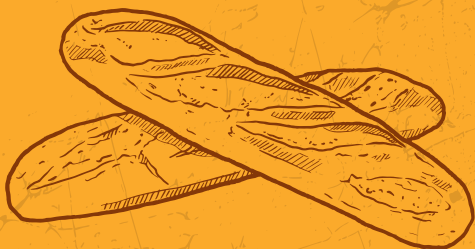


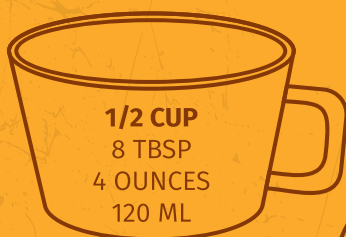


Dorm Noms

E'RY MEAL
COOKING



*This cookbook
belongs to:*



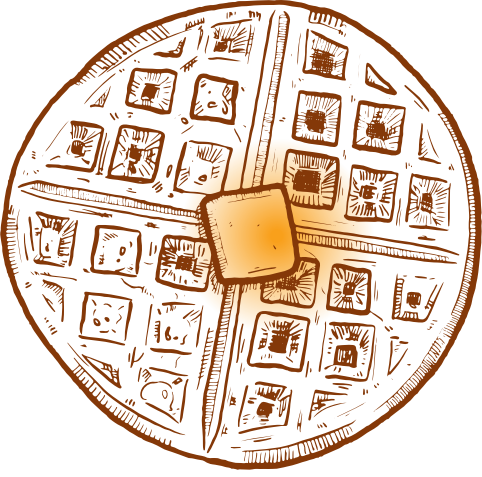


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BREAKFAST

LUNCH

DINNER

SNACKS



*Food is our common ground,
a universal experience.*

-JAMES BEARD



Breakfast



EATINGWELL.COM/RECIPE/263889/PEANUT-BUTTER-BANANA-ENGLISH-MUFFIN/

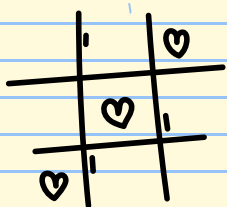
Ingredients

- 1 WHOLE-WHEAT ENGLISH MUFFIN, TOASTED
- 1 TABLESPOON PEANUT BUTTER
- ½ BANANA, SLICED
- PINCH OF GROUND CINNAMON

Instructions

TOP ENGLISH MUFFIN WITH PEANUT BUTTER, BANANA AND CINNAMON

Peanut Butter-Banana
English Muffin



EATINGWELL.COM/RECIPE/257116/RASPBERRY-YOGURT-CEREAL-BOWL/

Ingredients

- 1 CUP NONFAT PLAIN YOGURT
- ½ CUP MINI SHREDDED-WHEAT CEREAL
- ¼ CUP FRESH RASPBERRIES
- 2 TEASPOONS MINI CHOCOLATE CHIPS
- 1 TEASPOON PUMPKIN SEEDS
- ¼ TEASPOON GROUND CINNAMON

Instructions

PLACE YOGURT IN A BOWL AND TOP WITH SHREDDED WHEAT, RASPBERRIES, CHOCOLATE CHIPS, PUMPKIN SEEDS AND CINNAMON.

Raspberry Yogurt
Cereal Bowl





Creamy Blueberry-Pecan Overnight Oatmeal

PEOPLE WITH CELIAC DISEASE OR GLUTEN-SENSITIVITY SHOULD USE OATS THAT ARE LABELED "GLUTEN-FREE." AS OATS ARE OFTEN CROSS-CONTAMINATED WITH WHEAT AND BARLEY.

EATINGWELL.COM/RECIPE/251127/CREAMY-BLUEBERRY-PECAN-OVERNIGHT-OATMEAL/

Ingredients

- ½ CUP OLD-FASHIONED ROLLED OATS
- ½ CUP WATER
- PINCH OF SALT
- ½ CUP BLUEBERRIES, FRESH OR FROZEN, THAWED
- 2 TABLESPOONS NONFAT PLAIN GREEK YOGURT
- 1 TABLESPOON TOASTED CHOPPED PECANS
- 2 TEASPOONS PURE MAPLE SYRUP

Instructions

COMBINE OATS, WATER AND SALT IN A JAR OR BOWL. COVER AND REFRIGERATE OVERNIGHT. IN THE MORNING, HEAT IF DESIRED, AND TOP WITH BLUEBERRIES, YOGURT, PECANS AND SYRUP.



BHG.COM/RECIPE/MASON-JAR-OMELET/

Ingredients

- ½ CUP REFRIGERATED OR FROZEN EGG PRODUCT, THAWED OR 2 EGGS
- ½ CUP MIX-INS (SUCH AS SHREDDED CHEESE, CHOPPED VEGGIES, CHOPPED HAM AND/OR SHREDDED CHICKEN)
- SALT AND GROUND BLACK PEPPER

Instructions

LIGHTLY COAT A PINT JAR WITH NONSTICK COOKING SPRAY. ADD EGG PRODUCT (OR 2 EGGS) AND MIX-INS TO THE JAR. SEASON TO TASTE WITH SALT AND PEPPER. COVER WITH A LID AND CHILL OVERNIGHT. WHEN READY TO EAT, SHAKE JAR CONTENTS UNTIL THOROUGHLY MIXED. REMOVE LID AND COVER WITH A PAPER TOWEL. MICROWAVE ON HIGH ABOUT 2 MINUTES OR UNTIL EGGS ARE FULLY COOKED. SERVE IMMEDIATELY.



