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Almond Muesli

Ingredients

- 2 cups old-fashioned rolled oats
- ½ cup whole raw almonds, chopped
- ½ cup dried cranberries
- 2 tablespoon lemon juice
- 1 tablespoon honey
- 2 Granny Smith apples, peeled and grated
- 2 cups water

Directions

1. In a large mixing bowl, combine all ingredients. Mix well.
2. Refrigerate for 1 hour or until muesli reaches desired consistency. After 1 hour, if consistency is too thick, add additional water.
3. Muesli will keep for up to 1 week, covered and refrigerated.

Yield: 6 servings



Apple Cinnamon Cottage Cheese Breakfast Bowl

Quick Meal Cards: Breakfast

Ingredients

- ½ cup 2% cottage cheese
- ½ apple, chopped
- 1 tablespoon chopped walnuts
- 1 tablespoon maple syrup
- 1 pinch cinnamon

Directions

1. Add all the ingredients to a bowl or container.
2. Enjoy immediately, or refrigerate in an air-tight container up to four days.

Yield: 1 serving



Applesauce Pancakes

Prep Time: 10 minutes

Cook Time: 20 minutes

Serves: 6

Ingredients

- 1 cup applesauce
- 1/4 cup dry non-fat instant milk powder
- 1 cup water
- 2 eggs
- 1 tablespoon vegetable oil
- 2 cups flour
- 2 tablespoons sugar
- 1/2 teaspoon cinnamon
- 2 teaspoons baking powder

Directions

1. In a medium bowl, combine applesauce, milk powder, water, eggs, and oil.
2. In a second bowl, combine flour, sugar, cinnamon, and baking powder.
3. Add wet ingredients to flour mixture, stirring until just moist (batter may be lumpy).
4. Lightly grease a griddle or skillet and place over medium heat.
5. Scoop 1/4 cup of batter at a time onto griddle or skillet. Cook until bubbles begin to burst, then flip pancakes and cook until golden brown.
6. Repeat with remaining batter.

Yield: About 12 pancakes.



Greek Yogurt with Berries, Nuts and Honey

Quick Meal Cards: Breakfast

Ingredients

- 6 oz nonfat plain Greek yogurt
- 1 tablespoon honey
- 1/2 cup fresh berries
- 1 tablespoon chopped walnuts

Directions

1. Place yogurt in a dish, top with berries, nuts and honey.

Optional: Add granola on top.

Yield: 1 serving



Mixed Berry Baked Oatmeal

Quick Meal Cards: Breakfast

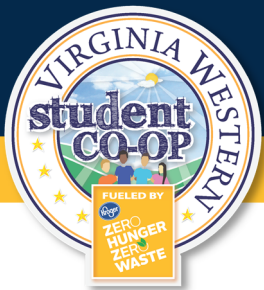
Ingredients

- 2 $\frac{3}{4}$ cups rolled oats
- $\frac{1}{3}$ cup maple syrup or honey
- $\frac{1}{2}$ cup mashed ripe banana (about 1)
- 2 large eggs
- 1 $\frac{1}{2}$ cups milk of choice
- $\frac{1}{4}$ cup melted butter ($\frac{1}{2}$ stick)
- 1 teaspoon baking powder
- 1 $\frac{1}{2}$ teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 1 $\frac{1}{2}$ cups frozen berries (do not thaw)

Directions

1. Preheat oven to 375 degrees Fahrenheit. Spray a 9x9 inch baking dish with cooking spray.
2. In a large bowl, combine oats, maple syrup, mashed banana, eggs, milk, melted butter, baking powder, cinnamon, vanilla extract, and frozen berries. Transfer to the baking dish.
3. Bake for 30 minutes or until the center is set. For a dryer, firmer bar, bake for an additional 5 minutes. Let cool for 5 minutes before serving.

