

# CHICKEN OR TUNA SALAD



## Materials:



## Easy Rating:



## INGREDIENTS

- **2 cans/pouches** chicken or tuna
- $\frac{3}{4}$  **cup** Greek yogurt or mayonnaise
- $\frac{1}{2}$  **cup** diced celery
- $\frac{1}{4}$  **cup** chopped onion
- Optional:
- $\frac{1}{4}$  **teaspoon** pepper
- $\frac{1}{4}$  **teaspoon** garlic powder

## INSTRUCTIONS

1. Open and drain chicken or tuna; Put in bowl.
2. Measure yogurt or mayonnaise and add into bowl.
3. Add in celery and onion.
4. Optional: add in seasonings
5. Mix together & serve with whole wheat crackers, bread, or tortilla!

\*Refrigerate leftovers within 2 hours.

**Servings:** 4 - 5

**Total Time:** 10 - 15 minutes

# CHICKPEA TOMATO SOUP



## Materials:



## Easy Rating:



## INGREDIENTS

- **28 oz. can** crushed tomatoes OR 2 cans tomato soup
- **1 can** chickpeas (drained)
- **4 cups** low-sodium broth
- **1/3 teaspoon** garlic powder
- **2 tablespoons** olive oil
- **1/2 teaspoon** pepper

## INSTRUCTIONS

1. Add oil to pot + heat over medium heat
2. Add chickpeas to pot + let cook for 3 minutes until crisp.
3. Add tomatoes, broth, seasonings.
4. Let contents of pot boil, then decrease heat to a simmer for 20 minutes.
5. Place contents of pot into blender or food processor; blend until smooth.

\*Refrigerate leftovers within 2 hours.

**Servings:** 4

**Total Time:** 30 minutes

# BLACK BEAN TACOS



## Materials:



## Easy Rating:



## INGREDIENTS

- **(2) 15 oz. cans** black beans
- **¼ teaspoon** garlic powder
- **2 tablespoons** olive oil
- **½ teaspoon** cumin
- **8** flour or corn tortillas

### Topping options:

- Corn
- Lettuce
- Shredded cheese
- Onions
- Avocado
- Jalapenos
- Greek yogurt or sour cream

## INSTRUCTIONS

1. In a saucepan, heat olive oil over medium heat.
2. Drain black beans + add to saucepan + add cumin and garlic powder, cook for 3 - 4 minutes.
3. Prepare toppings as desired.
5. Assemble by placing black beans on tortilla, then add toppings!

\*Refrigerate leftovers within 2 hours.

**Servings:** 4 (2 tacos each)

**Total Time:** 15 minutes

# HOW TO MAKE: DRIED BEANS



## Materials:



## Easy Rating:



## INGREDIENTS

- **1 cup** dried beans
- **4 cups** water
- **¼ teaspoon** salt
- **⅛ teaspoon** of garlic

## INSTRUCTIONS

1. Add beans, water, salt, and garlic powder to a saucepan.
2. Bring to a boil, then turn to low heat + allow contents to simmer; cover with lid.
3. Check if beans are cooked after 50 minutes - 1 hour. Beans will be soft.
4. Enjoy - add to tacos, wraps, or eat as a side!

\*Refrigerate leftovers within 2 hours.

**Servings:** 5

**Total Time:** 1 hour, 5 minutes

# NUTRITION TIP: BOOST CANNED CHILI



## Materials:



## Easy Rating:



## DO YOU HAVE:

- Canned or dried beans
- Fresh, frozen, or canned corn
- Fresh or frozen peppers
- Green yogurt OR sour Cream
- Canned tomatoes
- Shredded cheese

## TRY THIS:

Add to your canned chili:

- beans
- corn
- peppers
- tomatoes

Top with:

- shredded cheese
- Greek yogurt OR sour cream

\*Refrigerate leftovers within 2 hours.

**Servings:** 2-3

**Total Time:** 5 minutes

# LENTIL CHILI



## Materials:



## Easy Rating:



## INGREDIENTS

- **½ pound** ground beef or chicken
- **1 ½ cups** chopped onion
- **⅛ teaspoon** garlic powder
- **2 cups** cooked lentils
- **2 cans** tomatoes
- **1 tablespoon** chili powder
- **½ teaspoon** ground cumin

## INSTRUCTIONS

1. Heat a large saucepan to medium heat + add ground meat, cook until crumbly and brown.
2. Add onion + garlic powder to saucepan, cook until soft.
3. Add lentils, tomatoes, and spices to saucepan. Cook for 1 hour, allowing contents to simmer but not boil.
4. Serve with chili toppings (sour cream or Greek yogurt, shredded cheese, or crackers)

\*Refrigerate leftovers within 2 hours.

