



WIC COOKBOOK

2nd Edition



WIC MOM STRONG INTRODUCTORY LETTER

Hello WIC Families,

We've all had that moment when our child runs up to us with the unavoidable question, "What are we going to eat?" Suddenly you panic, realizing you haven't thought about cooking. Yet you remember that you just went grocery shopping. There is plenty of food, but what meal will you cook? Don't worry, we've got you!

We're proud to announce a new, updated Wisconsin WIC Cookbook with a variety of new recipes that were curated with WIC families (like yours) in mind. The recipes throughout the cookbook use WIC-approved ingredients along with ordinary items you can find at your local grocery store. You're busy, and finding the perfect recipe shouldn't be a hassle. We organized this cookbook with the following categories:



BREAKFAST



LUNCH



SNACKS



DINNER

Wisconsin WIC helps you buy the foods that you and your children need to stay healthy. With the new, updated WIC cookbook, you'll know what to make when your child asks what's for breakfast, lunch, or dinner, or if they just need a snack!

Be Mom Strong,





BREAKFAST RECIPES



ULTIMATE BREAKFAST CASSEROLE

INGREDIENTS

1 cup shredded cheddar cheese
6 eggs
3 tbsp milk
1 cup broccoli florets, chopped
⅓ of a red bell pepper, diced
2 green onions, chopped
1 cup cubed potatoes (Tip: peel, boil, and cube potatoes, then freeze for later use as hash browns)
salt and pepper to taste



YIELD
6–9 servings



METHOD
Bake



TIME
45 min.

INSTRUCTIONS

1. Preheat the oven to 350 degrees, and spray a non-stick 9 x 13 pan.
2. Chop and dice all vegetables.
3. In a bowl, crack 6 eggs and add the milk, and then whisk together.
4. Add the diced vegetables to the egg mixture, and mix until everything is evenly incorporated.
5. Pour mixture into pan, and sprinkle cheese on top. Place in oven, and bake for 20–25 minutes.
6. Remove casserole and let cool for 5 minutes. Serve and enjoy!



OLD FASHIONED OATMEAL

INGREDIENTS

½ cup old-fashioned oats
½ cup milk
1 tbsp honey
1 tbsp peanut butter (optional)
raisins (or any preferred dried fruit)
blueberries (fresh or frozen)
ripe sliced banana
crushed walnuts, brazil nuts, or pecans
(Tip: freeze nuts so they last longer)
½ tsp cinnamon (optional)



YIELD
1 serving



METHOD
Stove Top



TIME
7 min.

INSTRUCTIONS

1. Cook the oatmeal based on the package directions with milk.
2. Add the honey and peanut butter, and stir.
3. Add raisins, blueberries, banana, and nuts.
4. Sprinkle with cinnamon.
5. Enjoy!



EGG-CELLENT AVOCADO TOAST

INGREDIENTS

2 slices whole wheat bread

2 eggs

1 small avocado

1 tomato



YIELD
2 slices of toast



METHOD
Stove Top



TIME
7 min.

INSTRUCTIONS

1. Spray frying pan with cooking spray and place over medium heat.
2. Crack egg into a small bowl and then pour into frying pan. Repeat with second egg.
3. While egg is cooking (approx 2–3 minutes on first side), toast the bread.
4. Cut avocado in half, and spread one-half on each piece of toast.
5. Top avocado toast with sliced tomato.
6. Flip egg, and cook to your desired firmness (1–2 minutes more). Then place fried egg on top of tomato.
7. Serve and enjoy!



BREAKFAST BURRITO



YIELD
4 servings



METHOD
Stove Top



TIME
20 min.

INGREDIENTS

1 can black beans
12 tortillas (flour or whole wheat)
1½ cups shredded cheddar cheese
2 tbsp vegetable oil
½ cup green pepper, diced
½ cup onion, chopped
8 eggs
1 16-oz jar salsa

INSTRUCTIONS

1. Pour rinsed black beans into small saucepan, and cook over medium-low heat until heated through.
2. In large skillet, sauté green peppers and onion in vegetable oil until tender.
3. In large bowl, whisk the eggs until smooth. Add eggs to green peppers and onions, and cook until eggs are done.
4. Heat the tortillas in microwave or oven until soft. Lay the tortillas flat, and spoon beans onto each tortilla. Follow with eggs, cheese, and salsa.
5. Roll the tortillas into burritos.
6. Serve while warm. (Leftovers can be frozen or reheated at another meal.)



SPINACH, EGG & CHEESE BITES



YIELD
4 servings



METHOD
Bake



TIME
30 min.

INGREDIENTS

7 eggs
1/4 tsp. salt
1/4 cup milk
1 cup grated cheddar cheese
1 cup roughly chopped spinach
3/4 cup Parmesan cheese

INSTRUCTIONS

1. Preheat the oven to 350 degrees.
2. Grease a 12-count muffin tin with cooking spray, and set aside.
3. In a medium bowl, whisk the eggs until smooth.
4. Add the salt, milk, cheddar cheese, and spinach, and mix well.
5. Spoon the mixture into the muffin tins and fill about 2/3 full.
6. Top with Parmesan cheese.
7. Bake for 20–22 minutes or until the edges become golden.





LUNCH RECIPES



AVOCADO EGG SALAD SANDWICH

INGREDIENTS

2 ripe avocados
6 hard-boiled eggs
⅓ cup sauerkraut (optional)
2 tbsp lemon juice
2 tbsp plain yogurt
2 tbsp fresh chives, minced
½ tsp salt
cracked black pepper
cucumber (or veggies of choice)
2 slices whole wheat bread



YIELD
4 servings



METHOD
No Bake



TIME
5 min.

INSTRUCTIONS

1. Cut the avocados into cubes and scoop into a mixing bowl with a spoon. Use a fork to lightly mash.
2. Roughly chop the hard-boiled eggs and add them to the bowl along with the sauerkraut, lemon juice, yogurt, chives, salt, and pepper. Mix until well combined.
3. To serve, toast an everything bagel or 2 pieces of whole wheat bread. Smear ½ cup avocado egg salad onto the toast, and top with your veggies of choice. Store leftovers in the refrigerator for up to 4 days.



“NO TUNA” SALAD SANDWICHES



YIELD
2 servings



METHOD
No Bake



TIME
5 min.

INGREDIENTS

1 15-oz can chickpeas (also called garbanzo beans)
3 tbsp mayo
1 tsp mustard
1 tbsp maple syrup
¼ cup chopped red onion
¼ cup chopped celery
¼ cup chopped pickles
salt and pepper to taste

FOR SERVING:

- Whole wheat bread or hamburger buns
- Optional toppings: sliced onions, pickles, lettuce, sliced tomato

INSTRUCTIONS

1. Place chickpeas in a mixing bowl, and mash with a fork, leaving only a few whole.
2. Add mayo, mustard, syrup, red onion, celery, pickles, salt, and pepper to mixing bowl. Mix well.
3. Prepare sandwiches as desired.
4. Serve and enjoy!