Yield: 9 servings



Oatmeal Avocado Egg Bowl

Quick Meal Cards: Breakfast

Ingredients

- 1 cup skim milk
- $\frac{1}{2}$ cup plain dry oatmeal
- 1 teaspoon brown sugar
- 2 large eggs
- 1 avocado, peeled, pitted and sliced
- 2 teaspoon Everything Bagel seasoning
- Fresh basil leaves (optional)

Directions

1. In a saucepan, combine the milk, oatmeal, and brown sugar. Cook over medium heat for 5 minutes, stir occasionally, or until oatmeal is softened. Pour the oatmeal into 2 bowls.
2. Lightly spray a large skillet with non-stick cooking spray and heat over low heat. Crack each egg into the skillet, one at a time, trying to making sure they do not touch. Cook for 2 minutes, or until the whites are set.
3. With a spatula, transfer the eggs to the oatmeal bowls.
4. In each bowl, add avocado slices.
5. Sprinkle with Everything Bagel seasoning. Garnish with basil leaves, if desired.

Yield: 1 serving



Oatmeal Banana Bread

Quick Meal Cards: Breakfast

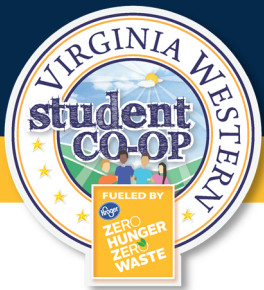
Ingredients

- 1 ½ cups rolled oats, plus extra for sprinkling on top
- 1 cup whole wheat flour
- 1 teaspoon baking soda
- ¼ teaspoon baking powder
- ½ teaspoon ground cinnamon
- ¼ teaspoon salt
- 1 ½ cups mashed ripe bananas (~4 bananas)
- ⅔ cup honey or maple syrup
- 4 tablespoons unsalted melted butter or vegetable oil
- ¼ cup milk of your choice
- 3 tablespoons low-fat plain Greek yogurt
- 1 teaspoon vanilla extract
- 2 large eggs

Directions

1. Preheat oven to 350 degrees Fahrenheit. Line a 9x5-inch loaf pan with a thick strip of parchment paper so two sides hang over the edges like handles. Spray the loaf pan with non-stick spray.
2. Spread oats in a single layer on a baking sheet. Bake for 8-10 minutes, or until light golden brown. Set aside to cool.
3. In a medium mixing bowl, whisk together flour, baking soda, baking powder, cinnamon, and salt. Stir in the toasted oats.
4. In a large mixing bowl, mix together mashed bananas, honey, melted butter, milk, Greek yogurt, and vanilla extract. Whisk the eggs in one at a time.
5. Add the dry ingredients to the banana mixture. Gently stir by hand until the dry ingredients are just incorporated. Pour the batter into the loaf pan and smooth the top. Sprinkle some oats on top for decoration.
6. Bake for 30 minutes. Loosely cover the pan with foil and continue baking for another 35-45 minutes or until the center is set. (A toothpick or knife inserted in the center of the loaf should come out cleanly without wet batter clinging to it.)
7. Take bread out of the oven and allow to cool in the pan for 1 hour. Then, use the parchment paper to lift the bread out of the pan. Allow bread to finish cooling on wire rack.

Yield: 10 servings Total time: 2 1/2 hours



Peanut Butter and Jelly Cottage Cheese Breakfast Bowl

Quick Meal Cards: Breakfast

Ingredients

- ½ cup cottage cheese
- ¼ cup rolled oats
- 1 tablespoon jam (any flavor)
- 1 tablespoon peanut butter

Directions

1. Add all the ingredients to a bowl or container.
2. Enjoy immediately or refrigerate in an air-tight container up to four days.

Yield: 1 serving



Perfect Pumpkin Pancakes

Prep Time: 10 minutes

Cook Time: 20 minutes

Serves: 6

Ingredients

- 2 cups flour
- 6 teaspoons brown sugar
- 1 tablespoon baking powder
- 1 1/4 teaspoon pumpkin pie spice
- 1 teaspoon salt
- 1 egg
- 1/2 cup canned pumpkin
- 1 3/4 cups low-fat milk
- 2 tablespoons vegetable oil

Directions

1. Combine flour, brown sugar, baking powder, pumpkin pie spice, and salt in a large mixing bowl.
2. In a medium bowl, combine egg, canned pumpkin, milk, and vegetable oil and mix well.
3. Add wet ingredients to flour mixture, stirring until just moist (batter may be lumpy).
4. Lightly grease a griddle or skillet and place over medium heat.
5. Scoop 1/4 cup of batter at a time onto griddle or skillet. Cook until bubbles begin to burst, then flip pancakes and cook until golden brown.
6. Repeat with remaining batter.