Mason Jar Omelet

Ingredients

- 1 APPLE, PREFERABLY MCINTOSH, CORED AND COARSELY CHOPPED
- 1 CUP ROLLED OATS
- 1/4 TEASPOON GROUND CINNAMON
- PINCH KOSHER SALT
- 2 CUPS WATER
- 2 TABLESPOONS PURE MAPLE SYRUP
- 1/4 CUP TOASTED PECANS

Instructions

COMBINE THE APPLE, OATS, CINNAMON, AND SALT IN A LARGE MICROWAVE-SAFE BOWL WITH WATER, AND STIR IN THE WATER. COVER AND SEAL WITH PLASTIC WRAP OR A TIGHT FITTING LID AND HEAT IN THE MICROWAVE ON HIGH UNTIL APPLES ARE SOFT AND MOST OF THE LIQUID IS ABSORBED, ABOUT 8 MINUTES. STIR IN THE MAPLE SYRUP, DIVIDE BETWEEN 2 BOWLS AND TOP WITH THE NUTS. SERVE IMMEDIATELY.



Microwave Apple Cinnamon Oatmeal



FOODNETWORK.COM/RECIPES/FOOD-NETWORK-KITCHEN/MICROWAVE-APPLE-CINNAMON-OATMEAL-RECIPE-1928134



Ingredients

- 1 WHEAT ENGLISH MUFFIN
- 1 LARGE EGG, LIGHTLY BEATEN
- 3 TABLESPOONS CHOPPED ROASTED RED PEPPER
- 1 TEASPOON PREPARED PESTO
- 1 THIN SLICE FRESH MOZZARELLA CHEESE

Instructions

TOAST ENGLISH MUFFIN. COMBINE EGG AND ROASTED RED PEPPER IN A SMALL (ABOUT 8-OUNCE) MICROWAVE-SAFE RAMEKIN OR BOWL. COVER AND MICROWAVE UNTIL THE EGG IS SET, ABOUT 1 MINUTE. SPREAD PESTO ON 1 ENGLISH MUFFIN HALF, THEN TOP WITH CHEESE. PLACE THE EGG ON THE CHEESE, TOP WITH THE REMAINING ENGLISH MUFFIN HALF.



Pesto, Mozzarella & Egg Breakfast Sandwich

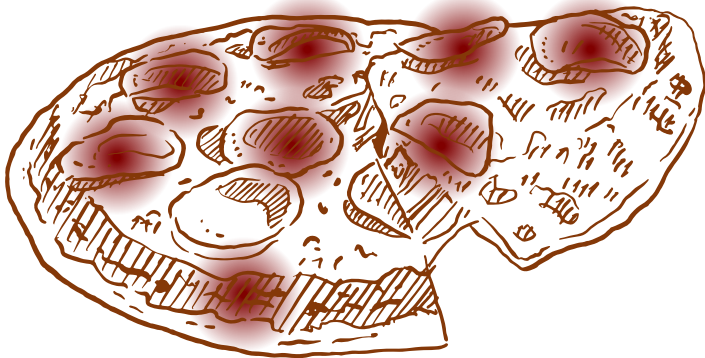
EATINGWELL.COM/RECIPE/250659/PESTO-MOZZARELLA-EGG-BREAKFAST-SANDWICH/

Notes



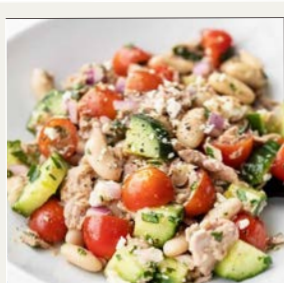
You don't have to cook fancy or complicated masterpieces - just good food from fresh ingredients.

-JULIA CHILD

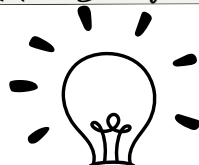


Lunch





Mediterranean
Tuna Salad



Ingredients

Vinaigrette

Salad

- | | |
|---------------------------|--------------------------------|
| • 1/4 CUP OLIVE OIL | • 1 ENGLISH CUCUMBER* |
| • 2 TBSP RED WINE VINEGAR | • 1 PINT GRAPE TOMATOES* |
| • 1 TBSP LEMON JUICE | • 1/2 RED ONION |
| • 1 TSP DRIED OREGANO | • 1/4 BUNCH FRESH PARSLEY, |
| • 1/2 TSP SALT | CHOPPED (ABOUT 1/2 CUP) |
| • 1/4 TSP FRESHLY CRACKED | • 1 15OZ. CAN CANNELLINI BEANS |
| BLACK PEPPER | • 1 12OZ. CAN CHUNK LIGHT TUNA |
| | • 2 OZ. FETA |

BUDGETBYTES.COM/MEDITERRANEAN-TUNA-SALAD/

Instructions



- MAKE THE VINAIGRETTE FIRST, SO THE FLAVORS HAVE A LITTLE TIME TO BLEND. IN A BOWL OR JAR, COMBINE THE OLIVE OIL, RED WINE VINEGAR, LEMON JUICE, OREGANO, SALT, AND PEPPER. WHISK THE INGREDIENTS TOGETHER, OR CLOSE THE JAR AND SHAKE UNTIL COMBINED. SET THE VINAIGRETTE ASIDE.
- IF YOU WANT TO SOFTEN THE FLAVOR OF THE RED ONION A BIT, SLICE IT THEN SOAK THE SLICES IN ICE WATER FOR ABOUT FIVE MINUTES BEFORE DICING. OTHERWISE, FINELY DICE THE RED ONION. CUT THE CUCUMBER INTO QUARTER ROUNDS. SLICE THE TOMATOES IN HALF, AND ROUGHLY CHOP THE PARSLEY.

