COOKING JUST FOR ME
Using 1 Food WISELY!

- Egg Recipes
- Tomato Recipes
- Bell Pepper Recipes
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COOKING JUST FOR ME
Using 1 Food
WISELY!

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INTRODUCTION

Cooking Just for Me Using One Food Wisely was created for those individuals who cook for themselves and are tired of eating the same meals everyday because they do not want to waste food. This book provides quick, easy and tasty one serving recipes made for those individuals who need more of a variety in their diet. The cookbook provides a variety of recipes that will help you use one food ingredient more efficiently to reduce the amount of food wasted. For example, Do you have left over eggplant in your refrigerator and do not have any idea what to do with it? Rather than eating eggplant parmesan for the next three days, this cookbook will provide you with a variety of eggplant recipes such as grilled eggplant and eggplant parmesan in a convenient single serving portion. Although you may be dining alone, this book gives you tips to make your eating experience more enjoyable, so you no longer dread cooking and eating by yourself and start looking forward to it.
DINING FOR ONE CAN BE FUN

MAKE MEAL TIME SPECIAL:

- Set the table (table cloth, silverware)
- Add a nice placemat
- Decorate the table (flowers, candles, etc.)

ADD COLORS TO YOUR PLATE:

- Make your meals colorful by adding **RED** (tomatoes, peppers), **GREEN** (peas, peppers, beans), **ORANGE** (carrots, oranges), **PURPLE** (eggplant, grapes), **YELLOW** (corn, lemons) and many other colorful foods.

INCLUDE DIFFERENT TEXTURES:

- SOFT (mashed potatoes), CRUNCHY (toast, crackers), PUDDING-like (yogurt), and more.

USE YOUR BEST DISHES

LISTEN TO YOUR FAVORITE MUSIC

SET UP A NICE AREA TO EAT INFRONT OF THE TELEVISION TO WATCH YOUR FAVORITE SHOW
EAT NEAR A WINDOW & TAKE IN THE SCENERY

- Sunrise & Sunset
- Beaches
- Animals & People
STORAGE TIPS

When FREEZING, always label freezer bag with:
- Food name
- Freezing date
- Weight (only meats)

*TIP: Place food in individual portions for easy use

GRAINS:

BREAD...
- Store at room temperature for best quality.
  - Shelf life: 2-4 days (room temp.)
  - 7-14 days (refrigerated)
- Freezing: Place bread in a bag sealed tight and place in the freezer. Bread can be stored in freezer for 3 months.
- Thawing: At room temperature defrost a couple of slices (wrapped in plastic) on a plate (5 min) and place in oven for 10-15 minutes at 350 degrees.
  (*Note: also, thaw from freezer to oven for 10-25 minutes at 350 degrees)
- Toaster: Place frozen bread in toaster.

VEGETABLES:

ASPARAGUS...
- Store in refrigerator:
  - Do NOT wash before storing
  - Keep plastic bag or container

0 4
- Shelf life: about 3-4 days

  - Shelf life: 8 months

- *Thawing

**BELL PEPPER...**

- Store in refrigerator:
  - Wash & dry before storing

  - Keep in plastic bag or container
  - Shelf life: 1 week

- Freezing: Wash, cut out stem and remove seeds. Halve or slice and dice. No need to blanch. Place in freezer bag and seal tight.
  - Shelf life: 6-8 months

- *Thawing

**BROCCOLI...**

- Store in refrigerator:
  - Keep in plastic bag or container
  - Shelf life: 3-5 days

- Freezing: Cut through stalks lengthwise. Soak in salt brine (1/2 cup salt to 1 quart water) for half an hour to drive out small insects. Rinse and drain. Blanch 4-5 minutes and chill in ice water. Drain water and
make sure broccoli is dry. Place in freezer bag and seal tight.
- Shelf life: 10-12 months

*Thawing

SPINACH...
- Store in refrigerator:
  - Wash thoroughly in cold water and rinse
  - Keep in plastic bag
  - Shelf life: 3-5 days
- Freezing: Wash and blanch for 1-2 minutes. Chill in ice water. Drain water and make sure spinach is dry. Place in freezer bag and seal tight.
  - Shelf life: 10-12 months

*THAWING VEGETABLES
(Asparagus, Broccoli, & Spinach)

Thawing: Place vegetables in boiling water for a couple of minutes (until thawed) and use as desired.

MEATS:

BEEF/GROUND BEEF...
- Store in refrigerator:
  - Keep in plastic bag
  - Place at bottom of refrigerator
  - Shelf life: 2-4 days (beef), 1-2 days (ground beef)
- ***Freezing/Thawing:
  - Shelf life: 6-12 months (beef), 3-4 months (ground beef)
CHICKEN...
- Store in refrigerator:
  - Keep in plastic bag
  - Place at bottom of refrigerator
  - Shelf life: 1-2 days
- ***Freezing/Thawing:
  - Shelf life: 9 months – 1 year

FISH...
- Store in refrigerator:
  - Keep in plastic bag
  - Place at bottom of refrigerator
  - Shelf life: 1-2 days

- ***Freezing/Thawing:
  - Shelf life: 6 months (lean fish); 2-3 months (fatty fish)

***FREEZING & THAWING MEATS
(Beef, Ground Beef, Chicken, & Fish)

FREEZING: Wrap meat in foil (keep airtight).
Place in freezer.

THAWING: Thaw meat slowly in refrigerator.
About 3-7 hours per pound of meat. Refreezing not recommended.
FOOD SAFETY TIPS

...CLEAN...
The first rule of safe food preparation in the home is to keep everything clean.

WASH HANDS with warm water & soap for 20 seconds BEFORE & AFTER handling food.

RINSE FRUITS & VEGETABLES thoroughly under running water and use a produce brush to remove surface dirt.

DO NOT rinse RAW MEAT & POULTRY before cooking. This helps bacteria to spread.

...SEPERATE...
Don’t give bacteria the opportunity to spread from one food to another (cross contaminate)

KEEP RAW MEAT, POULTRY, & SEAFOOD away from the foods that won’t be cooked while shopping and storing in the freezer and refrigerator.

Use ONE cutting board for foods that will be cooked (raw meat, poultry, & seafood) and another board for ready-to-eat foods (fruits & vegetables).

DO NOT place cooked food on an unwashed plate that has held raw meat, poultry, & seafood.
Food is safely cooked when it reaches a certain internal temperature to kill harmful bacteria.

**PROPER COOKING TEMPERATURES:**

- **Pork & Ground Beef** 155°F
- **Poultry & Reheating** 165°F
- **Eggs & Fish** 145°F
- **Hold Hot Foods** 140°F
- **Danger Zone**
- **Hold Cold Foods** 45°F

**...COOL...**

Refrigerate foods quickly because harmful bacteria grow rapidly at room temperature.

**REFRIGERATE** leftovers & take-out within 2 hours.

**SET** refrigerator to ≤40°F and the freezer at 0°F. Check both periodically with appliance thermometer.

Never thaw food at room temperature. Safely thaw food in the refrigerator, under cold running water, or in the microwave. Food thawed under cold water and microwave should be cooked immediately.
VEGETABLES
Asparagus, Bell Pepper,
Broccoli, Eggplant, &
Spinach
Balsamic Roasted Asparagus
Asparagus with Salmon
Fried Asparagus
Asparagus Sesame Stir-fry

*Other useful recipes to consider trying:

Vegetable Soup Over Rice.............pg 66
Balsamic Asparagus

Serving Size: Single
Prep and cooking time: 15 minutes

Ingredients:
• ¼ bunch of asparagus, bottom trimmed off
• ½ tablespoon balsamic vinegar
• Pinch of salt
• Pinch of black pepper

Directions:

Preheat the oven to 450°F. Coat a large baking sheet with cooking spray.