Yield: About 12 pancakes.



Savory Cottage Cheese Breakfast Bowl

Quick Meal Cards: Breakfast

Ingredients

- 1 large egg—hard boiled
- 1/2 cup cottage cheese
- 6 grape tomatoes (sliced or whole)
- 6 slices cucumber
- 1 pinch black pepper

Directions

1. Add the ingredients to a bowl.
2. Enjoy immediately or refrigerate in an air-tight container up to four days.

Yield: 1 serving



Tropical Cottage Cheese Breakfast Bowl

Quick Meal Cards: Breakfast

Ingredients

- ½ cup cottage cheese
- ½ cup pineapple tidbits (drained)
- 1 tablespoon shredded coconut
- ¼ banana, slices

Directions

1. Add the ingredients into a bowl.
2. Enjoy immediately or refrigerate in an air-tight container up to four days.

Yield: 1 serving



Vegetable Frittata

Quick Meal Cards: Breakfast

Ingredients

- 12 large eggs
- 3 tablespoons milk of choice or plain yogurt
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 teaspoon dried herbs of your choice (Italian herbs, thyme, basil, parsley, etc.)
- 1 tablespoon vegetable oil
- 3-5 cups raw vegetables of your choice, chopped into bite-sized pieces
- 4 oz cheese of your choice, shredded or crumbled

Directions

1. Preheat oven to 350 degrees Fahrenheit. Coat a 9x13-inch baking dish with non-stick spray.
2. In a large bowl, add eggs, milk, salt, pepper, and dried herbs. Whisk to combine.
3. In a pan, warm oil over medium high heat. Add desired vegetables and cook until tender. Allow to cool slightly. *Note: Denser vegetables (carrots, broccoli, potatoes, bell peppers, onion) should be added first because they require a longer cooking time. Softer vegetables (squash, mushrooms, tomatoes, asparagus, leafy greens) should be added last because they require a shorter cooking time.*
4. Add slightly cooled vegetables into the egg mixture. Mix to combine. Pour egg mixture into baking dish. Sprinkle cheese on top.
5. Bake until eggs are firm and cheese is melted (20-25 minutes)

This also makes for a great dinnertime meal!

Yield: 4-6 servings

Total time: 45 minutes



Black Bean Brownies

Quick Meal Cards: Special Occasions

Ingredients

- ½ cup quick-cooking oats
- 1 ½ cups canned black beans (no sodium added), drained and rinsed
- 2 tablespoons cocoa powder
- ¼ teaspoon salt
- ½ cup maple syrup or honey
- ¼ cup vegetable oil
- 2 teaspoon vanilla extract
- ½ teaspoon baking powder
- ½ cup chocolate chips

Special equipment: food processor

Experiment with other ingredients like chopped nuts, shredded coconut, or dried fruit for different flavors and textures.

Directions

1. Preheat oven to 350 degrees Fahrenheit. Grease an 8x8-inch baking pan.
2. Add oats to food processor and blend until crumb-like.
3. Add black beans, cocoa powder, salt, maple syrup, vegetable oil, vanilla extract, and baking powder and blend until very smooth.
4. Add the chocolate chips and slowly pulse into the batter or stir into the batter by hand.
5. Pour batter into baking pan and spread evenly.
6. Bake for 15-18 minutes. Allow to cool in pan for 30 minutes before cutting and serving.

Yield: 9 servings

Total time: 1 hour



Black Bean Corn Salsa

Quick Meal Cards: Snack

Ingredients

- 1 15.25-oz can of no-salt added black beans
- 1 15.25-oz can of no-salt added corn
- ½ 14.5-oz can of petite diced tomatoes in tomato juice
- 1 lime *or* 3 tablespoons tomato juice reserved from petite diced tomatoes
- 1 teaspoon chili powder
- ½ tablespoon ground cumin
- ½ red onion, chopped (*optional*)
- ½ cilantro bunch, chopped (*optional*)

Directions

1. Drain and rinse the black beans and corn. Drain the diced tomatoes. (Optional: Save 2-4 tablespoons of tomato juice to use as a substitute for lime.)
2. Transfer black beans, corn, and diced tomatoes to a large mixing bowl. (Optional: Add chopped red onion and chopped cilantro to the bowl.)
3. Add chili powder and cumin to the bowl.
4. Squeeze lime (or add tomato juice) into the bowl and mix.
5. Serve immediately or refrigerate until ready to serve!