- COMBINE THE CUCUMBER, TOMATO, ONION, AND PARSLEY IN A BOWL. POUR THE VINAIGRETTE OVER TOP, THEN STIR UNTIL THE VEGETABLES ARE COATED.
- RINSE AND DRAIN THE BEANS, AND DRAIN THE TUNA. ADD THE BEANS, TUNA, AND FETA TO THE SALAD. THEN GENTLY STIR TO COMBINE. THESE THREE ARE ADDED LAST AND ONLY GENTLY STIRRED TO MAKE SURE THE TUNA REMAINS IN LARGER FLAKES INSTEAD OF FALLING APART INTO TINY PIECES.
- SERVE IMMEDIATELY, OR REFRIGERATE UP TO FOUR DAYS. GIVE IT A QUICK STIR AFTER REFRIGERATING AND BEFORE SERVING TO REDISTRIBUTE THE DRESSING.





Ingredients

- 1 CUCUMBER
- 2 PITA BREADS
- 1 PINT GRAPE TOMATOES
- 1 CUP HUMMUS
- 1 PINT GRAPE TOMATOES
- 1 6OZ. JAR KALAMATA OLIVES

Instructions

- SLICE THE CUCUMBER AND CUT THE PITA BREAD INTO TRIANGLES.
- DIVIDE THE HUMMUS, CUCUMBER, TOMATOES, OLIVES, AND PITA TRIANGLES BETWEEN FOUR CONTAINERS. REFRIGERATE UP TO 5 DAYS.

BUDGETBYTES.COM/THE-HUMMUS-LUNCH-BOX/



Ingredients

- 3 CUPS BITE-SIZED PIECES CHOPPED KALE
- 2 TABLESPOONS HONEY-MUSTARD VINAIGRETTE (SEE ASSOCIATED RECIPE)
- 1 2.5-OUNCE POUCH TUNA IN WATER
- ½ CUP RINSED CANNED CHICKPEAS
- 1 CARROT, PEELED AND SHREDDED

Instructions

1. TOSS KALE AND DRESSING IN A BOWL. THEN TRANSFER TO A 1-QUART MASON JAR. TOP WITH TUNA, CHICKPEAS AND CARROT. SCREW LID ONTO THE JAR AND REFRIGERATE FOR UP TO 2 DAYS.
2. TO SERVE, EMPTY THE JAR CONTENTS INTO A BOWL AND TOSS TO COMBINE THE SALAD INGREDIENTS WITH THE DRESSED KALE.



Mason Jar Power Salad with Chickpeas & Tuna

EATINGWELL.COM/RECIPE/263360/MASON-JAR-POWER-SALAD-WITH-CHICKPEAS-TUNA/

Ingredients

- 1 CUP QUINOA
- 1 FRESH LEMON
- 1/4 CUP OLIVE OIL
- 2 CLOVES GARLIC, MINCED
- 1 TSP SALT
- FRESHLY CRACKED PEPPER
- 1 13OZ. CAN QUARTERED ARTICHOKE HEARTS*
- 1 RED BELL PEPPER
- 1 CUP CHOPPED FRESH PARSLEY
- 1 15OZ. CAN CHICKPEAS



*Lemony Artichoke
and Quinoa Salad*

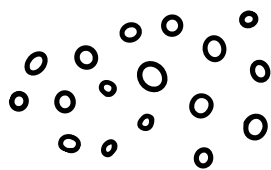
BUDGETBYTES.COM/LEMONY-ARTICHOKE-AND-QUINOA-SALAD/

Instructions

- RINSE THE QUINOA WELL IN A FINE WIRE MESH SIEVE. PLACE THE RINSED QUINOA IN A POT WITH 1.75 CUPS WATER. PLACE A LID ON THE POT. TURN THE HEAT ON TO HIGH. AND ALLOW THE WATER TO COME TO A BOIL. ONCE IT REACHES A FULL BOIL. TURN THE HEAT DOWN TO LOW AND LET IT SIMMER FOR 15 MINUTES (LID ON).
- WHILE THE QUINOA IS COOKING. PREPARE THE LEMON GARLIC DRESSING. ZEST THE LEMON. THEN SQUEEZE THE JUICE (YOU'LL NEED 1/4 TO 1/3 CUP JUICE). ADD THE LEMON JUICE AND 1 TSP OF THE ZEST TO A BOWL OR JAR ALONG WITH THE OLIVE OIL, MINCED GARLIC, SALT, AND SOME FRESHLY CRACKED PEPPER (10-15 CRANKS OF A PEPPER MILL). WHISK THE INGREDIENTS TOGETHER OR CLOSE THE JAR AND SHAKE UNTIL THEY ARE COMBINED. SET THE DRESSING ASIDE.
- AFTER THE QUINOA HAS COOKED. SPREAD IT OUT INTO A CASSEROLE DISH OR OTHER WIDE SHALLOW DISH AND REFRIGERATE UNCOVERED FOR ABOUT 15 MINUTES TO COOL IT DOWN.
- WHILE THE QUINOA IS COOLING. PREPARE THE REST OF THE SALAD INGREDIENTS. DRAIN THE ARTICHOKE HEARTS AND ROUGHLY CHOP THEM INTO SMALLER PIECES. FINELY DICE THE RED BELL PEPPER. ROUGHLY CHOP THE PARSLEY. RINSE AND DRAIN THE CHICKPEAS. PLACE THE ARTICHOKE HEARTS, BELL PEPPER, PARSLEY, AND CHICKPEAS IN A LARGE BOWL.
- ONCE THE QUINOA HAS COOLED. ADD IT TO THE BOWL WITH THE OTHER SALAD INGREDIENTS. TOSS GENTLY TO COMBINE. THEN DRIZZLE THE LEMON GARLIC DRESSING OVER TOP. GENTLY TOSS AGAIN UNTIL EVERYTHING IS COATED IN DRESSING. SERVE IMMEDIATELY OR REFRIGERATE UP TO 4-5 DAYS.