NOTE:

Can also be used as a topping on crackers
or use as a topping on a salad



TUNA MELT



YIELD
2 servings



METHOD
Bake/Stove Top



TIME
20 min.

INGREDIENTS

4 slices whole wheat bread
2 tbsp mayonnaise (optional)
1 cup shredded cheddar cheese
10–12 oz canned tuna
2 tbsp minced celery
2 tbsp minced red onion (soaked in cold water for 5 minutes and then drained)
1 tsp minced flat-leaf parsley
⅓ cup mayonnaise
1 tbsp Dijon or whole grain mustard
black pepper
freshly squeezed lemon juice to taste (optional)

INSTRUCTIONS

1. Preheat the oven broiler and set the rack about 4–5 inches from the heat source.
2. In a mixing bowl, break up the tuna with a fork. Toss it with the celery, onion, and parsley. Add the ⅓ cup mayonnaise and the mustard, and season with pepper to taste. Stir to combine. Add the lemon juice (if desired).
3. If using the broiler, place the bread on the baking sheet, and toast in the oven. Spread the toasted bread with mayonnaise (if using). Top with the tuna salad and then the shredded cheese. Place the baking sheet under the broiler and heat for 3–5 minutes until the cheese is melted. Serve immediately.
4. If using the stovetop, place a skillet on medium heat. Spread the mayonnaise on one side of each piece of bread. Place a piece of bread, mayonnaise side down, in the skillet, add tuna mixture, and top with cheese. Place second piece of bread on top (mayonnaise side out). Wait until the bread is golden brown on the bottom, and then flip and cook until second side is golden brown. Serve and enjoy!



CRISPY CHICKPEA TACOS

INGREDIENTS

8 corn tortillas
2 15-oz cans chickpeas,
drained and rinsed
1 tbsp olive oil
1 tsp chipotle hot sauce
1 packet taco seasoning
4 cups chopped lettuce
1 cup diced tomatoes
1 avocado, chopped
½ cup julienned radishes
½ cup shredded cheddar cheese
juice of 1 lime



YIELD
8 tacos



METHOD
Bake



TIME
1 hr.

INSTRUCTIONS

1. Preheat oven to 400 degrees and very lightly grease a baking sheet with cooking oil.
2. Place chickpeas on a clean, dry kitchen towel and gently pat them dry.
3. In a medium bowl, toss chickpeas with more olive oil to coat. Add the hot sauce and taco seasoning, and mix thoroughly.
4. Transfer chickpeas to a baking sheet in an even layer.
5. Bake, mixing halfway through, until chickpeas are crunchy, approximately 30–45 minutes
6. Assemble your tacos by placing roasted chickpeas, chopped lettuce, tomatoes, avocado, radishes, and shredded cheddar cheese inside each corn tortilla.
7. Drizzle each taco with lime juice, and serve.



CANNED TUNA TACOS

INGREDIENTS

6 tbsp sour cream
1 tsp water 1 tsp lime
(or lemon) juice
1 tsp water
1 tsp salt
1 tsp pepper
¼ cup red onion, chopped
¼ cup cilantro, chopped
1 tsp vegetable oil
8 oz of tuna, drained
4 corn or whole wheat flour tortillas



YIELD
4 tacos



METHOD
Stove Top



TIME
10 min.

INSTRUCTIONS

1. Gather and prepare all ingredients.
2. In a small bowl, make a sauce mixture, called crema by combining the sour cream and lime juice. Little by little add a tsp of water at a time until the mixture is thin enough to drizzle but is not too thin (aim for a honey-like consistency). Add salt and pepper to taste and additional lime, if desired.
3. In a separate bowl, combine the chopped onion and cilantro (feel free to add tomato, lime juice, salt, and pepper to this garnish to create a pico de gallo).
4. Heat a small pan to medium. Drizzle vegetable oil in the pan and add the tuna. Stir often, and remove pan from heat when tuna is slightly browned.
5. Heat tortillas in the microwave or oven to warm them.
6. Place ¼ of the tuna mixture in each tortilla, and then top with the onion and cilantro garnish. Drizzle the tacos with crema, and serve.



CANNED TUNA CEVICHE

INGREDIENTS

2 tbsp minced red onion
1 to 1½ limes
Salt and ground black pepper to taste
1 tsp olive oil
1 can tuna, drained
1 Roma tomato, diced
2 tbsp chopped cilantro
1 jalapeño, minced (optional)
3 drops Tabasco hot sauce (optional)
½ avocado, sliced



YIELD
2 servings



METHOD
No Bake



TIME
30 min.

INSTRUCTIONS

1. In a medium bowl, combine the red onion, the juice of 1–1½ limes, a pinch of salt, a pinch of pepper, and the olive oil.
2. Mix in the drained tuna, tomato, chopped cilantro, jalapeño, and Tabasco sauce (if using).
3. Taste for salt and lime juice, and add more if needed.
4. Cover and marinate in the refrigerator at least 20 minutes to let the flavors blend.
5. To serve, top with fresh slices of avocado.

NOTE:

Hold on to the tuna can! Place the ceviche mixture in the tuna can to form the mixture. Then place the serving plate over the top of the can and flip the can over to reveal a formed ceviche. Present with thin crackers and a lime wedge for a special visual appeal.



AVOCADO EGG SALAD



YIELD
2 servings



METHOD
No Bake



TIME
15 min.

INGREDIENTS

2 ripe avocados
6 eggs, hard-boiled
6 tbsp mayonnaise
1/2 tsp yellow mustard
1/2 tsp garlic powder
1/2 tsp onion powder
salt and pepper, as desired
pickle juice, as desired
sliced bread

INSTRUCTIONS

1. Peel the hard boiled eggs, and separate the whites from the yolks. Cut the avocados in half, remove the seeds, and mash one-half of the avocado in a bowl. Set aside the other half.
2. Add two of the yolks to the mashed avocado, and mix. Add the mayonnaise, mustard, garlic powder, onion powder, salt, and pepper. Mix well. Add pickle juice to make the mixture as creamy as you prefer.
3. Toast 2 pieces of bread. Divide the avocado mixture evenly, and spread over the toast.
4. In another bowl, roughly chop the remaining yolks and whites together. Cut the remaining avocado into squares.
5. Place the whites, yolks, and avocado squares on top of the toast, and serve.



COLORFUL CORN & BEAN SALAD



YIELD
4 servings



METHOD
No Bake



TIME
10 min.

