

Peanut Butter & Jelly French Toast Sandwich

Instructions:

1. Spray a skillet with non-stick cooking spray and place over medium heat.
2. In a bowl, whisk together egg, milk, cinnamon and brown sugar. Lightly coat each piece of bread with the mixture.
3. Place coated bread in the skillet and cook for two minutes. Flip your bread and cook the other side for two minutes, then flip your bread again and cook for another two minutes. One side of your bread should be fully cooked, while the other should be slightly undercooked.
4. Remove the bread from the skillet. On the fully cooked side of one piece (the side that was cooked twice), spread peanut butter. On the other fully cooked side, spread the jelly. Put the two pieces of bread together, with the peanut butter and jelly sides facing each other. Return to skillet.
5. Cook over medium-low heat on each side for one minute or until golden brown. Remove from skillet and top with powdered sugar and syrup, if desired.

Ingredients:

For toast

- 2 slices of bread
- 1 egg
- 2 tablespoons milk
- Pinch of cinnamon
- Pinch of brown sugar

For sandwich

- Peanut butter
- Jelly
- Powdered sugar (optional)
- Syrup (optional)

Black Bean Burgers

Instructions:

1. Mix beans, breadcrumbs, onions, chili powder, egg, salt and pepper in a medium bowl. Once mixed, form into patties.
2. Heat a skillet over medium-high heat and add a splash of olive oil to coat the bottom of the skillet.
3. Cook patties for four minutes on each side. Serve on a bun with toppings of choice.

Ingredients:

- 2 cups black beans, drained and mashed with fork
- 1 cup seasoned breadcrumbs
- ¼ cup finely diced onions
- ½ teaspoon chili powder
- 1 egg
- Olive oil
- Salt and pepper, to taste
- Hamburger buns and toppings of choice



Taco Chicken & Rice

Instructions:

1. Cook rice according to instructions on the packaging and set aside to cool.
2. Drain canned chicken and season with paprika, cumin and dried oregano.
3. Heat a skillet on medium heat and add olive oil, garlic, onion and bell pepper. Cook for two to three minutes until the outside of the onion has slightly browned.
4. Add diced chicken and cook for three to five minutes.
5. Fold in the cooked rice, then stir in the black beans, tomato, enchilada sauce and water. Mix everything together and bring to a light simmer. Reduce the heat to medium-low, then cover and cook for eight to 10 minutes.
6. Remove the top and stir. Sprinkle on cheese (if desired).

Ingredients:

- 1½ cups brown rice
- 2 cans diced chicken
- 1 tablespoon paprika
- 2 teaspoons ground cumin
- 2 teaspoon dried oregano
- 1 tablespoon olive oil
- 2 tablespoons chopped garlic
OR garlic powder
- 1/3 cup chopped onion OR
2 tablespoons onion powder
- 1 diced green bell pepper
- 1 can black beans, drained and rinsed
- 1 large tomato, diced OR 1 can diced tomatoes
- 2 cups red enchilada sauce
- 1 cup water
- 3/4 cup shredded cheese (optional)



Chicken & Rice

Instructions:

1. Preheat oven to 350 degrees. Spray a casserole dish with nonstick spray and set aside.
2. In a large pot, cook the rice according to the directions on the package.
3. When the rice is done, add chicken, green beans and can of soup. Stir until well combined.
4. Spoon the mixture into the prepared casserole dish. Bake for 20 to 30 minutes, or until it is heated through and bubbling. Serve warm.

**If you do not have a casserole dish, you can use a large pot on the stovetop.*

Ingredients:

- 2½ cups cooked rice
- 1 can chicken breast, drained
- 1 can green beans, drained and rinsed
- 1 can reduced-fat cream of celery soup OR cream of chicken OR cream of mushroom soup

Chicken Noodle Soup

Instructions:

1. Heat a large pot over medium heat. Add olive oil, onions, carrots and celery and sauté for three to five minutes.
2. Add chicken, chicken broth, bay leaves, thyme and garlic powder to pot. Raise heat to high and bring to a boil.
3. Add egg noodles and bring to a boil, then reduce heat to medium-low and simmer until noodles are tender.
4. Remove and throw away bay leaves.
5. Taste and add additional onion or garlic powder and pepper if needed.