Shrimp Avocado Salad



Ingredients

- 1 POUND LARGE SHRIMP THAWED
- 2 CUPS SHREDDED LETTUCE
- ¼ RED ONION DICED
- 2 AVOCADOS SLICED
- 1 TABLESPOON CHOPPED CILANTRO

Dressing

- 3 TABLESPOONS EXTRA-VIRGIN OLIVE OIL
- 3 TABLESPOONS LIME JUICE
- 1 TEASPOON CUMIN
- 1/2 TEASPOON SALT
- 1/2 TEASPOON FRESH CRACKED PEPPER

Guest Check

Date	Table	Guests	Server	051197
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APPT - SOUP/SAL - ENTREE - VEG/POT - DESSERT - BEV

Instructions

- BRING A LARGE POT OF WATER TO A BOIL. LOWER THE HEAT TO MEDIUM. PLACE THE SHRIMP IN A STEAMER INSERT OR MESH STRAINER ON TOP OF THE POT OF WATER AND COVER WITH A LID. STEAM UNTIL THE SHRIMP CURL AND TURN BRIGHT PINK. 4-6 MINUTES. REMOVE AND SET ASIDE TO COOL
- TO MAKE THE DRESSING. USE A BOWL LARGE ENOUGH TO HOLD ALL THE SALAD INGREDIENTS. WHISK TOGETHER THE OLIVE OIL, LIME JUICE, CUMIN, SALT AND PEPPER UNTIL EMULSIFIED.
- TRANSFER THE STEAM SHRIMP ON TOP OF THE DRESSING. ADD THE SHREDDED LETTUCE AND RED ONIONS AND COMBINE WITH THE DRESSING IN THE BOWL. TUCK THE SLICED AVOCADOS AROUND THE SHRIMP AND GARNISH WITH FRESH CILANTRO.
- SERVE AT ROOM TEMPERATURE OR CHILLED.

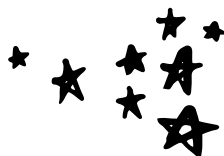
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Total

FEELGOODFOODIE.NET/RECIPES/SHRIMP-AVOCADO-SUMMER-SALAD/

Guest Receipt

Date	Amount	Guests	Server	051197
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Ingredients

- 2 TEASPOONS CANOLA OIL
- ¼ CUP CHOPPED ONION
- ¼ CUP DICED RED BELL PEPPER
- ¼ CUP DICED ZUCCHINI
- 2 OUNCES SHREDDED COOKED CHICKEN
- 2 TABLESPOONS FRESH OR (RINSED) FROZEN CORN KERNELS
- 1 TABLESPOON CHOPPED FRESH CILANTRO, OPTIONAL
- 1 8-INCH WHOLE-WHEAT TORTILLA
- 3 TABLESPOONS SHREDDED PEPPER JACK CHEESE



Chicken & Veggie Quesadilla

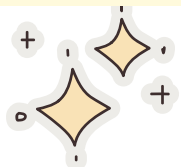


Instructions



1. HEAT OIL IN A MEDIUM SKILLET OVER MEDIUM HEAT. ADD ONION, BELL PEPPER, AND ZUCCHINI; COOK, STIRRING OFTEN, UNTIL THE VEGETABLES ARE TENDER, 3 TO 4 MINUTES. ADD CHICKEN AND CORN; COOK UNTIL HEATED THROUGH, ABOUT 1 MINUTE. STIR IN CILANTRO, IF USING. TRANSFER THE VEGETABLES TO A SMALL BOWL. WASH AND DRY THE SKILLET.
2. PLACE TORTILLA ON A CUTTING BOARD. SPRINKLE 1 TBSP. CHEESE OVER HALF THE TORTILLA, LEAVING A 1/2-INCH BORDER. TOP WITH THE VEGETABLE MIXTURE AND THE REMAINING 2 TBSP. CHEESE; FOLD THE TORTILLA IN HALF.
3. HEAT THE SKILLET OVER MEDIUM HEAT. ADD THE QUESADILLA AND COOK UNTIL THE TORTILLA IS BROWNED AND THE CHEESE HAS STARTED TO MELT, ABOUT 2 MINUTES PER SIDE. CUT INTO 3 WEDGES TO SERVE.

EATINGWELL.COM/RECIPE/280189/CHICKEN-VEGGIE-QUESADILLA/



Notes

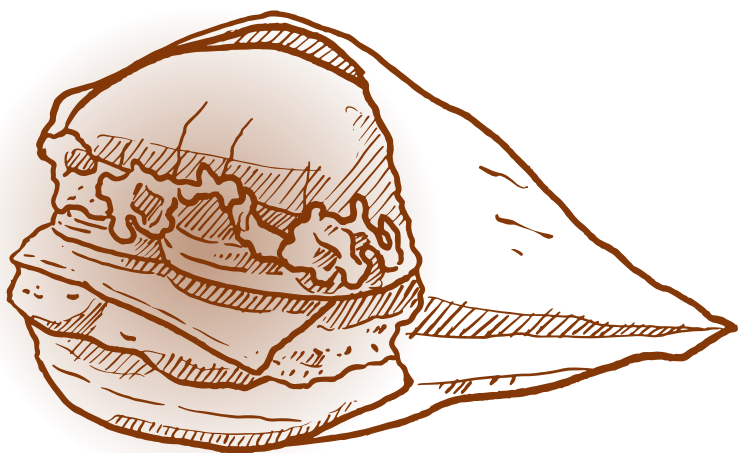


*You can't just eat good food,
you've got to talk about it.*

-UNKNOWN



Dinner





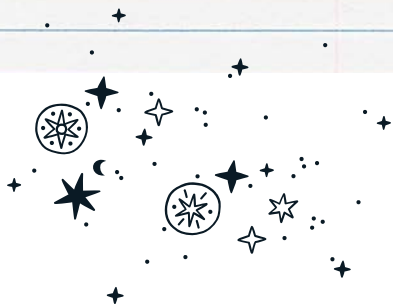
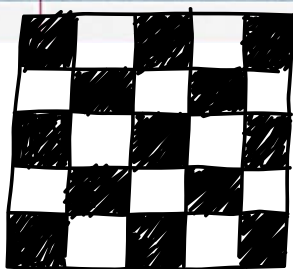
Easy Pesto Chicken and Vegetables