Double the recipe to use up the produce you bought and eat leftovers throughout the week!

Yield: 4 servings



Blueberry Crisp

Quick Meal Cards: Dessert

Ingredients

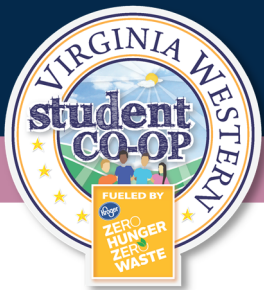
- 4 cups blueberries, fresh or frozen
- 1 ½ tablespoon sweetener of choice
- 1 tablespoon cornstarch (*optional*)
- ⅓ cup flour (any kind)
- ½ cup rolled or quick oats
- ¼ cup sugar, unrefined if desired
- ½ teaspoon cinnamon
- 6 tablespoons butter or vegetable oil

Directions

1. Preheat oven to 375 degrees Fahrenheit. Grease an 8x8 pan (or double the recipe for a 9x13).
2. If using frozen berries, thaw first. Combine berries, sweetener of choice, and optional cornstarch, then spread into the pan.
3. Combine all remaining ingredients except butter in a mixing bowl. Cut butter into the dry ingredients with a fork or pastry cutter until small crumbles form. (If using oil, simply stir it in.)
4. Sprinkle the crumbles evenly over the berries.
5. Bake on the center rack 25-30 minutes or until bubbly and lightly browned. Let cool before serving, as it thickens while it cools.

Yield: 4-5 servings

Total Time: 40 minutes



Chocolate Chip Peanut Butter Granola Bars

Quick Meal Cards: Snacks

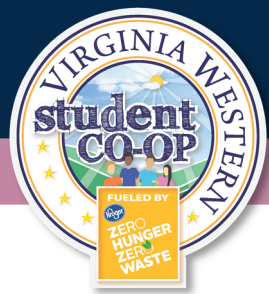
Ingredients

- ½ cup whole wheat flour
- ½ teaspoon baking soda
- 1 cup packed brown sugar
- ½ cup peanut butter
- 2 large eggs
- 2 tablespoons canola oil
- 1 ½ cups old fashioned oats
- ½ cup lightly salted dry-roasted peanuts
- ½ cup mini semisweet chocolate chips

Directions

1. Preheat oven to 350 degrees Fahrenheit. Grease a 13 x 9" baking pan with cooking spray.
2. In a small bowl, whisk together flour and baking soda and set aside.
3. In a large mixing bowl, beat together peanut butter, brown sugar, eggs, and oil.
4. Stir in flour mixture, then add oats, peanuts, and chocolate chips. Stir to combine.
5. Spread mixture evenly in baking pan. Bake 20-25 minutes, or until lightly browned.
6. Allow bars to cool completely, then cut into 12-24 pieces (depending on preference).
7. Store in an airtight container for up to 5 days.

Yield: 12-24 bars



Chocolate Chip Peanut Butter Oatmeal Bites

Quick Meal Cards: Snacks

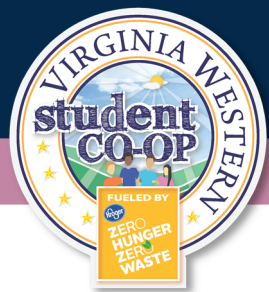
Ingredients

- 2 cups old fashioned oats
- ½ cup peanut butter
- ½ cup mini semi-sweet chocolate chips
- ¼ cup maple syrup or honey
- 1 teaspoon vanilla extract (*optional*)

Directions

1. In a large mixing bowl, combine oats, peanut butter, chocolate chips, honey, and vanilla. Stir ingredients together thoroughly (using your hands may make it easier to combine).
2. Shape mixture into balls about 1-2 tablespoons in size (based on personal preference)
3. Place shaped balls on a baking sheet and chill for 30 minutes.
4. Enjoy now, or store in an airtight container in the refrigerator for up to 5 days.