Ingredients:

- 2 cups egg noodles
- 2 tablespoons olive oil
- 1 can diced chicken OR 1 cup shredded, cooked chicken
- 1 medium onion, diced
- 2 medium carrots, peeled and thinly sliced
- 2 stalks celery, sliced
- 8 cups low sodium chicken broth
- 2 bay leaves
- 1 teaspoon dried thyme
- 2 tablespoons garlic powder



One Pan Chicken, Broccoli & Rice Casserole

Instructions:

1. In large skillet or pan, sauté onions in two tablespoons of olive oil over medium heat.
2. Once onions are soft, increase the heat to medium-high. Season chicken with pepper and add to the pan.
3. Brown the chicken and add garlic. Cook for about one minute.
4. Push chicken to one side of the pan and add one tablespoon olive oil to the other side.
5. Add uncooked rice to the olive oil and sauté for one to two minutes.
6. Add chicken broth to the pan and bring mixture to a boil. Lower the heat to a simmer, cover and allow the mixture to cook for 12 minutes.
7. Sprinkle the broccoli evenly over the mixture and stir to combine.
8. Continue to cook covered for another eight minutes on low, or until broccoli and rice are both tender.
9. Remove from heat and stir in half a cup of cheese. Sprinkle remaining cheese on top and cover with a lid, letting it sit for one to two minutes, or until cheese has melted.

Ingredients:

- 3 tablespoons olive oil
- ½ medium yellow onion, diced finely
- 1 pound boneless, skinless chicken breasts, cut into bite sized pieces OR 1 can of chicken
- 2 cloves of garlic, minced OR 2 tablespoons garlic powder
- 1 teaspoon pepper
- 1 cup uncooked rice
- 2½ cups low-sodium chicken broth
- 2½ cups broccoli florets, cut into bite-sized pieces
- 2 cups shredded cheddar cheese



Whole Wheat Spaghetti with Garlic Oil

Instructions:

1. In a large pot, bring salted water to a boil. Add spaghetti and cook following the package instructions until al dente.
2. Drain pasta and set aside, making sure to set aside one cup of pasta water.
3. In a pasta pot, heat oil, garlic and red pepper flakes over medium heat for about two minutes, or until the garlic begins to brown.
4. Add the cup of pasta water, then spaghetti and toss to combine.

Ingredients:

- 8 ounces whole wheat spaghetti
- 2 teaspoons olive oil
- 1 garlic clove, thinly sliced
- Pinch of red pepper flakes

Crockpot Spaghetti & Meatballs

Instructions:

1. Pour one jar of pasta sauce into the crock pot, spreading evenly with a spoon so that it coats the bottom.
2. Break spaghetti in half and place on top of the pasta sauce.
3. Pour half a cup of water and the second jar of pasta sauce over the spaghetti and place the meatballs on top.
4. Cook on high for two hours, checking halfway through.
5. Remove the crock pot lid, add two cups of water and stir all ingredients until well mixed.
6. Cook for another hour until the noodles are tender and the meatballs are cooked to 165 degrees in the middle.

Ingredients:

- 2, 24-ounce jars of your favorite pasta sauce
- 1 box whole wheat spaghetti
- 20-25 pre-cooked, frozen meatballs
- 2-3 cups water



Cheesy Vegetarian Chili Mac

Instructions:

1. Dice the onion and mince the garlic. Sauté over medium heat with olive oil in a large pot for two to three minutes, or until the onions are soft and transparent.
2. Stir in flour and chili powder to sautéed onions and garlic. Continue to stir and sauté for two minutes, or until the bottom of the pot is coated with flour and chili powder.
3. Drain and rinse the kidney, black and pinto beans.
4. Add the beans, diced tomatoes, tomato sauce, corn and vegetable broth to the pot. Stir until all ingredients are combined.
5. Add uncooked noodles and stir. Cover, turn heat up to medium-high and let boil, stirring every minute to loosen the noodles from the bottom of the pot.
6. When the pot begins to boil, turn the heat to low and allow to simmer for 12 to 15 minutes, or until the pasta is tender and the liquid is thick and saucy.
7. Stir frequently to make sure the pasta does not stick to the bottom of the pot.
8. Once the pasta is tender, add shredded cheddar and stir until melted.