Ingredients

- 1 RED BELL PEPPER
- 1 ZUCCHINI
- 1 YELLOW SQUASH
- 1/2 RED ONION
- 1.3 LBS. BONELESS, SKINLESS CHICKEN BREAST
- 2 TBSP COOKING OIL
- 1 CUP FROZEN GREEN BEANS
- 1/3 CUP PESTO*
- 1/8 TSP SALT*
- 1/8 TSP FRESHLY CRACKED PEPPER
- 1 TBSP GRATED PARMESAN*

Instructions

- CHOP THE BELL PEPPER, YELLOW SQUASH, AND ZUCCHINI, AND SLICE THE RED ONION. I LIKE TO MAKE DIFFERENT SHAPES FOR EACH VEGETABLE. BUT AIM TO MAKE THE PIECES ALL AROUND THE SAME SIZE.
- CUBE THE CHICKEN BREASTS INTO 1/2-INCH PIECES.
- ADD THE COOKING OIL TO A LARGE SKILLET AND HEAT OVER MEDIUM-HIGH. ONCE THE SKILLET AND OIL ARE VERY HOT, ADD THE CHICKEN AND SAUTÉ UNTIL THE CHICKEN PIECES ARE OPAQUE (3-5 MINUTES - THE CHICKEN WILL CONTINUE TO COOK AS YOU ADD VEGETABLES).
- ADD THE GREEN BEANS TO THE SKILLET AND SAUTÉ FOR 1-2 MINUTES MORE, OR JUST UNTIL THAWED.
- ADD THE BELL PEPPER AND RED ONION TO THE SKILLET. SAUTÉ FOR 1-2 MINUTES MORE. IF WATER IS BEGINNING TO POOL IN THE SKILLET, TURN THE HEAT UP SLIGHTLY. IT SHOULD BE HOT ENOUGH THAT THE WATER RELEASED FROM THE VEGETABLES EVAPORATES QUICKLY.
- ADD THE YELLOW SQUASH AND ZUCCHINI TO THE SKILLET AND CONTINUE TO SAUTÉ 2-3 MINUTES MORE, OR JUST UNTIL THE SQUASH SOFTENS SLIGHTLY.
- TURN THE HEAT OFF. ADD THE PESTO TO THE SKILLET, AND STIR UNTIL EVERYTHING IS COATED. GIVE THE VEGETABLES A TASTE AND ADD SALT, PEPPER, OR MORE PESTO IF DESIRED. TOP WITH A LIGHT SPRINKLE OF PARMESAN JUST BEFORE SERVING





Air Fryer Salmon



Ingredients

- 4 6-OUNCE SALMON FILLETS
- 1 TABLESPOON OLIVE OIL
- 1 TEASPOON GARLIC POWDER
- ½ TEASPOON PAPRIKA
- SALT AND PEPPER TO TASTE
- LEMON WEDGES FOR SERVING
- TARTAR SAUCE FOR SERVING

Instructions

- PREHEAT THE AIR FRYER TO 400 F.
- RUB EACH FILLET WITH OLIVE OIL AND SEASON WITH GARLIC POWDER, PAPRIKA, SALT AND PEPPER. PLACE THE SALMON IN THE AIR FRYER AND AIR FRY FOR 7-9 MINUTES. DEPENDING ON THIS THICKNESS OF THE SALMON, PLEASE NOTE, TIME MAY VARY BETWEEN AIR FRYERS.
- OPEN BASKET AND CHECK FOR DESIRED DONENESS WITH A FORK. YOU CAN RETURN THE SALMON FOR ANOTHER 1 OR 2 MINUTES AS NECESSARY

Instructions

- 2 TBSP OLIVE OIL
- 1 1/2 TBSP CURRY POWDER
- 1 YELLOW ONION
- 8 OZ. SPINACH (FRESH OR FROZEN)
- 2 CLOVES GARLIC
- 1 15OZ. CAN TOMATO SAUCE
- 1 INCH FRESH GINGER
- 2 15OZ. CANS CHICKPEAS



Curried Chickpeas with Spinach

Instructions



- DICE THE ONION, Mince the GARLIC, AND GRATE THE GINGER ON A SMALL HOLED CHEESE GRATER. SAUTÉ THE ONION, GARLIC, AND GINGER IN A LARGE SKILLET WITH THE OLIVE OIL OVER MEDIUM HEAT UNTIL THE ONIONS HAVE SOFTENED (3-5 MINUTES).
- ADD THE CURRY POWDER AND CONTINUE TO SAUTÉ WITH THE ONION MIXTURE FOR ONE MINUTE MORE. ADD ABOUT 1/4 CUP OF WATER TO THE SKILLET ALONG WITH THE FRESH SPINACH AND CONTINUE TO SAUTÉ UNTIL THE SPINACH HAS WILTED. THE WATER WILL HELP STEAM AND WILT THE SPINACH (NO WATER NEEDED IF USING FROZEN SPINACH).
- DRAIN AND RINSE THE CHICKPEAS. ADD THEM TO THE SKILLET ALONG WITH THE TOMATO SAUCE. STIR WELL TO DISTRIBUTE THE SPICES IN THE SAUCE AND HEAT THROUGH (5 MINUTES). SERVE OVER RICE OR WITH BREAD.