Arrange the asparagus on the sheet and spray them with the cooking spray. Brush the vinegar all over the asparagus and season with salt and pepper.

Roast until crisp-tender and golden brown, about 10 minutes.
Asparagus with Salmon

Serving Size: Single
Prep and cooking time: 20 minutes

Ingredients:
- 2 ounce asparagus
- 2 ounce salmon fillet
- 1/4 tsp salt
- 1/4 tsp grated lemon or lime peel
- 1/2 tbsp lemon or lime freshly squeezed juice
- 1 pinch black pepper
- 1 tsp finely chopped chives
- 1/4 tsp mustard

Directions:
Cut asparagus into 3 inch lengths. Cook in 2-quart saucepan in lightly salted water for 5 minutes, drain. Set aside.

Season the skin side of the salmon fillets with salt and lemon or lime peel. Place asparagus spears at one end of each fillet.

Roll up fillets with asparagus spears inside and secure with plain round toothpicks.

Place in a 2-quart oven-save casserole dish liberally sprayed with non-stick cooking spray. In a small bowl combine remaining ingredients and pour over fish.

Bake in a 400°F oven for approximately 10 minutes or until fish flakes easily.
Fried Asparagus

Serving size: Single
Prep and cooking time: 20 Minutes

Ingredients:

- ¼ of asparagus bunch with ends trimmed
- 1 egg
- Parmesan cheese as needed
- ¼ cup bread crumbs
- 1 Tbsp of milk
- Salt
- Pepper

Directions:
In boiling, salted water cook asparagus spears until tender

Drain on paper towel

In a bowl beat together egg and milk

Dip asparagus into egg/milk mix then into bread crumbs

Heat enough oil to cook the asparagus

Cook asparagus in oil until medium brown
Asparagus Sesame Stir-Fry

Serving size: Single
Preparation and cooking time: 20 minutes

Ingredients:
- ½ tbs sesame seeds
- 2 tsp sesame oil
- 5-6 stocks asparagus, trimmed, peeled, and cut diagonally into 1 inch pieces
- ½ tsp vinegar or lemon juice
- 1 tsp soy sauce, to taste

Directions:

1. In a large skillet or wok, toast the sesame seeds over medium heat, shaking the pan about 1 minute or until the seeds are pale brown and nutty-smelling. Remove and set aside.

2. Add the oil to the pan and warm over medium heat, then add the asparagus and stir-fry for about 1-2 minutes or until the asparagus begins to soften.
3. Add the vinegar and soy sauce, and continue to stir-fry for another 1-2 minutes, or until tender but still crisp.

4. Serve sprinkled with the toasted sesame seeds.

**TIPS**

You can substitute asparagus with other vegetables such as green beans, bell peppers, and green leafy veggies like choy sum.
...BELL PEPPER...

Bell Pepper (Roasted)
Stuffed Peppers
Lemony Broccoli & Peppers

*Other useful recipes to consider trying:

Bean Lasagna..............................pg 62
Vegetable Soup Over Rice.............pg 66
Chicken Cacciatore & Rice.............pg 69
Healthy Tortilla Wrap....................pg 71
Green Tacos...............................pg 74
Pepper & Beef Stir-Fry................pg 37
Tuna Bean Salad.........................pg 56
**Bell Peppers (Roasted)**

**Serving Size:** Single  
**Prep and cooking time:** 30 minutes

**Ingredients:**
- 1 large bell pepper  
- 1 clove garlic  
- 1 tsp salt  
- \( \frac{1}{4} \) cup olive oil  
- \( \frac{1}{3} \) onion, chopped  
- \( \frac{1}{2} \) tsp cider vinegar

**Directions:**

Wash the pepper, then cut in half and remove all the membrane and seeds. Toss the pepper halves in a bowl with a portion of the olive oil. Using the flame of a gas stove, or heated coals, burn the skin of the peppers by placing the halves on the flame of coals, skin side down. Char the peppers thoroughly, until the entire outside is black.

After charring, place the peppers in a large bowl and cover with plastic cling wrap, which will trap the heat and steam the peppers. While the peppers are steaming, heat the oil used for the toss in a skillet over medium heat, and brown the crushed garlic. Transfer the browned garlic and remaining oil back into the original portion of olive oil.

After the peppers have steamed for about 15 minutes, rinse them in cool running water, lightly rubbing the charred skins to remove the burn surface.

Cut the rinsed peppers into strips and marinade several hours in the fridge in a Mason jar with remaining ingredients. Enjoy!
Stuffed Peppers

Serving size: Single  
Preparation and cooking time: 15 minutes

Ingredients:
- 2 bell peppers (any color)  
- 1 cup pre-cooked rice  
- 1 tbs pesto sauce  
- 1 tbs pitted black olives, chopped  
- 2 oz goat cheese, sliced

Directions:
1. Cut the top out of the bell peppers, then scoop out the seeds. Sit the peppers on a plate, cut side up and cook in a microwave on high for 3-5 minutes until they have wilted and softened.
2. While the peppers are cooking, mix the rice together with the pesto and olives and 2/3 of cheese.
3. Scoop the rice into the peppers, top with the remaining cheese and microwave for another 5-8 minutes until the rice is piping hot.

TIPS
You can use any kind of your favorite cheese instead of goat cheese.
See [Green Recipe] recipe for pesto sauce you can use here.
Lemony Broccoli and Peppers

Serving size: Single
Preparation and cooking time: 15 minutes

Ingredients:
- 1 cup halved broccoli florets
- 1 tbs water
- ½ tbs butter
- ½ tsp olive oil
- ¼ red bell pepper, julienned
- ¼ yellow/orange bell pepper, julienned
- ½ tbs lemon juice
- Salt and pepper, to taste

Directions:

1. Place broccoli on bottom of glass casserole dish.

2. Add water, cover, and heat in microwave for 4 minutes on high.

3. Remove broccoli from microwave, add bell peppers, and sauté in butter and olive oil in a skillet over medium heat for about 2 minutes.
4. Sprinkle on lemon juice and season with salt and pepper.

5. Mix thoroughly, and sauté for 1 more minutes. Then, remove from heat.

**TIPS**
Use peppers in any color, but using red and yellow ones makes a dish more colorful and fun for your table 😊.
...BROCCOLI...

Broccoli & Cauliflower Salad
Broccoli Soup
Pesto Minestrone

*Other useful recipes to consider trying:

Lemony Broccoli & Peppers............pg 19
Beef Broccoli............................pg 39
Sesame Chicken w/Garlic Broccoli   pg 47
Cheesy Broccoli Omelet..............pg 52
Broccoli Frittata.....................pg 53
Broccoli and Cauliflower Salad

Serving size: Single
Preparation and cooking time: 20 minutes

**Ingredients:**
- ½ cup broccoli, cut up into small bite size pieces
- ½ cup cauliflower, do the same as for broccoli
- 1 tbs cheddar cheese, shredded
- 1 piece cooked bacon, cut into bits
- 1 tbs sunflower seeds
- 1 tbs raisins

**Dressing**
- ½ tsp sugar or honey
- 1 tsp mayonnaise
- 1 tsp vinegar (apple cider or wine vinegar)

**Directions:**

1. Mix broccoli and cauliflower together and add the dressing.

2. Add cheese, bacon, sunflower seed and raisins, and mix all together, just before you serve.
Broccoli Soup

Serving size: Single  
Preparation and cooking time: 20 minutes

Ingredients:
- 1 cup chopped broccoli
- 1/4 cup diced celery
- 1/4 cup chopped onion
- 1/4 cup chicken broth
- 1/2 cup non-fat milk
- 1/2 Tbsp cornstarch
- Dash salt
- Dash pepper
- Dash thyme
- 1/8 cup grated Swiss cheese

Directions:
Place vegetables and broth in a saucepan. Bring to boil, reduce heat, cover, and cook until vegetables are tender (about 8 minutes).