INGREDIENTS

1 can (15 oz) black beans,
rinsed and drained
1 jar (13 oz) corn relish
½ cup canned kidney beans
½ cup quartered cherry tomatoes
½ cup chopped celery
¼ cup chopped sweet orange pepper
¼ cup sliced pimiento-stuffed olives
sliced red onion (if desired)
2 tsp minced fresh parsley

INSTRUCTIONS

1. In a large bowl, combine all ingredients.
2. Cover and refrigerate until ready to serve.



THE ULTIMATE STRAWBERRY PB&J

INGREDIENTS

3 slices bread
2 tbsp peanut butter
1 tbsp raw, unsalted peanuts
2 tbsp strawberry preserves
¼ cup fresh strawberries, washed,
cored, and sliced



YIELD
1 serving



METHOD
No Bake



TIME
5 min.

INSTRUCTIONS

1. Toast bread until golden brown.
2. Spread one piece of toast with peanut butter, and sprinkle with peanuts.
3. Top with the second piece of toast.
4. Spread the second piece of toast with strawberry preserves, and cover with fresh sliced strawberries.
5. Top with the third piece of toast, and serve.



MINESTRONE SOUP

INGREDIENTS

1 tbsp olive oil (use water if making oil-free)
2 cloves garlic, minced
1 onion, chopped
2 stalks celery, diced
1 large carrot, diced
1 tsp dried basil
1 tsp dried oregano
1 cup chopped green beans
6 cups vegetable broth
1 can (15 ounces) cannellini (white) beans, rinsed and drained
1 cup pasta (ex. macaroni)
4 chopped Roma tomatoes
2 cups fresh baby spinach
salt to taste
pepper to taste



YIELD
4 servings



METHOD
Stove Top



TIME
30 min.

INSTRUCTIONS

1. Heat the oil in a large pot over medium-high heat.
2. Add the garlic, onion, celery, and carrots, and sauté until slightly tender, stirring occasionally.
3. Add the basil, oregano, green beans, and vegetable broth. Bring to a boil.
4. Add the cannellini beans and macaroni. Return to a boil.
5. Reduce heat, and simmer, covered, until pasta is tender, about 8–10 minutes, stirring occasionally.
6. Stir in the tomatoes, and remove from heat.
7. Season to taste with salt and pepper.
8. Ladle into bowls, and garnish with fresh parsley, if desired.



SALMON PATTIES



YIELD
2 servings



METHOD
Skillet



TIME
15 min.

INGREDIENTS

14.5-oz can of pink salmon, with bones
3 pieces whole wheat bread
2 large eggs
1 tsp olive oil

INSTRUCTIONS

1. Remove the bones from the salmon and place in a bowl.
2. Rip up the bread into small pieces and add to salmon.
3. Beat eggs and add to the salmon-bread mixture. Mix well. Form into 2-inch patties.
4. Place olive oil in a skillet and heat to medium high. Cook patties for 2–3 minutes. Flip and cook another 2–3 minutes or until both sides are light brown.
5. Serve warm.





SNACK RECIPES



QUICK AND EASY BANANA OAT BARS



YIELD
9 bars



METHOD
Bake



TIME
50 min.

INGREDIENTS

olive oil (or butter)
2 large, very ripe bananas
1 tsp vanilla extract
2 cups old-fashioned rolled oats
¼ cup pitted, chopped, dried dates
½ tsp salt (optional)
¼ cup chopped nuts of your choice
nutmeg or cinnamon (optional)

INSTRUCTIONS

1. Preheat oven to 350 degrees, and lightly coat a baking pan with olive oil or butter.
2. Peel the bananas and place them in a bowl. Use a potato masher or fork to mash them thoroughly until no large chunks are left.
3. Stir in the vanilla, add the oats, and stir again.
4. After the oats are incorporated, add the dates, salt, and nuts, and mix again.
5. Transfer the mixture to the baking dish and pat it down so it is evenly spread.
6. Sprinkle the bars with cinnamon or nutmeg, and place in the oven for 30 minutes or until they are crisp on the edges.
7. Remove from oven, and let cool for 10 minutes.
8. Cut into 9 bars, and enjoy!

NOTE: Store bars in airtight container at room temperature for up to 5 days.



PEANUT BUTTER PROTEIN BALLS

INGREDIENTS

2 cups old-fashioned oats
1 cup peanut butter (creamy preferred)
¼ cup honey
½ cup chocolate chips (optional)



YIELD
A dozen balls



METHOD
No Bake



TIME
10 min.

INSTRUCTIONS

1. Pour oats into medium mixing bowl. Add peanut butter and honey. Mix until not sticky and will form into a ball. If mix is too sticky, add small amounts of oats until not sticky.
2. Add chocolate chips (if desired).
3. Form into 1-inch balls, and keep in refrigerator up to 2 weeks.



COWBOY CAVIAR

INGREDIENTS

½ cup olive oil
½ cup sugar or to taste (see notes)
¼ cup white wine vinegar
1 tsp chili powder
1 tsp salt
1 lb Roma tomatoes, seeded and diced
1 15-oz can black-eyed peas, drained and rinsed
1 15-oz can black beans, drained and rinsed
1 11-oz can super sweet corn, drained (see notes)
1 red onion, diced
½ cup green bell pepper, diced
½ cup red bell pepper, diced
1 cup chopped cilantro or parsley



YIELD
4 servings



METHOD
No Bake



TIME
10 min.

INSTRUCTIONS

1. In a large bowl, whisk together the olive oil, sugar, white wine vinegar, chili powder, and salt.
2. Add tomatoes, black-eyed peas, black beans, corn, red onion, and green and red bell peppers. Stir to combine.
3. Stir in cilantro or parsley. Cover and chill until serving time.

NOTE:

- Regular canned sweet corn or frozen corn may be substituted for the extra sweet corn. The closest measurement for either option is ¾ cup, but feel free to use the whole 15-oz can of corn.
- 1 sweet onion or a bunch of green onions may be substituted for the red onion.
- A single bell pepper may be substituted for the ½ cup each of chopped red and green bell peppers.
- Some prefer to add sugar in this recipe. If 1/4 cup of sugar sounds like too much, feel free to use less. Perhaps add 1 tablespoon at a time. If it becomes too sweet, add more vinegar and salt to taste to balance out the flavor.



GREEN GODDESS HUMMUS

INGREDIENTS

¼ cup tahini (optional)

¼ cup fresh lemon juice (about 1 large lemon)

2 tbsp olive oil, plus more for serving

½ cup roughly chopped, loosely packed fresh parsley

¼ cup roughly chopped, loosely packed fresh

tarragon or basil

2–3 tbsp roughly chopped fresh chives or green onion

1 large garlic clove, roughly chopped

½ tsp salt or more to taste

1 15-oz can of chickpeas, also called garbanzo beans,
drained and rinsed

1–2 tsp water, optional

Garnish with extra olive oil and a sprinkling of
chopped fresh herbs



YIELD
1 ¾ cups



METHOD
No Bake



TIME
10 min.

