youtu.be/u40uttGBAjU> )

## Ingredients:

- 2 carrots
- 1 cup oats
- 1 egg
- ¼ cup honey or maple syrup
- 1 teaspoon baking powder

## Instructions:

1. Preheat the oven to 350°F (175°C).
2. Grate carrots.
3. In a bowl, mix oats, grated carrot, egg, honey or maple syrup, and baking powder.
4. Spoon the mixture into a greased muffin tin.
5. Bake for 15-20 minutes until a toothpick inserted into the center comes out clean.

**Peanut Butter and Oat Cookies:**

## Ingredients:

- 1 cup peanut butter
- 1 cup oats
- ½ cup honey or brown sugar
- 1 egg

## Instructions:

1. Preheat the oven to 350°F (175°C).
2. In a bowl, mix peanut butter, oats, honey or brown sugar, and egg.
3. Drop spoonfuls of dough onto a baking sheet.
4. Flatten slightly with a fork.
5. Bake for 10-12 minutes until golden brown.

**Baked Apples with Cinnamon:**

## Ingredients:

- 4 apples
- 1 teaspoon cinnamon
- 4 teaspoons honey or brown sugar
- 4 teaspoons butter

## Instructions:

1. Preheat the oven to 350°F (175°C).
2. Core the apples and place them in a baking dish.
3. Fill each apple with a teaspoon of butter, a sprinkle of cinnamon, and a drizzle of honey or brown sugar.
4. Bake for 25-30 minutes until the apples are tender.

**Cucumber and Melon Popsicles:**

## Ingredients:

- 1 cucumber
- 2 cups watermelon
- 2 cups cantaloupe
- 3 tablespoons honey or sugar (optional)

## Instructions:

1. Puree cucumber, watermelon, and cantaloupe in a blender until smooth.
2. Add honey or sugar to taste if desired.
3. Pour the mixture into popsicle molds and freeze until solid.

**Pear and Oat Crisp:**

## Ingredients:

- 5 pears
- 1 cup oats
- ¼ cup butter
- ¼ cup honey or brown sugar

## Instructions:

1. Preheat the oven to 350°F (175°C).
2. Slice pears and place them in a baking dish.
3. In a bowl, mix oats with melted butter and honey or brown sugar.
4. Sprinkle the oat mixture over the pears.
5. Bake for 25-30 minutes until the top is golden brown and bubbly.

**Sweet Potato Brownies:** (link to video <https://youtu.be/0XKAq2TebvY> )

## Ingredients:

- 1 Sweet potato/yam
- ½ cup oats
- ¼ cup peanut butter
- ¼ cup honey or maple syrup
- 2 tablespoons cocoa powder

## Instructions:

1. Preheat the oven to 350°F (175°C).
2. Peel and boil sweet potato until tender, then mash it.
3. In a bowl, mix mashed sweet potato, oats, peanut butter, honey or maple syrup, and cocoa powder.
4. Spread the mixture into a greased baking dish.
5. Bake for 20-25 minutes until set.
6. Let cool before cutting into squares.

# Substitutes:

## **Butter: (equal amount)**

- Margarine
- Shortening
- Olive Oil
- Vegetable Oil
- Coconut Oil
- Pumpkin puree
- Applesauce
- Greek Yogurt
- Bananas

## **White Rice: (equal amount)**

- Brown rice
- Quinoa
- Cauliflower rice
- Wild rice
- Barley

## **Sour Cream: (equal amount)**

- Plain yogurt
- Mayonnaise
- Buttermilk
- Cream cheese

## **Baking powder:**

- Baking soda ( $\frac{1}{4}$  of amount of powder)
- Vinegar ( $\frac{1}{2}$  of amount of powder)

## **Mayonnaise (for use in salads and salad dressings): (equal amount)**

- Sour cream
- Yogurt
- Cottage cheese pureed in a blender

# Where to find spices:

## The Dollar Store

- Everyday essentials at low cost
- Household items, cleaning products and personal care
- Snacks and pantry staples
- Basic kitchenware, toys and seasonal items

## Grocery Outlet

- Discounted brand name foods, including organic and specialty items
- Frozen foods, fresh produce and dairy
- Bulk items, snacks and beverages
- Health and beauty products at discount prices

## Smart & Final

- Wholesale and bulk food, geared toward families and small businesses
- Fresh produce, dairy, meats and bakery items
- Pantry staples, snacks and beverages
- Cleaning supplies and paper products
- Kitchen supplies and food service supplies

## TJ Maxx

- Discounted brand name clothing, shoes and accessories
- Housewares including cookware, décor and bedding
- Health and beauty products
- Seasonal items and gifts
- Specialty food and snacks in the home section

## Aldi

- Discounted groceries, with a focus on private labels
- Fresh produce, dairy, meats and bakery
- Organic and specialty food options at lower prices
- Household essentials and kitchen staples
- Limited-time special offers and seasonal items

## Big Lots

- Discounted furniture, mattresses and home decor
- Snacks, pantry staples and household items
- Personal care and health products
- Seasonal and holiday decorations
- Occasional deals on electronics and toys



## Survey

We would love your feedback on recipes or things we could add. Please fill out this survey with any changes that could be made or your feedback:

<https://forms.gle/UdaDeREBnGgcGBzE7>



Link to spanish version:

[https://drive.google.com/file/d/1Ew5gRz7fxcFLkEfFkbaEjEhj8gwK6nsd/view?usp=drive\\_link](https://drive.google.com/file/d/1Ew5gRz7fxcFLkEfFkbaEjEhj8gwK6nsd/view?usp=drive_link)

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