Yield: 10-20 bites



Cinnamon Nut Granola

Quick Meal Cards: Snacks

Ingredients

- 3 cups old fashioned oats
- ¼ cup brown sugar
- ½ teaspoon salt
- 1 teaspoon ground cinnamon
- ½ cup sliced or chopped almonds
- 3 tablespoons canola oil
- ⅓ cup maple syrup or honey
- 1 teaspoon vanilla extract (*optional*)

Directions

1. Preheat oven to 300 degrees Fahrenheit. Grease a large baking sheet with cooking spray.
2. In a large bowl, mix together the oats, brown sugar, cinnamon, salt, and almonds.
3. Stir in the oil, syrup/honey, and vanilla extract until very well combined.
4. Spread the mixture evenly on the greased baking sheet and bake for 20 minutes.
5. Remove from the oven and stir mixture, then bake for an additional 10 minutes.
6. Allow granola mixture to cool completely, then store in an airtight container for up to 2 weeks.

Yield: 4 cups



Greek Yogurt Ranch Dip

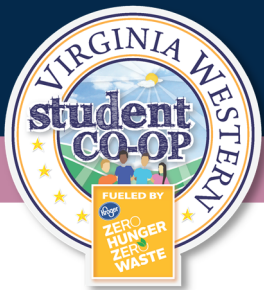
Quick Meal Cards: Snack

Ingredients

- 1 cup plain non-fat Greek yogurt
- $\frac{3}{4}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon onion powder
- $\frac{1}{2}$ teaspoon dried dill
- $\frac{1}{4}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon Worcestershire sauce
- $\frac{1}{8}$ teaspoon cayenne pepper
- Fresh chopped chives (for garnish)

Directions

1. In a medium bowl, stir together all of the ingredients.
2. Garnish with fresh chives and serve with your favorite fresh veggies.



Healthy Peanut Butter Oatmeal Cookies

Quick Meal Cards: Snacks

Ingredients

- 2 cups quick-cooking oats
- 1 $\frac{1}{2}$ teaspoons baking powder
- $\frac{1}{8}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon ground cinnamon
- $\frac{1}{2}$ cup creamy peanut butter
- 1 large egg *at room temperature*
- 1 teaspoon pure vanilla extract
- $\frac{1}{2}$ cup honey
- $\frac{1}{2}$ cup dark or semi-sweet chocolate chips

Directions

1. In a large bowl, whisk together oats, baking powder, baking soda, cinnamon and salt.
2. In a medium bowl, combine the peanut butter, egg, vanilla and honey. Whisk until blended.
3. Scrape the liquid mixture into the oat mixture and stir just until combined. The dough will be wet and sticky. Fold in the chocolate chips. Place in the refrigerator and let chill for at least 30 minutes.
4. When ready to bake, preheat the oven to 350 degrees Fahrenheit. Remove the dough from the refrigerator. Scoop 2-inch balls and arrange on cookie sheet, leaving 1 inch around each. With your fingers, flatten each cookie to about $\frac{3}{4}$ inch thick.
5. Bake on the center rack of oven until cookies are golden and firm around the edges (about 9-10 min). Remove from oven and let cookies cool on baking sheet for 2 minutes, then remove to cool completely.



No-Bake Peanut Butter Energy Balls

Quick Meal Cards: Snacks

Ingredients

- ¾ cup shredded unsweetened coconut
- 1 cup traditional rolled oats
- ½ cup natural peanut butter
- 3 tablespoon ground flaxseeds*
- ½ cup dried fruit
- ½ cup raw sunflower seeds
- ¼ cup honey or maple syrup
- ¾ teaspoon vanilla extract
- Water, as needed

*You can purchase whole flaxseeds and grind them yourself by crushing in a sandwich bag or in a food processor.

Try different dried fruits, seeds, or chopped nuts for new flavors and textures.

Directions

1. Combine shredded coconut, oats, peanut butter, ground flaxseeds, dried fruit, sunflower seeds, honey, and vanilla extract in a large mixing bowl. Cover and let sit in refrigerator for 30 minutes.
2. After 30 minutes, check the mixture. If the mixture seems dry and crumbly, add water until the mixture is sticky.
3. Roll the mixture into small balls about 1.5 inches in diameter.