Mix milk, cornstarch, salt, pepper, thyme and add to cooked vegetables.

Cook, stirring constantly, until soup is lightly thickened and mixture just begins to boil.

Remove from heat and add cheese. Stir until cheese is melted.
Pesto Minestrone

Serving size: Single
Preparation and cooking time: 30 minutes

Ingredients:
- 1/4 cups coarsely chopped broccoli
- 1/4 cups chopped zucchini
- 1/2 14.5 oz low sodium chicken broth
- 2 oz can diced tomatoes, drained
- 1/8 cup uncooked elbow macaroni or small pasta shells
- 1/3-1/2 cup kidney beans or black-eyed peas, drained and rinsed
- 1/8 cup sliced carrot
- 1/8 cup chopped onion
- 1/4 onion, chopped

Pesto
- 2 Tbsp olive oil
- 2 garlic cloves
- 1 cup fresh, loosely packed basil leaves
- 1 Tbsp water

Directions:
Minestrone
In a 5-6 quart saucepan bring 1/2 cup water to boil and add tomatoes, cauliflower, onion and carrots; reduce heat and simmer covered 10 minutes or until vegetables are tender.
Add zucchini, beans, broth and pasta.

Return to a boil, reduce heat and simmer uncovered 10 minutes.

*Pesto*
Put all pesto ingredients in food processor or blender and process until very finely chopped. Just before serving, remove soup from heat and stir in pesto.

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**TIP**
You can combine any left over vegetables.
...EGGPLANT...

Grilled Eggplant
Eggplant Parm
Battered Eggplant

Instructions:
1. Slice eggplant into 1/4 inch thick slices. Brush both sides with olive oil.
2. Grill eggplant on grill until browned and sprinkled with garlic powder and salt. Cook about 4 minutes on each side or until tender. Remove from griddle and sprinkle with mozzarella cheese before serving.
Grilled Eggplant

*Ingredients:*
- 1/4 small eggplant, peeled
- olive oil as needed
- pinch of garlic powder
- pinch of salt
- parmesan cheese as needed

*Serving Size: Single*
*Prep and cooking time: 10 minutes*

*Directions:*
Cut eggplant into slices ¾ inch thick. Brush both sides with olive oil.

Spray large skillet with non-stick cooking spray. Place eggplant on skillet and sprinkle garlic powder and salt. Cook about 4 minutes on each side or until tender. Remove from griddle and sprinkle with parmesan cheese before serving.
Eggplant Parm

Serving size: Single
Preparation and cooking time: 35 minutes

Ingredients:
- 2 round slices of eggplant 1/2" thick
- 1 cup breadcrumbs
- 1 tsp oregano
- Dash salt and pepper
- Vegetable oil (for frying)
- ¼ cup flour
- 1 egg beaten
- 1 cup marinara sauce (of your choice)
- ¼ cup grated parmesan cheese
- 2 slice (2 oz) mozzarella cheese

Directions:
1. Mix breadcrumbs, oregano, salt and pepper, and parmesan cheese together in small bowl. Set aside.
2. Dab eggplant slices in flour, then dip into egg, and cover eggplant with breadcrumb mixture.
3. Heat oil in a pan over medium heat and brown eggplant evenly on both sides.
4. After browning, place eggplant on a baking sheet and cover with marinara sauce. Place mozzarella cheese on the eggplant.
5. Place in oven at 350°F for 20-25 minutes.
**Battered Eggplant**

Serving size: Single  
Preparation and cooking time: 20 minutes

**Ingredients:**
- 2 round slices of eggplant 1/4” thick
- ½ cup flour
- ½ cup cornstarch
- ½ cup iced water
- 1 egg beaten
- ¼ cup flour
- Vegetable oil (for cooking)

**Directions:**
1. Mix ½ cup flour, cornstarch, egg, and iced water together. Set aside batter.
2. Heat oil in pot on high. Make sure oil is at least 1 inch high.
3. Dab eggplant slices in flour, and dip into the batter.
4. Place eggplant in oil and cook until golden brown. (about 3-5 minutes)
...SPINACH...

Cheese & Spinach Omelet
Chickpea & Spinach Curry
Spinach & Cheese Pasta
Cheese and Spinach Omelet

Serving Size: Single
Prep and cooking time: 20 Minutes

Ingredients:
- 2-3 Eggs
- 4 oz. Meat (Sausage, Turkey, Beef)
- 1 Handful of Fresh Spinach (or 1/3 cup frozen thawed and drained)
- ½ cup mushrooms, sliced
- 1/3 onion, chopped
- 1 slice fat free cheese

Directions:
Stir-fry the chopped meat (of your choice), onions, and mushrooms in a skillet coated with olive oil cooking spray on medium-high heat for 5 minutes, or until things began to brown.

Add the spinach and stir for about 30 seconds, just until the spinach becomes dark green and condensed.

Given the size and mass of this omelet, special methods are necessary for ensuring a successful. Remove the contents from the skillet.
Rinse the skillet to provide a fresh surface for the eggs, apply a new coat of olive oil cooking spray, and return it to medium-high heat.

Add the beaten eggs. Wait a couple of minutes until you see bubbles starting to form around the edges of the eggs, then lift a portion of the egg with a spatula, allowing the runny eggs on top to flow beneath the part you lifted with the spatula. Do this in three or four places around the perimeter of the omelet. After another minute, when the bottom is solid again, flip the omelet.

After flipping the omelet, add the slice of cheese to the top, still exposed in the skillet, and then dump the sautéed mixture of meat and vegetables onto half of the omelet.

Fold the omelet over and enjoy!
**Chickpea and Spinach Curry**

**Serving Size:** Single  
**Prep and cooking time:** 10 minutes

**Ingredients:**
- 1/3 cups coarsely chopped onion
- ½ Tbsp fresh ginger, chopped or grated
- 1 tsp olive oil
- ½ curry powder
- 3 ounce chickpeas, rinsed and drained
- 2.5 ounce diced tomatoes with liquid
- 2 ounce spinach
- Salt and pepper to taste

**Directions:**
Combine onion and ginger in food processor and pulse until minced.

Heat oil in skillet over medium high heat.

Add onion mixture and curry. Saute 3 minutes.

Add chickpeas and tomatoes: simmer for 2 minutes.

Stir in spinach, water and salt. Cook another minute or until spinach wilts.
Spinach and Cheese Pasta

Serving size: Single
Preparation and cooking time: 25 minutes

Ingredients:
- 2 ounces of any pasta
- 1 tsp olive oil
- 1 small garlic clove, minced
- 1 cup fresh spinach
- ¼ cup fresh basil leaves
- 1/8 cup broth (chicken or vegetable)
- 2-3 tbs parmesan cheese, grated
- Salt and black pepper to taste

Directions:

1. Cook pasta as directed on package.
2. Drain and place in large mixing bowl.
3. In a blender, add olive oil, garlic, spinach, basil, parmesan cheese, and chicken broth.
4. Mix well until leaves are blended.
5. Pour sauce over pasta. Mix until pasta is well coated.