INSTRUCTIONS

1. Combine the tahini (optional) and lemon juice in a food processor or blender. Blend for about 1½ minutes, pausing to scrape down the sides as necessary. (If you don't have a food processor or blender, combine tahini ingredients in a mixing bowl and mash with a potato masher or fork. If you are not using tahini, skip this step and add lemon juice in the next step.)
2. Add the olive oil, parsley, tarragon or basil, chives or green onion, chopped garlic, and salt to the whipped tahini and lemon juice mixture. Blend about 1 minute, pausing to scrape down the sides as necessary. (Or continue to mash with potato masher or fork.)
3. Add half the chickpeas to the food processor or blender, and blend for 1 minute. Scrape down the sides. Add the remaining chickpeas and blend until the hummus is thick and quite smooth, about 1–2 minutes more. (Or mash ingredients with potato masher or fork until a smooth and creamy consistency is reached.)
4. If your hummus is too thick or hasn't yet blended into a creamy mixture, run the food processor or blender while drizzling in 1–2 tablespoons water until it reaches your desired consistency. (If not creamy, feel free to add olive oil until the mashed mixture achieves the consistency you are looking for. Mashing takes a little longer than blending, so be patient.)
5. Scrape the hummus into a small serving bowl. Drizzle about a tablespoon of olive oil on top, and sprinkle with additional freshly chopped herbs.
6. Store hummus in an airtight container and refrigerate for up to one week.



POWER SMOOTHIE

INGREDIENTS

½ cup plain yogurt
1 orange
1 cup spinach
1 cup frozen strawberries
(or mixed berries)
1 small, ripe banana
1 tbsp honey
½ cup milk (or water)



YIELD
2–4 servings



METHOD
No Bake



TIME
5 min.

INSTRUCTIONS

1. Scoop the yogurt and place it in the blender.
2. Peel orange and pull apart into two halves. Place in blender.
3. Add the spinach, strawberries or mixed berries, banana, qne hon3y, and top it off with the milk.
4. Blend the ingredients together.
5. Serve in a glass.

NOTE:

You can add any additional fruits and vegetables to this smoothie, as well as additional liquid. If the smoothie is too thick or thin for your liking, feel free to experiment by adding more milk or your favorite 100% fruit juice.



MALT O' MEAL MADDNESS

INGREDIENTS

1 serving chocolate Malt-O-Meal
2 slices whole wheat bread
spread of honey
1 tbsp peanut butter
sprinkle of cinnamon sugar
½ cup 1% milk



YIELD
1 serving



METHOD
No Bake



TIME
7 min.

INSTRUCTIONS

1. Make your Malt-O-Meal first.
2. Once made, start toasting your bread.
3. After your bread is toasted to your liking, apply a thin layer of honey over both pieces of toast.
4. Let sit for a few minutes, and then apply a layer of peanut butter to both pieces.
5. Place one piece of toast in a bowl and then some Malt-O-Meal.
6. Repeat with the last piece of toast and the rest of the Malt-O-Meal.
7. Sprinkle some cinnamon sugar on top, and then pour your milk in. Enjoy!



SAUERKRAUT



YIELD
~ 3 cups



METHOD
No Bake



TIME
4 days



INGREDIENTS

1 head of cabbage

1½–2 tsp sea salt or kosher salt (table salt interferes with fermentation process)

INSTRUCTIONS

1. Start by peeling off the exterior cabbage leaves, dispose of these. Then, peel off an additional 1 or 2 leaves and rinse them, save these leaves for later!
2. Rinse the rest of the head of cabbage then grab a cutting board and utility knife and begin cutting the head of cabbage in half, then in half again, making quarters. Remove the core of the cabbage.
3. Next, make thin slices as uniform as possible.
4. Take the large mixing bowl and place the cabbage in there along with the salt, avoid using table salt that may contain iodine or an anti-caking agent, it may interfere with the fermentation process.
5. Begin to massage the salt into the cabbage with your hands (wear gloves if you are preparing this recipe for others to enjoy with you). Massage the cabbage until it looks soft and shiny then taste it. It should taste salty, but not overpowering, if it needs a little more salt, add more gradually

until the taste is right. You want it to taste salty but not overpowering and you want to see liquid forming at the bottom of the bowl, that liquid is called brine.

6. Continue to massage the cabbage until you are able to squeeze the cabbage with two hands and brine runs out. If you have massaged the brine for a good amount of time and you still are not getting a lot of brine, cover your cabbage for 45 minutes, then massage it one last time. You should be able to squeeze brine out of the cabbage.
7. Next, take your clean, quart-sized jar and begin to transfer the cabbage to the jar. Make sure to press it down to get out any air pockets. Repeat the process of adding cabbage and pressing it down until there is only 2 or 3 inches left at the top of the jar. Once it is all

pressed down there should be brine at the top of the jar, all the cabbage should be below it. If you get to this step and you still have left over cabbage, grab another jar and repeat the process!

8. Take the left-over cabbage leaves that were set aside and place them in the jar. The leaves will function as a barrier to the air. Make sure the leaves are tucked on the sides of the jar to make sure no cabbage is able to float to the top, this cabbage leaf works as a weight to keep the cabbage below the brine.
9. Place a plastic zip-tight baggy in the jar, open it wide. Fill the bag with cool water, then seal the bag, removing as much air from the bag as possible. Tuck the bag into the jar and loosely twist the lid on. DO NOT screw the cap on too tight, fermentation gases will be created in

INSTRUCTIONS CONT.

the jar and they need to be released.

10. Place the jar on a plate or baking sheet out of direct sunlight for 4 to 14 days. Store the jar between 55 and 75 degrees (room temperature).
11. Check on your sauerkraut once a day to ensure all the cabbage remains underneath the brine. Air pockets may form due to fermentation gases which creates space between cabbage. When this happens, remove the bag of water and cabbage leaf with clean hands and use a wooden spoon to press the cabbage back down, releasing the air bubbles and ensuring everything stays beneath the brine. You do not want to use a metal utensil to push the cabbage down, that could interfere with the fermentation process.
12. If the cabbage comes above the brine this can cause mold, checking on it every day will decrease the chances of it going bad. Just remember, "if it's beneath the brine, everything's fine."

13. After 4 days, test your sauerkraut using a wooden or plastic utensil. If you think it tastes good you can screw on the lid and put it in the fridge. This jar of sauerkraut will last up to 6 months.

NOTE:

- After a few days, it is normal for the fermentation process to begin to smell. If the brine becomes cloudy, that is okay, too. All that means is that there are fermentation yeasts forming, which is exactly what occurs when fermentation takes place. White, furry mold may form on the surface. This is not dangerous. Simply scrape it off the top or remove the affected area, and then press the rest of the cabbage beneath the brine. If blue or pink mold occurs, the batch is no longer safe, and the sauerkraut will need to be discarded entirely. (To avoid this, check on your kraut daily.)
- To make your kraut with a little more zest, add caraway seeds. Or create a fermented coleslaw as a side dish by adding shredded carrots (3-4 sticks) and minced garlic (2 cloves). For either of these additions, follow the same fermentation guidelines as instructed above.