**Servings:** 6

**Total Time:** 1 hour, 15 minutes

# CHEESE- BURGER PIE



## Materials:



## Easy Rating:



## INGREDIENTS

- **1 pound** ground beef
- **1** onion, chopped
- **1 cup** milk
- $\frac{1}{2}$  **cup** biscuit mix
- **2** eggs
- **1 cup** shredded cheese
- cooking spray

## INSTRUCTIONS

1. Heat skillet to medium heat + add ground beef and onion; Cook until browned.
2. In a mixing bowl, whisk milk, biscuit mix, and eggs together.
3. Spray pie dish with cooking spray.
4. Add browned ground beef and onion to pie dish; Sprinkle with shredded cheese; Pour biscuit mixture on top.
5. Preheat oven to 400 degrees + bake for 25 minutes OR until a toothpick inserted comes out clean.

\*Refrigerate leftovers within 2 hours.

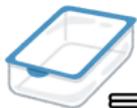
**Servings:** 6

**Total Time:** 50 minutes

# OVERNIGHT OATS



## Materials:



## Easy Rating:



## INGREDIENTS

- $\frac{1}{3}$  **cup** milk
- $\frac{1}{4}$  **cup** Greek yogurt
- $\frac{1}{4}$  **cup** rolled oats
- **2 teaspoons** honey
- Optional add-ins:
  - $\frac{1}{4}$  **teaspoon** ground cinnamon
  - $\frac{1}{4}$  **cup** fresh or frozen fruit (berries, apples)
  - **1 tablespoon** peanut butter

## INSTRUCTIONS

1. Add milk, yogurt, oats, honey, and chia seeds into jar OR container + cover with lid; Shake until combined.
2. Add in any additional add-ins + stir to combine.
3. Cover with lid.
4. Allow to sit in refrigerator overnight.
5. Stir and Enjoy!

\*Pro tip: Make enough to last you the week!  
These will stay good in the refrigerator for 3-5 days.

**Servings:** 1

**Total Time:** 5 minutes

# ENERGY BALLS



## Materials:



## Easy Rating:



## INGREDIENTS

- **1 ½ cups** oats
  - **1 cup** peanut butter
  - **⅓ to ½ cup** honey
  - **¼ cup** ground flaxseed  
OR chia seeds
  - **¼ cup** chocolate chips
- Optional add-ins:
    - Vanilla extract
    - Cinnamon
    - Protein powder
    - Coconut
    - Dried fruit

## INSTRUCTIONS

1. Combine oats, peanut butter, honey, ground flaxseed OR chia seeds, chocolate chips and any add-ins, ensuring the mixture is well mixed.
2. Put mixture into freezer for about 15 minutes or until firm.
3. Use spoon, small cookie scoop, or tablespoon and roll into balls.
4. Store in refrigerator for 2 weeks OR 3 months in the freezer.

### \*Notes:

- Too sticky? add a tablespoon or two of oats
- Too dry? add a little more peanut butter or honey

**Servings:** about 30

**Total Time:** 15 minutes

# PASTA BAKE



## Materials:



## Easy Rating:



## INGREDIENTS

- **1 box** pasta
- **1 tablespoon** oil
- **1 pound** ground meat  
(beef, chicken, turkey)
- **24 oz.** tomato sauce
- **2 cups** cottage cheese
- **1 cup** shredded cheese

## INSTRUCTIONS

1. Add water to pot and bring to a boil; Add pasta, cooking for 10 minutes (pasta should still be firm).
2. Drain pasta into colander in the sink + set aside.
3. Add oil to pot and heat medium-high heat; Add ground meat to pot and let cook until brown and crumbly.
4. Add pasta and tomato sauce to pot + mix until well combined.
5. Transfer  $\frac{1}{2}$  of the mixture into casserole dish, then add cottage cheese and  $\frac{1}{2}$  of shredded cheese. Add the rest of the mixture, then top with the rest of the shredded cheese.
6. Bake for 30 minutes at 425 degrees.

\*Refrigerate leftovers within 2 hours.