6. Season with salt and pepper as desired. Lightly toss and serve.

7. Sprinkle parmesan cheese on top.

You can use frozen spinach instead of fresh one.
Thaw before use.
PROTEIN
Beef/Ground Beef, Chicken, Egg, & Fish
...BEEF/GROUND BEEF...

Beef:
Pepper Beef Stir Fry
Beef Broccoli
Egg Battered Meat

Ground Beef:
Meatballs
Tofu Hamburger
Hamburger Steak
Vegetable Meatball Soup
Pepper and Beef Stir-Fry

Serving size: Single
Preparation and cooking time: 45 minutes

Ingredients:
- 4 oz beef top round steak
- 1 tbs soy sauce
- 1 tbs water
- 1 clove garlic, minced
- Pinch of black pepper
- 1 tsp cornstarch
- 1 tbs cooking oil (eg. sesame oil)
- ¼ bell pepper, cut into 3/4-inch pieces
- 2 green onions, bias-sliced into 1-inch lengths
- 3 mushrooms, halved
- Hot cooked noodles or rice (optional)

Directions:

Preparation of beef (raw or partially frozen):
1. Cut on the bias into thin slices.
2. Stir together soy sauce, water, garlic, and pepper and add beef stirring to coat well.
3. Cover and marinated at room temperature for about 30 minutes, stirring occasionally.
4. Drain beef, reserving marinade. Add enough water to reserving marinade to make 1/3 cup. Stir in cornstarch. Set cornstarch mixture aside.

5. Preheat a skillet over high heat and add oil. Add pepper pieces, green onion, and mushrooms. Stir-fry until vegetables are crisp-tender. Remove vegetables from skillet.

6. Add beef to the skillet and stir-fry until done. Push mixture from center of the skillet.

7. Stir in cornstarch mixture and add to center of the skillet. Cook and stir until thickened and bubbly.

8. Return vegetables and stir all the ingredients together. Cook and stir for one more minute.

9. Serve over hot cooked noodles or rice, if desired.

You can use your favorite meat instead of beef. You can use different vegetables or even add more varieties of vegetables.
**Beef Broccoli**

Serving Size: Single  
Prep and cooking time: 25 Minutes

**Ingredients:**  
- ¼ lb. lean beef  
- ½ tablespoon soy sauce  
- Dash of sugar  
- Pinch of minced ginger or to your taste  
- ¼ lb. broccoli, chopped  
- ¼ onion chopped (optional)  
- Vegetable oil  
- ½ clove of garlic, minced  
- ¼ teaspoon cornstarch  
- 1 tablespoon of water

**Directions:**  
Cut meat into bite-size slices then combine meat with soy sauce, sugar and ginger and set aside.

Cut broccoli into bite-size pieces, peal broccoli stem and slice diagonally into small pieces, then steam broccoli until crisp and tender, about 5-10 minutes.

Brown onions in a small amount of oil, then add garlic and beef. Stir-fry for a few minutes, and then stir in water.

Cover and cook until meat is tender.

Add broccoli and cornstarch mixed with water as needed for thickening.

Cover and cook until vegetables are crisp-tender, about 2-3 minutes.
Egg Battered Meat

Serving size: Single
Preparation and cooking time: 20 minutes

Ingredients:
- ¼ lb. sukiyaki meat (sirloin tip, sliced)
- ¼ cup flour
- 1 egg beaten
- Vegetable oil (for cooking)
- 3 Tbsp shoyu
- 1 Tbsp sugar
- ¼ tsp sesame oil
- ½ clove garlic, grated
- Dash black pepper

Directions:
1. Mix shoyu, sugar, sesame oil, garlic, and pepper together in a bowl.
2. Place the meat in the shoyu mixture and marinade for 1 hour. Place in a refrigerator.
3. Dip meat in flour, then dip in the egg mix.
4. Heat pan with oil to medium high and fry on both sides for 3 minutes.
**Meatballs**

Serving size: approx 20-24 meatballs
Preparation and cooking time:

![Image of meatballs]

**Ingredients:**
- 1lb your preferred ground meat (beef, turkey, pork, and/or chicken)
- ½-2/3 cup dry breadcrumbs
- ½ tsp garlic salt or salt
- ¼ tsp black pepper
- ¼ tsp parsley (optional)
- 1 small onion, chopped (approx 1/4 cup)
- 1 egg

**Directions:**
Combine all ingredients and shape into 20-24 meatballs (1 to 1-1/2 inches each).

**To oven bake:** Place in ungreased 9x13 pan (you may want to line it with foil for easier clean-up). Bake 20-25 min or until light brown and cooked through; turn meatballs halfway through, if desired, to help maintain a round shape.

**To pan fry:** Cook in skillet on medium heat, turning as needed, until brown (approx 20 min).

**To microwave:** Place in micro-proof 12x7 pan and cover loosely. Microwave on high for 3 minutes; rearrange meatballs. Cover again loosely and
microwave until brown inside, approx 5-7 min more. Let stand covered for 3 minutes.

📍 TIPS📍

To store: Place in a plastic bag and freeze them. They can be thawed and used.

Meatballs can be used in soup, curry, pasta sauce, sandwich, and much more dishes!
**Tofu Hamburger**

Serving size: Single  
Preparation and cooking time: 30 minutes

**Ingredients:**  
- 3-4 oz tofu  
- 5 meatballs (unbaked) (refer to meatball recipe)  
- Ponzu

**Directions:**

1. Drain the tofu and wrap in paper towel for 15 minutes to reduce excess moisture.  
2. In a bowl, unshape the meatballs and mix with tofu. Then, make a hamburger patty.  
3. Bake the one side until the juice begins to run at the surface. Flip over and bake the other side as well.  
4. Serve the hamburger with ponzu sauce.

**Ponzu sauce:**  
If you don't have ponzu sauce, you can use the mixture of soy sauce and lemon juice.
Hamburger with Gravy

Serving Size: Single
Prep and cooking time: 25 minutes

Ingredients:
- \( \frac{1}{4} \) lb ground beef
- \( \frac{1}{2} \) slice bread
- 1 Tbsp milk
- \( \frac{1}{2} \) Tbsp chopped onion
- Dash salt & pepper
- 1 egg, beaten
- Use brown gravy mix of your choice and follow directions

Directions:
Mash the bread and milk together.

Mix all ingredients (except gravy) together.

Shape into one patty.

Pan fry in oil until brown on both sides and make sure inside is cooked (brown) and not red.

Place patty on a plate and pour gravy over it.
Vegetable-Meatball Soup

Serving size: Single
Preparation and cooking time: 40 minutes

Ingredients:
• 1 6oz can vegetable juice cocktail
• ¼ cup water
• 1 clove garlic, minced
• ¼ tsp Italian seasoning
• Pepper, to taste
• ¾ cup fresh or frozen mixed vegetables
• 5 pre-made meatballs (refer to meatball recipe)

Directions:

1. In a medium saucepan, combine vegetable juice, water, garlic, Italian seasoning, and pepper.
2. Add vegetables and bring to boil.
3. Reduce heat, cover and simmer until vegetables are tender.
4. Add meatballs and cook for about 10 minutes.
...CHICKEN...