KIMCHI



YIELD
~ 3 cups



METHOD
No Bake



TIME
1–5 days



INGREDIENTS

1 medium head Napa cabbage
¼ cup iodine-free sea salt or kosher salt
water, preferably distilled or filtered
(chlorine-free)
1 tbsp grated garlic (5–6 cloves)
1 tsp grated, peeled fresh ginger
1 tsp granulated sugar
2 tsp fish sauce or salted shrimp paste, or 3
tbsp water
1–5 tbsp gochugaru (could substitute cayenne
or ground red pepper flakes)
8 oz Korean radish or daikon radish, peeled
and cut into matchsticks (optional, use
shredded carrots or red radishes)
4 medium scallions, trimmed and cut into
1-inch pieces

INSTRUCTIONS

1. Cut the cabbage lengthwise through the stem into quarters. Cut the cores from each piece. Cut each quarter crosswise into 2-inch-wide strips.
2. Place the cabbage in a large bowl and sprinkle with the salt. Using your hands, massage the salt into the cabbage until it starts to soften a bit. Add enough water to cover the cabbage. Put a plate on top of the cabbage and weigh it down with something heavy such as a jar or can of soup. Let stand for 1–2 hours.
3. Rinse the cabbage under cold water 3 times. Set aside to drain in a colander for 15 to 20 minutes. Meanwhile, make the spice paste.
4. Rinse and dry the bowl you used for salting. Add the garlic, ginger, sugar, and fish sauce (or shrimp paste or water). Stir into a smooth paste. Stir in the gochugaru, using 1 tablespoon for mild and up to 5 tablespoons for spicy. Set aside until the cabbage is ready.
5. Gently squeeze any remaining water from the cabbage, and add it to the spice paste. Add the radish and scallions.
6. Using your hands, gently work the paste into the vegetables until they are thoroughly coated. The gloves are optional here but highly recommended to protect your hands from stings, stains, and smells.
7. Pack the kimchi into a 1-quart jar. Press down on the kimchi until the brine (the liquid that comes out) rises to cover the vegetables, leaving at least 1 inch of space at the top. Seal the jar tightly.
8. Place a bowl or plate under the jar to help catch any overflow. Let the jar stand at cool room temperature, out of direct sunlight, for 1–5 days. You may see bubbles inside the jar, and brine may seep out of the lid.
9. Check on the fermentation process once a day. Make sure to “burp” the jar (release the pressure to avoid a buildup of fermentation gasses) and press the mixture down below the brine. You may taste the product as early as the next day to see if it is ready. Kimchi is ready once the cabbage is soft yet has a crunch and tastes a bit sour.
10. Once the kimchi is ready, place it in the fridge. Kimchi will last up to 3 months in the fridge.

TOMATILLO SALSA VERDE

INGREDIENTS

1½ lb tomatillos

½ cup chopped white onion

2 cloves (or more) garlic (optional)

½ cup cilantro leaves

1 tbsp fresh lime juice

2 jalapeño peppers OR 2 serrano peppers, stemmed, seeded, and chopped (you can use whole for more heat, or you can omit this ingredient for a mild salsa)

salt to taste

vegetable oil (depending on cooking method, see step 2 of directions)



SERVES
3 cups



METHOD
Bake/Stove Top



TIME
15 min.

INSTRUCTIONS

1. Peel the husks from the tomatillos and rinse well.
2. Decide on a cooking method for the tomatillos: pan roasting, boiling, or oven roasting. To pan roast, coat the bottom of a skillet with vegetable oil and turn the stove to high. Place the tomatillos in the pan to sear. Flip the tomatillos over to brown both sides, and then remove from heat. To boil, place the tomatillos in a saucepan, and cover with water. Bring the water to a boil, and simmer for 5 minutes. Then remove the tomatillos using a slotted spoon. To oven roast, cut the tomatillos in half, and place the cut side down on a foil-lined baking sheet. Add a few unpeeled cloves of garlic for flavor. Place in oven on broiler setting for 5–7 minutes or until the skin of the tomatillos is lightly blackened.
3. Place the cooked tomatillos, onion, garlic, cilantro, lime juice, and peppers (if using) into the blender. Pulse until the ingredients are finely mixed and incorporated.

4. Season salsa to taste with salt, and cool in the refrigerator.
5. Serve with chips or as a topping on your favorite Mexican dish!

NOTE:

If you cannot find tomatillos at your local grocery store, substitute 5 Roma tomatoes to make pico de gallo. That will eliminate the need for a blender and having to cook the tomatillo. Just simply dice the tomato and add the other ingredients in a bowl.





DINNER RECIPES



QUICK & EASY MARGHERITA PIZZA

INGREDIENTS

olive oil
10-inch whole wheat tortilla
¼ cup tomato sauce or crushed tomatoes
2.5 oz mozzarella cheese
1 Roma tomato
fresh basil



YIELD
1–2 servings per tortilla



METHOD
Bake



TIME
10 min.



INSTRUCTIONS

1. Start by slicing the Roma tomatoes and picking the fresh basil. Basil is a very delicate herb, so it is recommended that you simply tear the larger leaves in half to make them a bit more bite-sized.
2. Grate the mozzarella cheese (mozzarella can also be thinly sliced and laid flat on the pizza or finely chopped).
3. Preheat the oven on the broiler setting.
4. Place a skillet on the stovetop on medium heat. Add a drizzle of olive oil. Let it get warm, and then wipe it around the skillet with a paper towel to ensure the pan is fully coated.
5. Place a 10-inch tortilla in the skillet. Add the tomato sauce, spreading it evenly across the tortilla. It is okay if the sauce gets in the skillet. You want the sauce as close to the edges as possible.
6. Add the mozzarella cheese evenly on the tortilla, making sure to cover the edges. The goal is to create crispy edges with the cheese.
7. Next, add the sliced tomato evenly on the pizza. Some prefer to add the basil at this step to create a deeper flavor. Basil can also be added last as a finishing touch. This is completely up to the chef.
8. Drizzle the top of the pizza with olive oil and place it in the broiler for 2–4 minutes or until the edges look golden brown and the cheese is bubbling. (If you do not have a skillet that is oven-safe, simply use a spatula to place your pizza on a baking sheet to crisp the toppings in the oven.)
9. Remove your pizza from the oven and place it back on the stovetop to crisp the bottom more, if necessary. If your pizza looks crisp, it is ready to go.
10. Use a spatula or other utensil and slide it under the tortilla to free up any cheese that may be sticking to the bottom of the skillet. Then slide the tortilla onto a cutting board.
11. Cut your pizza, and enjoy!

VEGETARIAN STUFFED PEPPER CASSEROLE



YIELD
2 servings



METHOD
Bake



TIME
1 hr.