Ingredients:

- 1 tablespoon olive oil
- 1 yellow onion, diced
- 2 cloves garlic, minced OR 4 tablespoons garlic powder
- 2 tablespoons flour
- 2 tablespoons chili powder
- 1 can diced tomatoes
- 1 can tomato sauce
- 1 can kidney beans
- 1 can black beans
- 1 can pinto beans
- 1 can corn
- 2 cups vegetable broth
- 2 cups uncooked macaroni noodles OR noodles of your choice
- 1 cup shredded cheddar cheese (optional)



Tuna Noodle Skillet Casserole

Instructions:

1. Heat a large skillet over medium heat and add olive oil.
2. Sauté onion and garlic for three minutes, or until tender.
3. Add chicken broth (or water) and soup and whisk until combined. Stir in noodles and frozen vegetables.
4. Bring mixture to a boil and reduce heat.
5. Simmer, stirring occasionally, for 20 minutes, or until the noodles are tender and the sauce thickens.
6. Flake tuna with a fork and gently fold into pasta. Top with cheese, cover the pot and simmer until the cheese melts and the tuna is fully heated.
7. Sprinkle crushed croutons on top and serve.

Ingredients:

- 1 tablespoon olive oil
- 1 cup diced onion
- 1 teaspoon minced garlic OR garlic powder
- 4 cups chicken broth OR water
- 4 cups egg noodles OR noodles of your choice
- 1 can cream of mushroom soup
- 2 cups carrots and peas, frozen
- 2 cans tuna in water, drained
- 1 cup marbled cheddar cheese, shredded (optional)
- 1 cup garlic croutons, crushed (optional)



Tuna Corn Chowder

Instructions:

1. Sauté celery and onions in butter for 10 minutes, or until tender.
2. Add garlic and sauté for about two minutes.
3. Add parsley (optional), pepper, chicken stock and potatoes.
4. Bring to a light boil, reduce heat and simmer, stirring often for 10 to 15 minutes, or until potatoes reach desired tenderness.
5. Add corn, tuna and milk and simmer over medium heat for five minutes, stirring often.

Ingredients:

- 3 tablespoons butter
- ½ cup chopped celery
- 1 medium onion, chopped
- 2 cloves garlic, minced OR 3 table-
spoons garlic powder
- 2 teaspoons parsley (optional)
- 1 teaspoon pepper
- 2 cups chicken stock
- 2 large potatoes, diced
- 1 cup milk
- 1 can tuna, drained and flaked
- 1 can corn



Sloppy Joe Plus

Instructions:

1. Before cooking lentils, sort and remove any stones or debris.
2. Bring a large pot of water to boil over high heat. Once boiling, add lentils to the water.
3. Reduce heat to low, cover and simmer for about 20 minutes. Test the lentils to make sure they are tender.
4. Drain the lentils and set aside.
5. Mince garlic and finely dice onion. Add broth to a large skillet and sauté in olive oil over medium heat for three to five minutes, or until garlic and onion soften.
6. While the garlic and onion are cooking, finely dice bell pepper and add to the skillet to sauté.
7. Add ground beef and cook until fully browned.
8. Add tomato sauce, tomato paste, apple cider vinegar, brown sugar, Dijon mustard (optional) and chili powder. Stir until well combined and simmer for five to 10 minutes, or until the sauce thickens to your liking.
9. Stir in cooked lentils and heat. Serve warm on a bun.

Ingredients:

- ¾ cup dry brown lentils
- 1 tablespoon olive oil
- 1 clove garlic OR 1 tablespoon garlic powder
- 1 yellow onion
- 1 green bell pepper
- 1 pound lean ground beef
- 1 can tomato sauce
- 3 ounces tomato paste
- 3 tablespoons apple cider vinegar
- 3 tablespoons brown sugar
- ½ tablespoon Dijon mustard (optional)
- 1 teaspoon chili powder
- Hamburger buns