Sesame Chicken with Garlic Broccoli
Chicken Quesadilla
Baked Chicken

*Other useful recipes to consider trying:

Chick Salad........................................pg 68
Chicken Cacciatore & Rice.............pg 69
Sesame Chicken with Garlic Broccoli

Serving Size: Single
Prep and cooking time: 20 minutes

Ingredients:
- 1 teaspoon sesame oil
- 4-5 ounces boneless, skinless chicken
- 2 teaspoons sesame seeds (optional)
- ¼ cup reduced sodium chicken broth
- 2 tablespoons black bean sauce
- pinch of black pepper
- Pinch of garlic powder to your taste
- 1 cup broccoli

Directions:
Heat sesame oil in skillet over medium heat, add in chicken and cook until golden brown on all sides (about 5 minutes)

Add the sesame seeds and stir to coat the chicken with them. Cook 1-2 minutes until the seeds become golden.
Add the broth, black bean sauce, and pepper and bring to a simmer

Cover the pan and cook until chicken is cooked through (about 5 minutes)

Sprinkle with garlic powder and serve.
Chicken Quesadilla

Serving size: Single
Preparation and cooking time: 25 minutes

Ingredients:
- ½ chicken breast, boneless and skinless
- 1 Flour tortilla (6-8 inches)
- ½ cup Shredded cheese of choice
- Vegetable oil (for cooking)
- Dash salt and pepper

Condiments: you can use salsa, guacamole, and sour cream as toppings.

Directions:
1. Slice the chicken into thin pieces and sprinkle salt and pepper over chicken.
2. Heat oil to medium high in a pan and add the chicken. Cook the chicken thoroughly.
3. Place chicken on a plate with paper towel to drain the excess oil.
4. Place tortilla in another pan on low heat and place the cheese and cooked chicken on one half of the tortilla.
5. Fold tortilla in half and heat both sides for 1 minute each or until cheese melts.
6. Use condiments of your choice and eat up!
Baked Chicken

Serving Size: Single
Prep and cooking time: 50 minutes

Ingredients:
• 4 oz chicken thighs with bone (about 1-2 chicken thighs)
• ¼ cup milk
• ½ cup seasoned bread crumbs
• Dash of salt
• Pinch of pepper

Directions:
Remove skin from chicken and dip chicken in milk

Combine bread crumbs with salt and pepper, and roll chicken in bread crumbs.

Place the chicken on a baking sheet lined with parchment paper.

Bake at 325° for 20-45 minutes or until done.
Cheesy Broccoli Omelet
Broccoli Frittata

Blend egg, egg whites, hot sauce, salt and pepper until well mixed. (about 1 minute)

Heat a small skillet over medium-high heat until hot. Pour the mixture over the surface.

Fry in the egg mixture and wait 2-3 minutes. Sprinkle broccoli cheese mixture over the frittata. Continue to cook until almost set and the bottom is golden. (about 1 minute)

Serve sprinkled or grilled the omelet.
Cheesy Broccoli Omelet

Serving size: Single
Preparation and cooking time: 12 minutes

Ingredients:
- 2 tbs cooked broccoli, chopped
- 3 tbs cheddar or Swiss cheese, shredded
- 1 large egg
- 2 large egg whites
- ¼ tsp hot red pepper sauce
- 1 pinch each of salt and pepper
- 1 tsp olive oil

Directions:

1. Drop in chopped broccoli in boiled water and cook just until soft and bright green. Then, drain, place in a small bowl and stir in the cheese.

2. Blend egg, egg whites, hot sauce, salt and pepper briskly with a fork in a medium bowl.

3. Heat oil in a skillet over medium high heat until hot. Tilt the skillet to swirl oil over the surface.

4. Pour in the egg mixture and wait 2-3 minutes, then sprinkle broccoli cheese mixture over the omelet. Continue to cook until almost set and the bottom is golden. (about 1 minute)

5. Use a spatula to fold the omelet.
Broccoli Frittata

Serving size: Single
Preparation and cooking time: 20 minutes

**Ingredients:**
- 1/4 cup non-fat cottage cheese
- 1/8 cup dried dill
- 1 egg
- 1/2 cup chopped broccoli
- 1/4 tsp olive oil
- 1/2 tsp margarine
- 1/4 of onion, diced

**Directions:**
Mix cottage cheese and egg together; set aside.

Sauté the onions for 5 minutes on medium heat in a non-stick frying pan, or cook until soft. Add the broccoli and dill; sauté for 5 minutes, or until the mixture softens.

Add the margarine to the frying pan and distribute it around the entire pan.

Add the egg mixture. Distribute the egg evenly. Turn heat to low, cover the pan until cooked.
...FISH...

Tuna Burger
Tuna Bean Salad
Fish Tacos
Apple & Tuna Open Sandwich

*Other useful recipes to consider trying:

Pasta Salad Nicoise.........................pg 64
Tuna Burgers

Serving Size: Single
Prep and cooking time: 20 minutes

**Ingredients:**
- 1.5 cans of chunk light tuna in water drained
- ¼ cup flax meal
- 4 scallions (green onions), minced
- 1 tbsp black mustard seeds pinch of salt
- 1 egg, beaten
- ½ tablespoon finely minced fresh cilantro
- 1 tsp soy sauce
- Salt and pepper to taste
- 1 tsp olive oil

**Directions:**
Combine all of the ingredients except the olive oil in a large bowl.

Form patties.

Pan fry the tuna burgers in a skillet with the olive oil over medium heat, for about 6 minutes on each side, until both sides are browned and the burgers are cooked throughout.

Enjoy!
Tuna Bean Salad

Serving Size: Single  
Prep and cooking time: 10 minutes

Ingredients:
• ½ green bell pepper  
• ½ red bell pepper  
• 3oz white beans or any beans, rinsed and drained  
• 1 oz cans, water packed tuna, drained  
• 2 piece of olive, cut in sliced  
• 1/6 head lettuce  
• ½ medium tomato cut into wedges

Dressing
• ¼ tsp grated lemon peel  
• 1tbsp lemon juice  
• 1Tbsp olive oil  
• ½ Tbsp fresh chopped parsley  
• 1 pinch rosemary  
• 1tsp Dijon mustard

Directions:
Salad
Set oven to broil. Place bell peppers on broiler pan.

Broil with tops 4 to 5 inches from heat about minutes on each side or until skin blisters and browns.

Remove from oven. Wrap in towel; let stand 5 minutes.

Remove skin, stems, seeds, and membranes of the peppers.

Cut peppers into ¼-inch slices. Toss peppers, hours, stirring occasionally.
Spoon salad onto lettuce leaves and garnish with tomato wedges.

Dressing
Mix all dressing ingredients thoroughly in a tightly covered container.
Fish Tacos

Serving Size: Single
Prep and cooking time: 30 minutes

Ingredients:
- ¼ cup nonfat sour cream
- 1 Tbsp mayonnaise
- ¼ cup chopped fresh cilantro
- 1 Tbsp taco seasoning
- 3 ounce white fish fillets, cut into 1-inch pieces
- 1 tsp olive oil
- 1 tbsp lemon juice
- ½ cups shredded red and green cabbage
- 1/2 cups diced tomato
- 2 6-inch warmed corn tortillas
- Lime wedge for serving

Directions:
In a small bowl, combine sour cream, mayonnaise, cilantro, and seasoning mix.

In large skillet, combine fish, oil, and lemon juice and stir over medium-high heat for 4-5 minutes until fish flakes easily.

Fill warm tortillas with fish mixture. Top with cabbage, tomato, sour cream mixture, lime wedges, and taco sauce.

In a saucepan, combine the broth, tomatoes, thyme and bay leaves and bring to a boil.