INGREDIENTS

2 cups brown rice
1 can tomato sauce
2 bell peppers (prefer red or orange)
1 can black beans, drained and rinsed
1 cup shredded cheese
(prefer cheddar)
Black pepper, garlic powder, and
Italian seasoning to taste

INSTRUCTIONS

1. Cook brown rice according to package directions.
2. Preheat oven to 400 degrees.
3. Spray an 8 x 8 baking dish with cooking spray.
4. While rice is cooking, dice bell peppers, and drain and rinse black beans.
5. Season the rice when done.
6. Mix all ingredients together and put in baking dish. Add shredded cheese to the top.
7. Bake for 35 minutes.
8. Remove from oven and let cool for 10 minutes. Cut, serve, and enjoy!



FARMERS' MARKET VEGGIE STACK

INGREDIENTS

1 tbsp olive oil
1 medium onion, diced
1 cup white mushrooms, diced
2 cloves minced garlic
1 medium zucchini, sliced thin
1 medium yellow squash, sliced thin
1–2 sweet potatoes, sliced thin
1 cup shredded parmesan cheese
1 tbsp fresh chopped parsley (or 1
tsp dried Italian seasoning)
salt and pepper



YIELD
6 servings



METHOD
Bake



TIME
1 hr.

INSTRUCTIONS

1. Preheat oven to 400 degrees.
2. In a skillet over medium heat, sauté the onion, mushrooms, and garlic in the olive oil for 5 minutes or until the mushrooms cook down and the onion is transparent.
3. Thinly slice the remaining vegetables. A slicer or mandolin makes it easy to make even, thin slices.
4. Spray an 8 x 8 casserole dish with cooking spray. Spread the mushroom mixture in the bottom of the dish. Alternate the vegetables as you create horizontal stacks in the casserole dish. Top with salt and pepper as desired.
5. Bake, covered with aluminum foil, for 30 minutes.
6. Remove the cover and top with shredded parmesan cheese and chopped or dried herbs.
7. Bake uncovered for an additional 15 minutes until cheese is melted.
8. Watch your kids enjoy this delicious veggie dish!



PASTA PRIMAVERA

INGREDIENTS

Whole wheat penne pasta

(or shape of choice)

1 tbsp olive oil

4 cups fresh veggies, chopped (can include carrots, broccoli, green or red peppers, zucchini, yellow squash, spinach, cherry tomatoes, red onion, or any other veggies you have in your fridge)

2 tsp dried Italian seasoning

2 tbsp fresh lemon juice

2 tbsp fresh chopped parsley

½ cup shredded parmesan or Italian blend cheese



SERVES
6–8 servings



METHOD
Stove Top



TIME
15 min.

INSTRUCTIONS

1. Boil pasta according to package directions. Drain, reserving 1/2 cup of pasta water for later use.
2. Sauté onion, garlic, and carrots in olive oil over a medium heat for approximately 2 minutes. Add broccoli and peppers, and sauté 2 minutes more. Add squash, spinach, and any other vegetables until softened. Add tomatoes and Italian seasoning, and blend well. Turn off heat.
3. In a large bowl or pot, add the sautéed vegetables to the drained pasta. Add lemon juice and small amounts of pasta water, if needed, to loosen the pasta.
4. Toss with fresh parsley and parmesan cheese.
5. Serve and enjoy!



CRISPY BAKED TOFU



YIELD
4 servings



METHOD
Bake



TIME
1 hr. 15 min.

INGREDIENTS

16 oz block extra firm tofu
1 tbsp olive oil
1 tbsp low sodium soy sauce
1 tbsp cornstarch

INSTRUCTIONS

1. Remove tofu from the package, and drain excess water. Wrap tofu block in several layers of paper towel or a white flour sack towel. Place the wrapped tofu on a plate. Top with another plate turned upside down. Place a heavy item on top of the plate and allow it to sit for about 30 minutes.
2. When you are ready to prepare the tofu, heat the oven to 400 degrees.
3. Unwrap tofu and cut into ½-inch cubes. The tofu will be slightly sticky, and the cubes will be stuck together.
4. Separate tofu cubes and place in a bowl. Add oil and soy sauce. Stir gently to coat cubes completely.
5. Sprinkle cornstarch over tofu cubes, and toss until all cubes are coated evenly.

6. Lightly grease a cookie sheet or line it with a piece of parchment paper. Spread tofu cubes on it evenly, separating any cubes that are stuck together.
7. Bake for 15 minutes. Stir. Bake for an additional 10–15 minutes or until crispy.
8. Eat as is or use as a meat substitute in mixed dishes such as casseroles or stir fries.

NOTE:

Can be eaten as a snack on their own or used as a meat substitute in mixed dishes such as casseroles or stir fries.



CRISPY BAKED BUFFALO TOFU WINGS

INGREDIENTS

16-oz package extra firm tofu
6 tbsp cornstarch
¼ cup milk
bread crumb mixture:
1 cup panko style crumbs
(breadcrumbs work, too)
2 tbsp olive oil
½ tsp paprika
½ tsp salt
black pepper
¼–½ cup bottled wing sauce



YIELD
4 servings



METHOD
Bake



TIME
1 hr. 20 min.

INSTRUCTIONS

1. Remove tofu from package, and drain excess water. Wrap tofu block in several layers of paper towel or a white flour sack towel. Place the wrapped tofu on a plate. Top with another plate turned upside down. Place a heavy item on top of the plate and allow to sit for about 30 minutes.
2. Preheat oven to 425 degrees, and lightly grease a cookie sheet.
3. Slice tofu into ½-inch sticks.
4. Put the cornstarch in one bowl, the milk in a second bowl, and the bread crumb mixture in a third bowl. Pour some of the breadcrumb mixture onto a plate.
5. Dip each tofu wing into the cornstarch and toss to coat. Dip in the milk and then roll in the breadcrumbs on the plate. Place the wings on the prepared cookie sheet. Add more of the breadcrumb mixture to the plate as needed.
6. Bake the tofu for 25 minutes. Flip, and then bake an additional 10–15 minutes or until the tofu wings are crispy.
7. Place the tofu wings in a large mixing bowl and toss with buffalo sauce to coat. Serve immediately.

NOTE:

- Serve with ranch or bleu cheese dressing.
- For those who do not like spicy buffalo wing sauce, serve with favorite dipping sauce.



TOFU QUESARITOS



YIELD
4 quesaritos



METHOD
Bake



TIME
45 min.