Beef and Cabbage Stir Fry

Stir Fry Sauce

- 2 TBSP SOY SAUCE
- 1 TBSP TOASTED SESAME OIL
- 1 TBSP SRIRACHA*
- 1/2 TBSP BROWN SUGAR

Garnishes

- 1 TBSP SESAME SEEDS
- 1 TBSP SRIRACHA

Stir Fry

- 1/2 HEAD GREEN CABBAGE
- 2 CARROTS
- 3 GREEN ONIONS
- 1/2 TBSP NEUTRAL COOKING OIL
- 1/2 LB. LEAN GROUND BEEF
- 2 CLOVES GARLIC
- 1 TBSP FRESH GRATED GINGER
- PINCH OF SALT AND PEPPER

Instructions

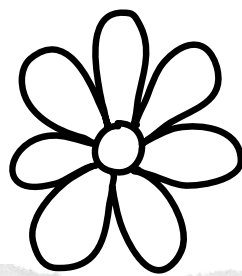
- PREPARE THE STIR FRY SAUCE FIRST. IN A SMALL BOWL STIR TOGETHER THE SOY SAUCE, TOASTED SESAME OIL, SRIRACHA, AND BROWN SUGAR. SET THE SAUCE ASIDE
- SHRED THE VEGETABLES SO THEY ARE READY TO GO WHEN YOU NEED THEM. CUT ONE SMALL CABBAGE IN HALF. REMOVE THE CORE, AND THEN FINELY SHRED THE LEAVES OF ONE HALF THE CABBAGE (4-6 CUPS ONCE SHREDDED. SAVE THE OTHER HALF FOR ANOTHER RECIPE). PEEL TWO CARROTS. THEN USE A CHEESE GRATER TO SHRED THEM (1 CUP SHREDDED). SLICE THREE GREEN ONIONS. MINCE TWO CLOVES OF GARLIC. PEEL A KNOB OF GINGER USING EITHER A VEGETABLE PEELER OR BY SCRAPING WITH THE SIDE OF A SPOON. THEN GRATE IT USING A SMALL-HOLED CHEESE GRATER.
- HEAT A LARGE SKILLET OVER MEDIUM HEAT. ONCE HOT ADD THE COOKING OIL, GROUND BEEF, GARLIC, GINGER, AND A PINCH OF SALT AND PEPPER. COOK THE BEEF UNTIL BROWNED (ABOUT FIVE MINUTES).
- ADD THE CABBAGE AND CARROTS TO THE SKILLET AND CONTINUE TO STIR AND COOK UNTIL THE CABBAGE IS SLIGHTLY WILTED (OR FULLY WILTED, IF YOU PREFER). STIR IN THE PREPARED SAUCE AND THE GREEN ONIONS. TOP WITH A SPRINKLE OF SESAME SEEDS AND A DRIZZLE OF SRIRACHA. THEN SERVE.

BUDGETBYTES.COM/BEEF-CABBAGE-STIR-FRY/





Glazed Chicken and Broccoli Sheet Pan Dinner



Ingredients

- 4 SKIN-ON CHICKEN DRUMSTICKS (ABOUT 1 POUND)
- 3/4 POUND (ABOUT 3 CUPS) FINGERLING POTATOES, HALVED LENGTHWISE
- 3 TABLESPOONS EXTRA-VIRGIN OLIVE OIL
- KOSHER SALT AND FRESHLY GROUND BLACK PEPPER
- 1 MEDIUM HEAD BROCCOLI, CUT INTO SMALL FLORETS (ABOUT 4 CUPS)
- 2 TABLESPOONS PURCHASED TERIYAKI GLAZE

Instructions

- PREHEAT THE OVEN TO 450 DEGREES F AND LINE A RIMMED BAKING SHEET WITH PARCHMENT PAPER. PLACE THE DRUMSTICKS ON ONE SIDE OF THE BAKING SHEET, SPACING THEM EVENLY APART. PLACE THE POTATOES ON THE OTHER SIDE OF THE BAKING SHEET, LEAVING AN EMPTY SPACE IN THE CENTER FOR THE BROCCOLI. DRIZZLE THE POTATOES WITH 1 TABLESPOON OF OF THE OLIVE OIL, AND SPRINKLE WITH SALT AND PEPPER, TOSSING TO EVENLY COAT. BAKE UNTIL THE POTATOES BEGIN TO SOFTEN AND THE DRUMSTICKS BEGIN TO COOK AND CARAMELIZE, 20 MINUTES.
- REMOVE THE BAKING SHEET FROM THE OVEN AND PUT THE BROCCOLI IN THE CENTER. DRIZZLE THE BROCCOLI WITH THE REMAINING 2 TABLESPOONS OF OLIVE OIL, AND LIGHTLY SPRINKLE WITH SALT AND PEPPER, TOSSING WITH TONGS TO EVENLY COAT. BRUSH THE DRUMSTICKS WITH THE TERIYAKI GLAZE ON ALL SIDES.
- RETURN THE BAKING SHEET TO THE OVEN AND ROAST UNTIL THE BROCCOLI AND POTATOES ARE TENDER AND CHARRED IN SPOTS AND THE DRUMSTICKS ARE COMPLETELY COOKED THROUGH AND READ AN INTERNAL TEMPERATURE OF 160 DEGREES F, 20 TO 25 MINUTES MORE. DIVIDE CHICKEN AND VEGETABLES BETWEEN TWO PLATES AND SERVE.