Stir in roasted vegetables, reduce the heat to medium, and simmer for 5 minutes.
Apple and Tuna Open Sandwich

Serving size: Single
Preparation and cooking time: 10 minutes

**Ingredients:**
- 6 oz canned tuna in water, drained
- ½ medium apple, chopped
- ½ celery stalk, peeled and chopped
- 2 tbs mayonnaise
- 1 tsp mustard
- 1 tbs raisins
- 1 tbs almonds, sliced (any nuts and/or seeds)
- 2 slices bread
- ¼ cup any cheese, shredded

**Directions:**

5. Combine and mix the tuna, apple, celery, mayo, mustard, raisins, and almond.

6. Spread the mixture on the bread.

7. Top with cheese and put in an oven toaster for 3-5 minutes.
GRAINS
Pasta/Noodles, Rice, &
Bread/Tortilla
...PASTA/NOODLES...

Pasta with Tofu and Cucumber
Bean Lasagna
Pasta Salad Nicoise

*Other useful recipes to consider trying:

Pesto Minestrone.........................pg 24
Spinach & Cheese Pasta...............pg 34
Pasta with Tofu and Cucumber

Serving size: Single
Preparation and cooking time: 30 minutes

Ingredients:
- 2 oz dry spaghetti (any pasta)
- 4 oz firm tofu, cut into ½-inch dice
- 1 ¼ tbs soy sauce
- ½ tsp grated ginger
- ½ tsp cooking oil
- ½ tbs wine vinegar
- ½ tsp lemon juice
- ½ tsp sesame oil
- ¼ tsp lemon zest
- 1/3 cucumber, peeled, seeded, halved lengthwise, and cut into ¼-inch slices
- 1 tbs green onions, chopped
- 1 tbs parsley or cilantro, chopped

Directions:

1. In a large pot of boiling, salted water, cook the spaghetti until just done. Drain the pasta, rinse with cold water and drain thoroughly.
2. In a medium bowl, combine the tofu with the ¼ tbs soy sauce and half of the grated ginger. Let sit for about 5 minutes.
3. In a large glass or stainless-steel bowl, combine the remaining ginger and soy sauce, vinegar, lemon juice, sesame oil, and lemon zest.
4. In a large pan, heat the oil over medium heat. Add the tofu mixture and cook, stirring frequently, until browned, about 5-8 minutes.
5. Add the tofu, pasta, cucumber, and green onions, to the dressing in the large bowl and toss.
6. Top with parsley and serve.
Bean lasagna

Serving Size: Single
Prep and cooking time: 30 minutes

Ingredients:
- 1/2 tsp olive oil
- 1/8 cups chopped onion
- 1/2 garlic cloves, minced
- 1/5 green pepper, coarsely chopped
- 1/5 red pepper, coarsely chopped
- 1/4 tsp ground cumin
- 1/2 tsp chili powder
- 1 pinch cayenne powder
- 1/5 cup frozen or fresh corn kernels
- 2 oz can dark red kidney beans, rinsed and drained
- 3 oz can black beans, rinsed and drained
- 1 cup no added salt tomato sauce
- 1 oz can diced green chilies
- Nonstick cooking spray
- 1 corn tortillas
- 1/4 cup fat free ricotta cheese
- 1tbs low fat cheddar cheese, shredded

Directions:
In skillet, heat oil over medium heat. Sauté onion, garlic, and peppers for 5 minutes.

Stir in spices and sauté 1 minute. Remove from heat.

Mix in corn beans, tomato sauce, and diced green chilies. Spray 13”x9” dish with cooking spray.

Place 3 tortillas in the dish arranging to cover the ricotta cheese on top.
Sprinkle with half of the cheddar cheese. Repeat layers, using up all the ingredients.

Cook, uncovered at 350F for 45 minutes, until casserole is thoroughly heated and cheddar cheese has melted.

- 1 1/2 cups cooked pasta, yam, potato, or noodles
- 1 cup packed salad dressing
- 1/2 cup drained, packed tuna
- 1 cup fresh or frozen green beans
- 1 cup lettuce leaves
- 1 small can diced olives (optional)
- 3 small tomatoes, diced
- 1 green pepper, diced
- 1 hard-boiled egg, quartered

Place pasta according to package directions. Stir and rinse pasta with cold water. Pour dressing into bowl. Combine tuna and 1/4 cup of the dressing. Cover and chill, if desired.

In a bowl, toss drained tuna and 1/2 cup of the dressing together. Cover and chill, if desired. Place green beans until crisp-tender. Cover and chill, if desired.

Arrange mixture on a plate. Add pasta, tuna, tomatoes, olives, and eggs on the mixture.

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**Pasta Salad Nicoise**

Serving size: Single  
Preparation and cooking time: 30 minutes

**Ingredients:**
- 1/2 cup dried pasta shells, penne, or spirals  
- 1/4 tsp dried dill (optional)  
- 4 tbs vinaigrette dressing  
- 1/2 of 6 1/2 oz canned tuna  
- 1/3 cup fresh or frozen green beans  
- 2 cup lettuce leaves  
- 4 pitted olives (optional)  
- 3 cherry tomatoes, halved  
- 1 hard-boiled egg, quartered

**Directions:**

1. Cook pasta according to package directions. Drain and rinse pasta with cold water.
2. Stir dill into vinaigrette. Combine pasta and 2 tbs of the vinaigrette. Cover and chill, if desired.
3. In a bowl, toss drained tuna and 1 tbs of the vinaigrette together. Cover and chill, if desired.
4. Cook green beans until crisp-tender. Cover and chill, if desired.
5. Arrange lettuce on a plate. Add pasta, tuna, beans, olives, tomatoes, and eggs on the lettuce.
6. Drizzle with remaining vinaigrette and serve.

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You can add your favorite vegetables.  
You can substitute tuna with cooked chicken, turkey, or ham.
...RICE...

Roasted Vegetable Soup
Chick Salad
Chicken Cacciatore & Rice

*Other useful recipes to consider trying:

Stuffed Peppers.......................pg 18
Vegetable Soup over Rice

Serving Size: Single
Prep and cooking time: 50 minutes

Ingredients:
• Cooking spray
• ½ zucchini, cut into 1-inch pieces
• ¼ red bell pepper, seeded and chopped
• ½ carrot, cut diagonally into ½-inch-thick slices
• ¼ bunch asparagus, bottoms snapped off and stalks cut into 1-inch pieces
• ½ tablespoon olive oil
• pinch of salt
• pinch of black pepper
• 1 cup reduced-sodium vegetable or chicken broth
• 7 ounce canned diced tomatoes (1/4 of can)
• ¼ teaspoon thyme
• ½ bay leave
• 1 tablespoon chopped fresh basil
• ½ cup cooked brown rice (or white rice)

Directions:
Preheat oven to 450°F. Coat baking sheet with cooking spray

Combine zucchini, bell pepper, carrots, and asparagus in bowl. Add olive oil, salt, and black pepper and toss to coat. Transfer the vegetables to the baking sheet and roast until tender and golden brown, about 20 minutes

In a saucepan, combine the broth, tomatoes, thyme and bay leaves and bring to a boil. Stir in roasted vegetables, reduce the heat to medium, and simmer for 5 minutes.
Cook the rice according to the package directions.

**TIPS**
Double the recipe and freeze the extra in a plastic zip lock bag, reheat the soup in the microwave to eat at another time if you are too busy to cook.