INGREDIENTS

2 cups cooked brown rice
16-oz package extra firm tofu
2 tsp olive oil
1 tsp chili powder
2 tsp garlic powder
1 tsp salt
optional: pinch of cayenne
1 cup shredded cheddar cheese
4 whole wheat tortillas
creamy dressing such as ranch,
chipotle mayo, or sriracha mayo
optional: cilantro

INSTRUCTIONS

1. Remove tofu from package, and drain excess water. Wrap tofu block in several layers of paper towel or a white flour sack towel. Place the wrapped tofu on a plate. Top with another plate turned upside down. Place a heavy item on top of the plate and allow it to sit for about 30 minutes.
2. Heat oven to 350 degrees.
3. Heat the olive oil in a skillet on medium high. Crumble tofu into the skillet, breaking up larger pieces with a spoon. Cook the tofu until it starts to brown, 2–3 minutes. Add chili powder, garlic powder, salt, and cayenne (if using). Stir to coat the tofu, and cook for another 1–2 minutes. Remove from heat and set aside.

4. To prepare quesaritos: Warm up one tortilla in the microwave for 10–15 seconds or until slightly softened. Place on a piece of aluminum foil. Place about ¼ cup rice down the center of the tortilla. Top with ¼–½ cup tofu, ¼ cup cheese, and about 1 tablespoon dressing. Sprinkle with cilantro, if desired. Fold up bottom and roll in sides. Wrap aluminum foil around quesarito. Repeat with remaining tortillas.
5. Place wrapped quesaritos on a cookie sheet and place in oven. Bake 5–7 minutes or until the quesaritos are warm. Serve immediately.



SWEET POTATO, BLACK BEAN & LENTIL CHILI



YIELD
6–8 servings



METHOD
Stove Top



TIME
1 hr.

INGREDIENTS

1 tbsp oil
1 onion, diced
5 cloves garlic, minced
(or 1/2 tsp garlic powder)
2 tbsp chili powder
1 tsp paprika
¾ tsp cumin
½ tsp cayenne pepper (optional)
1½ tsp salt
6 cups water or vegetable broth
1 25–28 oz jar plain tomato-based pasta sauce
2 cups green lentils
4 carrots, diced
1 large sweet potato, peeled and cut into ½-inch cubes
2 cans black beans, drained and rinsed
optional toppings: sour cream, avocado slices, grated cheese

INSTRUCTIONS

1. In a large pot over medium heat, add the olive oil and diced onion. Sauté for about 3 minutes.
2. Add the garlic (or garlic powder), chili powder, paprika, cumin, cayenne (if using), and salt. Cook for about 2 more minutes.
3. Add the water or vegetable broth and pasta sauce. Stir in the lentils and carrots.
4. Turn up the heat to high, bringing to a boil. Once it boils, reduce heat to medium low, cover, and simmer for 10 minutes.
5. After 10 minutes, add cubed sweet potatoes and black beans, and simmer on medium-low for 40–50 minutes or until the lentils are tender. Add extra water or broth to thin, if needed.
6. Garnish with desired toppings. Serve and enjoy!



POACHED EGGS IN TOMATO SAUCE WITH CHICKPEAS AND FETA

INGREDIENTS

¼ cup olive oil
1 medium onion, finely chopped
4 garlic cloves, coarsely chopped
2 jalapeños, seeded, finely chopped
1 15-oz can chickpeas, drained
2 tsp Hungarian sweet paprika
1 tsp ground cumin
1 28-oz can whole peeled tomatoes,
crushed by hand, juices reserved
Kosher salt and freshly ground black
pepper
1 cup coarsely crumbled feta
8 large eggs
1 tbsp chopped flat-leaf parsley
1 tbsp chopped fresh cilantro
warm pita bread



YIELD
4–6 servings



METHOD
Bake



TIME
35 min.

INSTRUCTIONS

1. Preheat oven to 425 degrees. Heat oil in a large, ovenproof skillet over medium-high heat.
2. Add onion, garlic, and jalapeños. Cook, stirring occasionally, until onion is soft, about 8 minutes.
3. Add chickpeas, paprika, and cumin. Cook for 2 minutes longer.
4. Add crushed tomatoes and their juices. Bring to a boil. Reduce heat to medium-low and simmer, stirring occasionally, until sauce thickens slightly, about 15 minutes. Season to taste with salt and pepper.
5. Sprinkle feta evenly over sauce.
6. Crack eggs one at a time and place over sauce, spacing evenly apart.
7. Transfer skillet to oven, and bake until egg whites are just set but yolks are still runny, 5–8 minutes.
8. Garnish with parsley and cilantro. Serve with pita bread for dipping.



VEGETARIAN ENCHILADAS



YIELD
6 large enchiladas



METHOD
Bake



TIME
1 hr.

INGREDIENTS

2 cups peeled and diced (¼-inch)
sweet potato
1 tbsp plus 1 tsp extra-virgin olive oil
1 medium red onion, diced (2–2½ cups)
3 large garlic cloves, minced
1 cup jarred roasted red pepper, drained
and chopped
½ cup oil-packed, sun-dried tomatoes,
drained and finely chopped
2 cups baby spinach, roughly chopped
1 14-oz can black beans (about 1½ cups),
drained and rinsed
2½ cups enchilada sauce
1 tbsp fresh lime juice
1 tsp chili powder
1 tsp ground cumin
½ tsp fine sea salt, or to taste
5–6 medium to large soft tortilla wraps
sour cream for topping
chopped green onion, avocado, and
cilantro for topping

INSTRUCTIONS

1. Lightly grease a large, rectangular baking dish (at least 8 x 12 inches). Set aside.
2. Put the chopped sweet potato in a medium pot of water and bring to a boil. Reduce the heat and simmer 9–15 minutes, uncovered, until fork-tender. Drain and set aside.
3. In a large skillet, stir together the oil, onion, and garlic, and sauté over medium heat for 3–5 minutes until the onion softens. Season with a pinch of salt and pepper.
4. Preheat the oven to 350 degrees.
5. Add the chopped roasted peppers, sun-dried tomatoes, cooked and drained sweet potatoes, spinach, and black beans. Cook 3–5 minutes over medium-high heat until the spinach is wilted.
6. Stir in ¼ cup plus 2 tablespoons enchilada sauce, followed by the lime juice, chili powder, cumin, and salt. Adjust seasonings to taste, if desired.
7. Put ¾ cup enchilada sauce in the bottom of your casserole dish, and spread it evenly.
8. Scoop ¾ cup of the sweet potato and black bean filling onto each tortilla. Roll up the tortilla and place it, seam side down, in the casserole dish. Repeat for the rest of the tortillas. If you have any leftover filling, spread it on top of the tortillas. Spread all the remaining enchilada sauce on top of the tortillas until they are completely covered in sauce.
9. Bake the enchiladas, uncovered, at 350 degrees for 20–25 minutes until the sauce is a deep red color and the enchiladas are heated through.
10. When the enchiladas are ready to serve, spread or dollop the sour cream on top of each enchilada. Garnish with chopped green onion, avocado, and cilantro.



HERBED RED POTATO SALAD



YIELD
6 servings



METHOD
Stove Top



TIME
30 min.