Ingredients

- 1 TBSP. VEGETABLE OIL
- 1 YELLOW ONION, CHOPPED
- 1 RED BELL PEPPER, CHOPPED
- 2 LB. GROUND TURKEY
- 3 GARLIC CLOVES, CHOPPED
- 1/4 C. TOMATO PASTE
- 2-14.5 OZ. CANS FIRE ROASTED TOMATOES
- 1-15 OZ. CAN BLACK BEANS, DRAINED AND RINSED
- 1-15 OZ. CAN KIDNEY BEANS, DRAINED AND RINSED
- 1 C. FROZEN CORN KERNELS
- 1 1/2 C. CHICKEN BROTH
- 2 TSP. CHILI POWDER
- 1 TSP. GROUND CUMIN
- 1 TSP. DRIED OREGANO
- 1/2 TSP. SALT
- 1/2 TSP. GROUND BLACK PEPPER
- SHREDDED PEPPER JACK CHEESE, DICED AVOCADO, CORN CHIPS, OPTIONAL

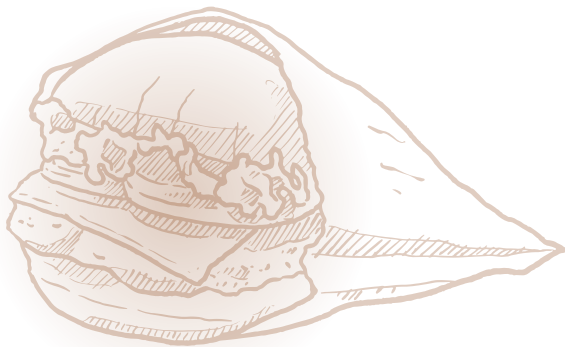


Slow Cooker Turkey Chili

Instructions

1. HEAT THE OIL IN A LARGE SKILLET OVER MEDIUM-HIGH HEAT. ADD THE ONION AND BELL PEPPER AND COOK UNTIL TENDER. 8-10 MINUTES. ADD THE TURKEY AND COOK UNTIL NO LONGER PINK. 6-8 MINUTES. ADD THE GARLIC AND TOMATO PASTE AND COOK 2 MINUTES.
2. TRANSFER THE TURKEY MIXTURE TO A SLOW COOKER. STIR IN TOMATOES (WITH THEIR JUICES). BLACK AND KIDNEY BEANS, FROZEN CORN KERNELS, CHICKEN BROTH, CHILI POWDER, GROUND CUMIN, DRIED OREGANO, SALT AND BLACK PEPPER. COVER AND COOK ON HIGH FOR 4 HOURS OR LOW FOR 6 HOURS. REDUCE HEAT TO WARM AND SERVE OUT OF THE SLOW COOKER.
3. GARNISH WITH CHEESE, AVOCADO, AND CORN CHIPS, IF YOU LIKE.

Notes



*Food is the ingredient that
bind us together.*

-UNKNOWN



Snacks



Ingredients

- 2 APPLES. PINK LADY VARIETY OR YOUR FAVORITE VARIETY
- 1/4 CUP CREAMY PEANUT BUTTER
- 1/4 CUP DAIRY-FREE CHOCOLATE CHIPS
- 2 TBSP FINELY CHOPPED PEANUTS
- 2 TBSP UNSWEETENED COCONUT SHREDS

Instructions

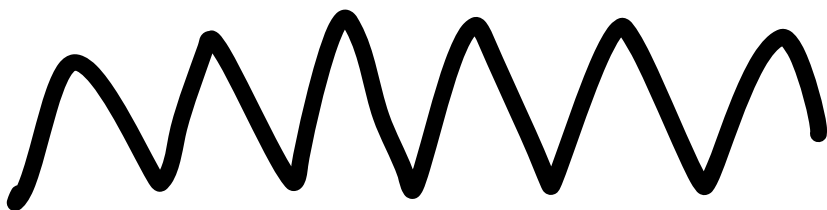


1. WASH AND DRY THE APPLES. SLICE THE APPLES INTO 1/2"-3/4" THICK RINGS. CUT THE CORE FROM EACH SLICE.
2. SPREAD ONE SIDE OF THE APPLE RINGS WITH PEANUT BUTTER. SPRINKLE WITH CHOCOLATE CHIPS, FINELY CHOPPED PEANUTS, AND UNSWEETENED COCONUT SHREDS. SERVE.



Peanut Butter Apple Rings w/Chocolate Chips

anaankeny.com/peanut-butter-apple-rings-with-chocolate-chips/



Banana Energy Bites

Ingredients

- 1 OVERRIPE BANANA
- 1 CUP DRY QUICK-COOKING ROLLED OATS
- 1/2 CUP ROASTED AND SALTED PUMPKIN SEEDS (PEPITAS)
- 1/2 CUP DRIED CRANBERRIES
- 1/2 CUP NATURAL PEANUT BUTTER
- 1/4 CUP MINIATURE SEMISWEET CHOCOLATE PIECES

Instructions

IN A MEDIUM BOWL MASH BANANA WITH A FORK UNTIL SMOOTH. STIR IN OATS, PUMPKIN SEEDS, DRIED CRANBERRIES, PEANUT BUTTER AND CHOCOLATE PIECES. USING 1 TBSP. FOR EACH BITE. SHAPE INTO 32 BALLS; FLATTEN SLIGHTLY. CHILL UNTIL READY TO SERVE.