Notes: You can toast the shredded coconut to intensify the flavor. To do this, heat in a pan on the stove over medium heat for about 2 minutes or until golden brown. Watch carefully to prevent burning.

Yield: 20 servings

Total Time: 40 minutes



Peanut Butter Cheerios Bars

Quick Meal Cards: Snacks

Ingredients

- 3 cups Cheerios cereal
- 1/2 cup peanut butter
- 1/2 cup honey

Prep Time: 10 minutes

Cook Time: 5 minutes

Serves: 9

Directions

1. Line an 8x8 inch pan with parchment paper.
2. Combine peanut butter and honey in a large saucepan and set over medium heat.
3. Heat until mixture just starts to simmer, about 2-3 minutes, stirring.
4. Remove from heat and stir until mixture is smooth.
5. Stir in cereal until evenly coated.
6. Pour mixture into prepared pan and spread evenly.
7. Chill in the refrigerator 1 hour.
8. Cut into bars.

Yield: 9 bars



Chickpea Quinoa Bowls

Quick Meal Card: Lunch

Ingredients

- 1 cup quinoa
- 2 15.5-oz cans chickpeas (aka garbanzo beans)
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons ground cumin
- 1 teaspoon chili powder
- 1 teaspoon ground coriander
- ½-¾ cup of plain nonfat Greek yogurt
- ½-1 14.5-oz can of petite diced tomatoes
- Lettuce or leafy green of choice
- 1 lemon
- 1 tablespoon diced cucumber (*optional*)
- 1 tablespoon hummus (*optional*)

Directions

1. Cook quinoa according to package instructions; add ½ cup quinoa to each serving bowl.
2. Drain and rinse chickpeas, then transfer to a large mixing bowl.
3. Toss chickpeas with oil, cumin, chili powder, and coriander and then add ~½ cup of chickpea mixture to each serving bowl.
4. Add 1-2 tablespoons of drained diced tomatoes and Greek yogurt to each bowl *Optional: Add 1-2 tablespoons diced cucumber/hummus per bowl.*
5. Add desired amount of lettuce or leafy green of choice.

Yield: 4 bowls



Falafel Pita Wraps

Quick Meal Card: Lunch

Ingredients

- 12 falafel patties (check out our “Oven-Baked Falafel” recipe!)
- 6 whole wheat pita breads or flatbread of choice
- ½-¾ cup of plain nonfat Greek yogurt
- Lettuce or leafy green of choice
- ½-1 14.5-oz can of petite diced tomatoes
- ½-1 cucumber, diced (*optional*)
- 1-2 tablespoons hummus of choice (*optional*)

Directions

1. Microwave pita bread until heated through (about 15 seconds).
2. Spread 1-2 tablespoons Greek yogurt per wrap on pita bread.
3. Break falafels patties into chunks and place on wraps (2 patties per wrap).
4. Add 1-2 tablespoons of tomatoes and/or cucumber and/or hummus (*optional*) per wrap.
5. Add desired amount of lettuce, or leafy green of choice, on top and enjoy!

Yield: 6 wraps

Garbanzo Beans with Spinach and Tomatoes

Quick Meal Card: Lunch



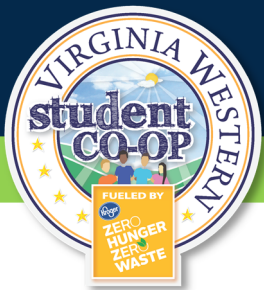
Ingredients

- $\frac{2}{3}$ cup tomatoes, diced
- $\frac{1}{2}$ large white onion, diced
- 3 cups of canned low-sodium garbanzo beans, drained and rinsed
- 1 $\frac{1}{2}$ tablespoons olive oil
- 16-oz baby spinach, washed
- 2 teaspoons chopped garlic

Directions

1. Sauté onion, garlic and tomatoes in oil. Add garbanzo beans and cook for 10 minutes.
2. Fold in baby spinach to taste.
3. Garnish with chopped chives/herbs.