INGREDIENTS

2 pounds small red potatoes, scrubbed and sliced into ½-inch thick rounds

1 tbsp fine sea salt

¼ cup olive oil

⅓ cup lightly packed fresh, flat-leaf parsley, roughly chopped, plus 2 tbsp more for garnish

⅓ cup roughly chopped green onions, plus 2 tbsp thinly sliced for garnish

2 tbsp fresh lemon juice

2 tsp Dijon mustard

2 cloves garlic, roughly chopped
freshly ground black pepper to taste

3 stalks celery, chopped

optional: 2–3 hard-boiled eggs, chopped
(this recipe does not originally call for egg, but eggs are a great way to stretch a potato salad and make it more filling.)

INSTRUCTIONS

1. Begin by prepping your ingredients. Slice and chop ingredients and measure out ingredients before you begin to ensure effortless flow while preparing your meal. (This is a great tip to keep in mind every time you cook.)
2. In a large saucepan or Dutch oven, combine sliced potatoes and salt. Cover with water by 1 inch. Bring to a boil over high heat, and then reduce heat to medium-low. Cook until potatoes are easily pierced by a paring knife (or fork) and pulled out with little resistance, about 5–6 minutes.
3. Reserve 1 cup cooking water (this will be used later), and then drain. Transfer the potatoes to a large mixing bowl.
4. In a small food processor or blender, combine the olive oil, parsley, green onions, lemon juice, Dijon mustard, garlic, and freshly ground black pepper. Process until the herbs and garlic have been chopped into little pieces. While running the food processor, pour in the reserved cooking water and process just until blended. (If you don't have a food processor or blender, just finely chop the parsley and onions, and whisk the dressing together until the oil is fully incorporated.)
5. Drizzle the potatoes (and chopped hard-boiled egg) with the herbed olive oil mixture, and gently mix to combine. (It will look like you've poured in too much dressing, but don't worry, the potatoes will soak it up.) Let the potatoes rest for 10 minutes, gently tossing every few minutes.
6. Add the celery to the bowl, along with a couple tablespoons each of additional chopped parsley and green onions. Toss again. Season generously to taste with salt and pepper.
7. Serve immediately or cover and refrigerate until you're ready to serve. This salad will keep in the refrigerator for about 3 days.



TUNA BURGERS

INGREDIENTS

15 oz canned, drained tuna
1 tbsp olive oil, plus more for cooking
 $\frac{3}{4}$ cup panko bread crumbs (can make your own with crumbled bread in oven)
1 tbsp dried, fresh parsley
2 tsp fresh chives, minced
1 tbsp garlic, minced
 $\frac{1}{2}$ tsp salt
 $\frac{1}{2}$ tsp pepper
1 tsp paprika
1 large egg, beaten
whole wheat buns (for serving)
tomato, lettuce, red onion (optional toppings)



YIELD
4 servings



METHOD
Stove Top



TIME
10 min.

INSTRUCTIONS

1. Combine the tuna, olive oil, bread crumbs, parsley, chives, garlic, salt, pepper, paprika, and egg in a large bowl until evenly mixed.
2. Divide the mixture into 4 equal portions, and form patties with your hands.
3. Heat a drizzle of olive oil in a large skillet over medium heat.
4. Place the patties in the skillet, and cook 3–5 minutes per side until patties are golden brown.
5. Serve on whole wheat buns with your preferred toppings. Enjoy!



TORTILLA PIZZA

INGREDIENTS

4 tortillas (flour or corn)
1 can tomato sauce
¼ red onion, sliced
mixture of bell peppers, sliced
1 clove garlic, minced
2 cups mozzarella cheese
fresh basil, chopped finely



YIELD
4 servings



METHOD
Bake



TIME
20 min.

INSTRUCTIONS

1. Preheat oven to 375 degrees (make sure you have a grill rack or pizza tray so the pizza can cook underneath).
2. Top tortillas with 2–3 tablespoons tomato sauce.
3. Heat a frying pan to medium heat, and lightly cook the onion, bell peppers, and garlic in a splash of water or olive oil until soft.
4. Arrange vegetables on the tortilla, and sprinkle cheese on top. Transfer pizza to the oven using a spatula.
5. Cook for 10–12 minutes, rotating if necessary to ensure even cooking, until the edges are golden brown and crispy.
6. Top with some fresh basil.
7. Serve hot or cold. Keeps in the refrigerator for 1–2 days, covered.



EASY TUNA PASTA

INGREDIENTS

2 cups spiral noodles
2 tbsp olive oil
½ cup red onion, chopped
2 garlic cloves, finely chopped
1 can tuna, drained
1 cup tomato sauce
1 cup sliced cherry tomatoes
salt and ground pepper
1 tbsp basil leaves, chopped
¼ cup parmesan cheese, shredded



YIELD
4 servings



METHOD
Stove Top



TIME
25 min.

INSTRUCTIONS

1. Bring a large pot of lightly salted water to a boil.
2. Add the noodles, and cook according to packet instructions; drain the pasta.
3. Heat the oil in a fry pan, and add the onion; sauté until golden brown.
4. Add garlic, and cook until fragrance is released.
5. Flake the tuna into the onion-garlic mixture and heat.
6. Add the tomato sauce and cherry tomatoes to the tuna mixture. Stir well for 1 minute or so.
7. Serve with salt and ground pepper, chopped basil leaves, and parmesan cheese.



CREAMY HOMEMADE MAC & CHEESE

INGREDIENTS

- 8 oz elbow macaroni
- ¼ cup all purpose flour
- 2 tbsp butter
- 2 cups milk
- 2 cups shredded cheddar cheese



YIELD
4 servings



METHOD
Bake



TIME
45 min.

INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. Prepare pasta according to package directions, and drain.
3. In a saucepan over low heat, combine flour and butter, whisking for 2 minutes.
4. Slowly add milk, whisking until well combined.
5. Add half the cheese, small amounts at a time, until melted. Remove from heat.
6. Put pasta into a casserole dish prepared with non-stick spray.
7. Pour cheese mixture over the pasta and stir.
8. Top with the remaining cheese.
9. Bake at 350 degrees for 30 minutes or until cheese is melted and bubbly.



FRIED RICE

INGREDIENTS

1 cup brown minute rice
2 tbsp vegetable oil
1 cup frozen mixed veggies
3 eggs
cooked, chopped chicken breast (optional)
soy sauce



YIELD
5 servings



METHOD
Stove Top



TIME
15 min.

INSTRUCTIONS

1. Cook the brown minute rice according to instructions on the box and set aside.
2. Put the oil in a skillet on medium heat. Add the veggies and cook 3–5 minutes; then push them to the side.
3. Whisk the eggs, and then scramble them in the skillet next to the veggies.
4. Add the rice and chicken breast, and stir all ingredients together. Heat for 2 minutes.
5. Drizzle with soy sauce, and serve.





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