**Servings:** 6 - 8

**Total Time:** 1 hour

# OATMEAL COOKIES



## Materials:



## Easy Rating:



## INGREDIENTS

- **1 cup** oats
- **3 tablespoons** sweetener (maple syrup or honey)
- **2/3 cup** peanut butter

## INSTRUCTIONS

1. Add oats, peanut butter, and sweetener to mixing bowl & mix until well combined.
  2. Preheat oven to 350 degrees & line baking sheet with parchment paper, or spray with cooking spray.
  3. Scoop about two tablespoons of dough into a dollop on the parchment paper - repeat until dough is gone.
  4. Make sure cookies are about 2 inches apart from each other & use clean hands to press down each dollop.
  5. Bake in oven for about 15 minutes + let cook for 5 minutes.
- \*Refrigerate leftovers within 2 hours.

**Servings:** 12 - 15

**Total Time:** 30 minutes

# FRUIT PIES



## Materials:



## Easy Rating:



## INGREDIENTS

- **4** tortillas
- **1 can** canned fruit of choice
- $\frac{1}{4}$  **teaspoon** cinnamon
- **2 tablespoons** brown sugar
- Optional:
  - **2 tablespoons** milk
  - **Sprinkle** Sugar

## INSTRUCTIONS

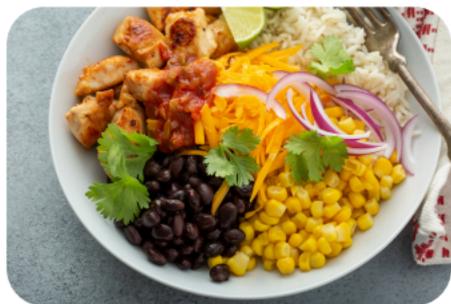
1. Warm tortillas in microwave for 15 - 30 seconds.
2. Open canned fruit + drain extra juice; Split fruit onto the 4 tortillas evenly.
3. Add brown sugar + cinnamon to small bowl and mix; Sprinkle on fruit.
4. Roll up tortillas, starting by folding in edges then roll up away from you; Place on baking sheet.
5. Use paring knife to make 2 slashes on each roll up to allow for steam to escape; Optional: brush tops with milk + sprinkle with sugar.
6. Place in oven + Bake at 350 degrees for 8 - 12 minutes.  
Enjoy warm!

**Servings:** 4

**Total Time:** 20 minutes



# BUILD YOUR OWN BURRITO BOWL



## Materials:



## Easy Rating:



## INGREDIENTS

- **2 cans or 1 pound** meat (ground beef, chicken, or tuna)
- **2 cups** rice (cooked)
- Toppings!

## INSTRUCTIONS

1. Cook rice according to instructions on the box/bag.
2. Scoop ½ cup rice + meat into bowl.
3. Add toppings + enjoy!

### Tex-Mex Toppings

- Taco seasoning
- Corn
- Peppers
- Onions
- Tomatoes
- Black beans
- Shredded Cheese
- Greek yogurt OR sour cream

### Teriyaki Toppings

- Teriyaki sauce
- Corn
- Carrots
- Mushrooms
- Broccoli
- Onion
- Edamame beans
- Cabbage

### BBQ Toppings

- BBQ sauce
- Onion
- Corn
- Black beans

### Egg Toppings

- Scrambled egg
- Hot sauce
- Soy sauce
- Onion
- Carrots
- Spinach

\*Refrigerate leftovers within 2 hours.

**Servings:** 4 - 5

**Total Time:** 20 minutes

# BUILD YOUR OWN HUMMUS WRAP



## Materials:



## Easy Rating:



## INGREDIENTS

- 4 flour tortillas
- ½ cup hummus
- Toppings!

## INSTRUCTIONS

1. Lay tortilla on plate + spread 2 tablespoons hummus on tortilla.
2. Add toppings of your choice.
3. Wrap! Try folding two opposite sides in, then rolling the tortilla up away from you.

### Topping Ideas:

- Leafy greens (lettuce, spinach)
- Shredded cabbage
- Sliced onion + cucumber
- Shredded carrots
- Canned or frozen corn
- Fresh or frozen bell peppers
- Black beans
- Shredded cheese
- Sliced or diced tomatoes

### Dressing options:

- Soy sauce
- Balsamic Vinaigrette
- Lemon juice
- Hot sauce

\*Refrigerate leftovers within 2 hours.

**Servings:** 4

**Total Time:** 15 minutes