**TIPS**
Other vegetables such as onions, celery, and potatoes could be added and/or...
Chick Salad

Serving size: Single
Preparation and cooking time: 15 minutes

Ingredients:
- ¼ cup water
- ¼ tsp curry powder
- ½ cup cubed chicken breast
- ½ cup cooked or ½ can of garbanzo beans, drained
- ¼ cup chopped red cabbage
- ¼ cup thinly sliced celery
- ¼ cup fresh orange juice
- ½ tsp grated orange rind
- 1 tsp olive oil
- ¼ tsp pepper

Directions:
In a medium saucepan, bring water, salt, and curry powder to a boil; stir in couscous.

Remove from heat; let stand, covered 5 minutes. Fluff with a fork.

Add chicken, garbanzos, cabbage, onions, and celery.

Combine orange rind, orange juice, olive oil, and pepper in a small bowl; stir with a wire whisk until blended.

Add to couscous mixture; toss well. Serve immediately or chill.
Chicken Cacciatore and Rice

Serving size: Single
Preparation and cooking time: 20 minutes

Ingredients:
- ¼ cup onion, chopped
- 1 clove garlic, minced
- ¼ green bell pepper, chopped
- 1/3 lb chicken meat, cooked and cubed
- ¼ cup whole tomatoes, peeled
- ¼ cup green beans
- 1/8 tsp dried oregano
- Salt and pepper, to taste
- 1 cup brown rice, cooked

Directions:

1. In a large skillet, sauté onion, garlic, and bell pepper until soft.
2. Add chicken, and then stir in tomatoes, beans, and seasonings.
3. Reduce heat to medium low and simmer for 8 to 10 minutes, stirring constantly.
4. Remove from heat and serve over the rice.

Canned tomatoes and green beans could be used
Healthy Tortilla Wrap
Meatball Sandwich

*Other useful recipes to consider trying:

Chicken Quesadilla..................pg 49
Strawberry Tortilla Roll..............pg 82
Fish Taco..............................pg 58
Bean Lasagna........................pg 62
Green Tacos...........................pg 74
Avocado Taquitos....................pg 75
Banana Roll...........................pg 78
Apple & Tuna Open Sandwich.......pg 59
Healthy Tortilla Wrap

Serving size: Single
Preparation and cooking time: 15 minutes

Ingredients:
- 1 your favorite kind of tortilla
- 2 tbs cream cheese or mayonnaise
- ½ cup lettuce leaves
- Any luncheon meat or cooked meat
- ¼ cup bell pepper, cut into thin, long strips
- ¼ cup carrot, shredded
- 2 tbs balsamic vinaigrette
- Salt and pepper, to taste

Directions:

1. Spread the tortilla with cream cheese or mayo to keep the ingredients in place and the tortilla from splitting.

2. Toss bell pepper strips and shredded carrot in balsamic vinaigrette to enhance their natural flavors. Season with salt and pepper.

3. Line the wrap with lettuce leaves and meat.

4. Spread bell peppers and carrot mixture on top of the meat.

5. Starting at the bottom, tightly roll the tortilla up over the fillings. Tuck in the ends.
Meatball Sandwich

Serving size: Single
Preparation and cooking time: 25 minutes

Ingredients:
- 3-5 pre-made meatballs (refer to meatball recipe)
- 1tbs plain yogurt
- 1/8 tsp lemon juice
- ¼ clove garlic, minced
- Salt to taste
- 1 whole wheat pita bread
- 1 lettuce leaf
- Tomato wedges

Directions:
In a small bowl, combine yogurt lemon juice, garlic, and salt. Set aside.

Bake meatballs, uncovered, in a 350 degree oven for 20 minutes, or until no longer pink.

Place a lettuce leaf, meatballs, sauce and tomato wedges on pita bread.

TIPS
You can use any of your preferred vegetables in sandwich. Any kind of bread could be used instead of pita bread.
FRUITS
Avocado, Banana, & Strawberry
Green Tacos
Avocado Taquitos
Avocado Soup
Green Tacos

Serving size: Single
Preparation and cooking time: 30 minutes

Ingredients:
- ¼ cup avocado (skinned and seedless), small cubes
- 1 Flour tortilla (6-8 inches)
- 1 Tbsp onion, minced
- ¼ of pepper (red or green), julienne
- Non-stick cooking spray
- Dash salt and pepper
- ¼ cup salsa

Directions:
1. Using non-stick spray, sauté onions and peppers in a pan. Add salt and pepper while cooking.
2. Warm up tortilla on a pan and add the onions, peppers, avocados, and salsa.
3. Fold the tortilla and serve.
Avocado Taquito

Serving size: Single
Preparation and cooking time: 30 minutes

Ingredients:
- ¼ cup avocado (skinned and seedless), small cubes
- 1 corn tortilla (6-8 inches)
- ½ cup mixed frozen vegetables (corn, beans, peas, carrots), thawed.
- Vegetable oil
- ½ cup salsa
- 1 Tbsp shredded cheese (of your choice)

Directions:
1. In a medium bowl, mix the vegetables and cheese.
2. Place mixture in the middle of the tortilla and roll tightly.
3. Brush the tortilla with oil, lightly.
4. Place tortilla in the oven at 350°F for 7-10 minutes or until crispy.
5. Mix salsa and avocado together and place on top of the tortilla.
Avocado Soup

Serving Size: Single  
Prep and cooking time: 20 minutes

**Ingredients:**
- ½ large ripe avocado (soft when pressed)
- 1/3 cup sour cream
- 1 cup chicken stock
- pinch black pepper
- pinch of salt

**Directions:**
Cut avocado in half, remove the peel and lift out the pits. Chop the flesh coarsely and place it in a food processor or blender with 1 tbsp of the sour cream. Process until smooth.

Heat the chicken stock in a pan. When it is but, but below simmering point, stir in the rest of the sour cream.

Gradually stir the avocado mixture into the hot stock. Heat but do not let the mixture approach boiling point.

**TIPS**
To speed ripening, place the avocado in a brown paper
...Banana...

Banana Roll
CranBanana & Oats
Banana Yogurt Shake

*Other useful recipes to consider trying:

Yogurt Pancakes..............................pg 90
**Banana Roll**

Serving size: Single  
Preparation and cooking time: 15 minutes

**Ingredients:**
- 1 flour tortilla (6-8 inches)  
- 1 small banana, peeled and sliced  
- 2-3 Tbsp of peanut butter  
- 2-3 Tbsp of jelly or jam of your choice

**Directions:**
1. Place tortilla on a plate.  
2. Spread peanut butter and jelly on tortilla and place in microwave for 10-15 seconds.  
3. Place banana slices on the warm tortilla and roll nice and tight.
CranBanana & Oats

Serving size: Single
Preparation and cooking time: 20 minutes

Ingredients:
- 1 small banana, peeled (halved and sliced into 1/2" pieces)
- ¼ cup fresh or frozen cranberries
- 1/8 cup oats
- ¼ tsp cinnamon
- ½ tsp sugar

Directions:
1. Combine cinnamon and sugar in a small bowl.
2. Heat a pan to medium high and place all ingredients in the pan, including cinnamon mixture.
3. Heat, until cranberries begin to soften and stir occasionally.
4. Remove from heat and serve.
Banana Yogurt Shake

Serving Size: Single  
Prep and cooking time: 10 minutes

Ingredients:
- ½ cup milk
- 1 small banana, peeled
- ¼ cup plain yogurt
- drop of vanilla
- pinch of cinnamon
- pinch of nutmeg
- 3-4 ice cubes

Directions:
Combine all ingredients except ice cubes in blender; process until thick and creamy. With motor running add ice cubes. Process until smooth.