Honey-Peanut Popcorn

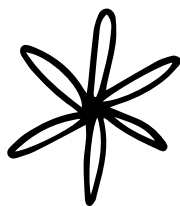
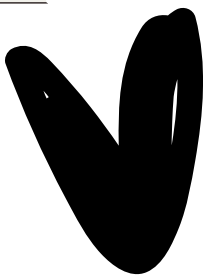
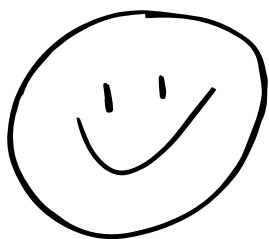
Ingredients

- 3 CUPS AIR-POPPED POPCORN
- 1 TABLESPOON SALTED PEANUTS
- 1 TEASPOON MELTED BUTTER
- 1 TEASPOON HONEY

Instructions

1. COMBINE POPCORN AND PEANUTS IN A MEDIUM BOWL. WHISK BUTTER AND HONEY IN A SMALL BOWL AND DRIZZLE OVER THE POPCORN.

EATINGWELL.COM/RECIPE/
256503/HONEY-PEANUT-
POPCORN/



Ingredients

- 1 (15 OUNCE) CAN NO-SALT-ADDED CHICKPEAS
- 1 RIPE AVOCADO, HALVED AND PITTED
- 1 CUP FRESH CILANTRO LEAVES
- ¼ CUP TAHINI
- ¼ CUP EXTRA-VIRGIN OLIVE OIL
- ¼ CUP LEMON JUICE
- 1 CLOVE GARLIC
- 1 TEASPOON GROUND CUMIN
- ½ TEASPOON SALT



Avocado Hummus

Instructions

1. DRAIN CHICKPEAS, RESERVING 2 TABLESPOONS OF THE LIQUID. TRANSFER THE CHICKPEAS AND THE RESERVED LIQUID TO A FOOD PROCESSOR. ADD AVOCADO, CILANTRO, TAHINI, OIL, LEMON JUICE, GARLIC, CUMIN AND SALT. PUREE UNTIL VERY SMOOTH. SERVE WITH VEGGIE CHIPS, PITA CHIPS OR CRUDITES.

EATINGWELL.COM/RECIPE/256572/
AVOCADO-HUMMUS/

Ingredients

- 16 SMALL FRESH MOZZARELLA BALLS
- 16 FRESH BASIL LEAVES
- 16 CHERRY TOMATOES
- EXTRA-VIRGIN OLIVE OIL, TO DRIZZLE
- COARSE SALT & FRESHLY GROUND PEPPER, TO TASTE

Instructions

1. THREAD MOZZARELLA, BASIL AND TOMATOES ON SMALL SKEWERS. DRIZZLE WITH OIL AND SPRINKLE WITH SALT AND PEPPER.

EATINGWELL.COM/RECIPE/249065/
TOMATO-BASIL-SKEWERS/



Caprese Skewers



3 Ingredient Cottage Cheese Vegetable Dip Recipe

Ingredients



- 2 CUPS LOW FAT COTTAGE CHEESE
- 1 CUP LOW FAT PLAIN GREEK YOGURT
- 1 OUNCE DRY RANCH DRESSING MIX

Instructions

1. IN A BLENDER, COMBINE THE COTTAGE CHEESE AND GREEK YOGURT: BLEND UNTIL SMOOTH.
2. POUR CONTENTS INTO A LARGE BOWL AND FOLD IN DRY RANCH DRESSING PACKET. MIX UNTIL COMPLETELY INCORPORATED.

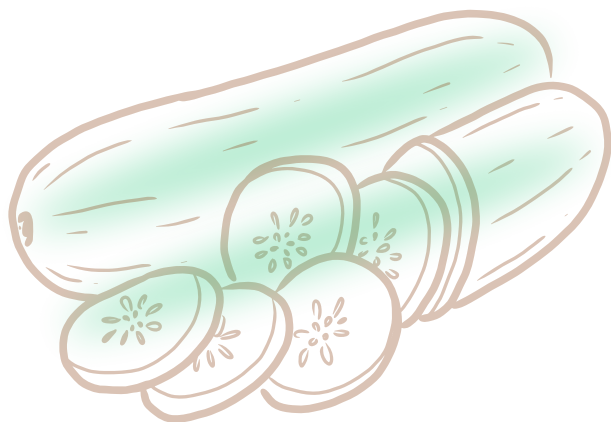
3. SERVE WITH YOUR FAVORITE FRESH VEGETABLES (SUCH AS CARROT STICKS, CELERY STICKS, CHERRY TOMATOES, CUCUMBER SLICES, BELL PEPPER SLICES, BROCCOLI, CAULIFLOWER, SUGAR SNAP PEAS, ETC).

4. IF YOU DON'T HAVE A BLENDER, YOU CAN MIX ALL INGREDIENTS TOGETHER IN A BOWL BY HAND. IT WON'T BE AS CREAMY AND WILL HAVE A BUMPY TEXTURE FROM THE COTTAGE CHEESE, BUT IT'S STILL DELICIOUS!

Notes

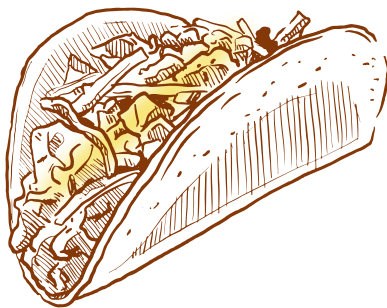


Notes



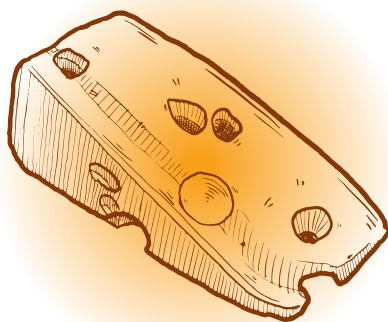
*Good food is very
often, event most often,
simple food.*

-ANTHONY BOURDAIN



*Laughter is brightest
where food is best.*

-IRISH PROVERB





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