**TIPS**
Try other types of fruits such as strawberries or create your own fruit combination shake.
...Strawberry...

Strawberry Tortilla Roll
PizzaBerry
CreamBerry Crepes

*Other useful recipes to consider trying:

Fruit w/Yogurt & Granola.............pg 91
Strawberry Tortilla Roll

Serving size: Single  
Preparation and cooking time: 20 minutes

**Ingredients:**
- 1 Flour tortilla (6-8 inches)  
- 3-4 strawberries sliced thinly (stemmed)  
- ¼ cup cottage cheese  
- ¼ tsp cinnamon  
- ½ Tbsp sugar

**Directions:**
1. Mix cinnamon and sugar together and set aside.
2. Heat tortilla on a pan for 1 minute.
3. Place cottage cheese on the tortilla and strawberries on top of the cottage cheese.
4. Sprinkle cinnamon mixture on top.
5. Roll it up and enjoy.
Pizza Berry

Serving size: Single
Preparation and cooking time: 40 minutes

Ingredients:
- ¼ cup all-purpose flour
- 2 Tbsp butter
- 1 Tbsp powdered sugar
- 2 Tbsp cream cheese
- 1 Tbsp sugar
- 1 Tbsp Jam or Jelly of choice
- 1-2 strawberries stemmed and sliced thinly

Directions:
1. Mix flour, butter, and powdered sugar together.
2. Place mixture on a baking sheet.
3. Press gently creating a circular shape about ¼” thick and bake in oven at 325°F for 15-20 minutes.
4. While crust is cooling, mix the cream cheese and sugar in a bowl until smooth.
5. Spread cream cheese mixture on the now cooled crust.
6. Spread the jam or jelly of your choice and top with the sliced strawberries.
7. Enjoy
Cream Berry Crepes

Serving size: Single
Preparation and cooking time: 30 minutes

Ingredients:
- ¼ cup all-purpose flour
- 1 egg, beaten
- 1 Tbsp melted butter
- ¼ cup milk
- ¼ cup water
- 4 Tbsp cream cheese
- 1 Tbsp brown sugar
- 1 Tbsp sour cream
- 3-4 strawberries mashed

Directions:
1. Mix flour and eggs in a bowl.
2. Slowly add the milk and water and whisk gently.
3. Once all the milk and water is added continue whisking until smooth.
4. Add half the butter mixture and whisk (batter)
5. Brush the pan with butter and heat on low medium until butter sizzles.
6. Then pour about 2 Tbsp of batter in the pan and tilt the pan so the batter spreads thinly and evenly.
7. Cook crepe for one minute then flip and cook for 10 more seconds.
8. FILLING: mix cream cheese, brown sugar, sour cream together.
9. Gently mix in mashed strawberries and add desired amount to your crepe and fold in half.
DAIRY
Cottage Cheese, Yogurt, & Cheese
...Cottage Cheese...

Cheesy Pancakes
Cottage Mashed Potatoes

*Other useful recipes to consider trying:

Broccoli Frittata.........................pg 53
Strawberry Tortilla Roll................pg 82
Cheesy Pancakes

Serving size: Single
Preparation and cooking time: 30 minutes

Ingredients:
• ¼ cup cottage cheese
• 1 Tbsp milk
• ½ egg
• 1/3 cup pancake mix
• Vegetable oil (to cook pancakes)

Directions:
1. Mix cottage cheese and milk in a blender.
2. Mix egg and cottage cheese mixture in a bowl.
3. Add pancake mix and mix with a wooden
   smooth.
4. Lightly oil pan and add 2 Tbsp of batter on the
   pan on medium low heat.
5. When the edges are firm, turn pancakes over
   and cook for about 1 minute more.
6. Place on a plate and enjoy
Cottage Mashed Potatoes

Serving size: Single
Preparation and cooking time: 45 minutes

Ingredients:
- 1 potato peeled and cubed
- ½ cup cottage cheese
- Dash salt and pepper
- 2 Tbsp bacon bits
- 1 cup steamed vegetables (broccoli is good), chopped small
- ¼ cup shredded cheese (of choice; cheddar)

Directions:
1. Boil potato in water for 10-15 minutes or until soft.
2. Mash the potato in a casserole dish.
3. Mix the cottage cheese, salt and pepper, bacon bits and vegetables in a bowl.
4. Add cottage cheese mixture to mashed potatoes and mix.
5. Sprinkle cheese on the top.
6. Place in the oven at 375°F for 5-10 minutes or until cheese melts.
...Yogurt...

Chicken Baked with Yogurt
Yogurt Pancakes
Fruit with Yogurt & Granola
Vegetable Curry

*Other useful recipes to consider trying:

Meatball Sandwich....................pg 72
Banana Yogurt Shake..................pg 80
**Yogurt Chicken**

Serving size: Single  
Preparation and cooking time: 40 minutes

**Ingredients:**  
- 1 boneless, skinless chicken breast  
- 6 oz yogurt, plain  
- 1/3 cup panko  
- Dash salt and pepper

**Directions:**  
1. Rub the chicken with the salt and pepper.  
2. Cover the chicken with an even coat of yogurt.  
3. Then, roll the chicken in the panko.  
4. Place chicken on a baking sheet.  
5. Bake at 350°F for 30 minutes.
Yogurt Pancakes

Serving size: Single
Preparation and cooking time: 30 minutes

Ingredients:
- ½ small banana, peeled and mashed
- 1 Tbsp milk
- ½ egg beaten
- 1/3 cup pancake mix
- ¼ cup yogurt, plain
- Vegetable oil (to cook pancakes)

Directions:
1. Mix pancake mix, yogurt, banana and milk together.
2. Gently fold in the egg mixture with the batter
3. Cover the chicken with an even coat of yogurt.
4. Lightly oil pan and add 2 Tbsp of batter on the pan on medium low heat.
5. When the edges are firm, turn pancakes over and cook for about 1 minute more.
6. Place on a plate and enjoy
Fruit with Yogurt and Granola

Serving Size: Single
Prep and cooking time: 5 minutes

Ingredients:
- 1 cup yogurt (any flavor)
- 3 Strawberries sliced
- Handful of blueberries
- Granola as needed

Directions:
In a tall glass first add in some yogurt
Over the yogurt add in strawberries, blueberries and granola
Add more yogurt over the fruits and granola
Repeat pattern until you reach the top of the glass

TIPS
Try other fruits you might have such as bananas, grapes, or oranges
Vegetable Curry

Serving Size: Single
Prep and cooking time: 20 minutes

Ingredients:
- 4 ounce mixed vegetables (French beans, carrots, peas, potatoes and cauliflower)
- 1/2 onion, chopped
- 1 mild red chillies
- 1.5 tsp poppy seeds
- 1 cloves garlic
- A pinch of turmeric
- 1 tsp inch piece fresh ginger root, grated
- 1/2 tsp melted butter
- 1/8 tsp curry powder
- 1 oz plain yogurt
- 1 tsp whipped cream
- 1/8 tsp sugar
- Salt to taste

Directions:
Prepare and cook the mixed vegetables. Grind the onions, chillies, poppy seeds, garlic, turmeric and ginger to a paste. Melt butter in a heavy based saucepan.
Add the paste and cook for 3 to 4 minutes. Stir in the curry powder and cook for a further few minutes. Then add the vegetables and water. Bring to boil and cook for a few minutes.
Stir in the yogurt, cream, sugar and salt, heat gently then serve hot with pita bread.

*TIPS*
You can use any left over vegetables. Make some more and freeze it.