Yield: 4 servings



Hummus and Veggie Wraps

Quick Meal Card: Lunch

Ingredients

- 1 (8-inch) whole grain tortilla
- $\frac{1}{4}$ cup hummus
- $\frac{1}{4}$ cup shredded lettuce (or substitute baby spinach leaves)
- 2 tablespoons chopped walnuts, toasted
- 2 tablespoons chopped, roasted red bell peppers from a jar
- 2 tablespoons coarsely shredded carrots
- 1 medium cucumber, peeled and sliced

Directions

1. Place tortilla on a flat surface and spread hummus over $\frac{2}{3}$ of the tortilla, leaving the top empty.
2. Top evenly with lettuce and vegetables and roll up tightly, starting at the bottom. Wrap tightly and refrigerate until ready to eat.

Yield: 1 serving



Mediterranean Quinoa Salad

Quick Meal Card: Lunch

Ingredients

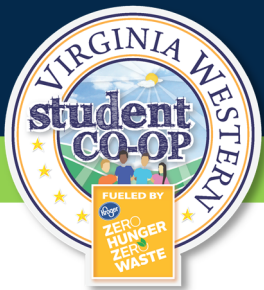
- 1 cup cooked and cooled quinoa
- ½ cup chopped black olives
- ½ cup chickpeas (garbanzo beans), drained and rinsed
- ½ cup cucumber, chopped
- ½ bell pepper, chopped
- 1 tablespoon olive oil
- 2 lemons, juiced
- ⅔ teaspoon dried oregano
- ½ teaspoon salt
- ¼ teaspoon pepper

Directions

1. In a large bowl, combine quinoa, black olives, garbanzo beans, cucumber, and bell pepper.
2. In a small bowl, combine olive oil, lemon juice, oregano, salt, and pepper. Mix well and pour over the quinoa mixture.
3. Toss everything together and serve.

Yield: 2-4 servings

Total time: 15 minutes



Mix 'n Match Mediterranean Grain Salad

Quick Meal Card: Lunch

Ingredients

- 1 cup intact whole grain (such as wheat berries, brown rice, farro, quinoa, sorghum, oats, millet)
- 1 14.5-oz can diced, no-salt added tomatoes
- ½ cup olives, such as Kalamata, pitted and chopped
- 1 14.5-oz can white beans, drained and rinsed

Dressing Mixture:

- 2 tablespoons lemon juice
- 1 tablespoon red wine vinegar
- 2 tablespoons olive oil
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- Salt and pepper, to taste

Directions

1. Cook your whole grain according to the package directions
2. Drain the grain, and place into a large serving bowl. Mix in the tomatoes, kalamata olives, and beans.
3. In a small bowl, whisk together the lemon juice, vinegar, olive oil, dried herbs, and salt and pepper (dressing mixture).
4. Pour the dressing mixture over the grains and mix well. Serve warm, room temperature, or chilled.

Yield: 1 serving



Three Bean Salad

Quick Meal Card: Lunch

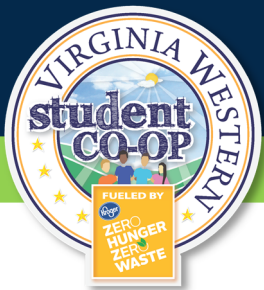
Ingredients

- 2 tablespoons balsamic or cider vinegar
- ¼ cup extra-virgin olive oil
- ¼ teaspoon dijon mustard
- Salt and freshly ground black pepper (to taste)
- 1/2 can (8 oz) green beans, drained and rinsed
- 1/2 can (8 oz) wax (yellow) beans, drained and rinsed
- 1 can (15 ounces) red kidney beans, drained and rinsed
- 1 small red onion, diced
- 1 large red bell pepper, seeded and diced

Directions

1. Combine the vinegar, olive oil, mustard, salt and pepper in a large bowl and whisk until smooth. Set aside.
2. Drain beans and add to the dressing along with the remaining ingredients. Toss gently and season with additional salt and pepper if you wish.
3. Cover with plastic wrap and refrigerate 2 hours before serving.

Yield: 6 servings



Tuna and White Bean Salad

Quick Meal Card: Lunch

Ingredients

- 1 15-oz can white beans (cannellini, for example)
- 1 5-oz can chunk light tuna in water
- 2 whole green onions
- 1 tablespoon lemon juice
- 1 tablespoon olive oil
- Salt and pepper to taste

Directions

1. Pour the can of beans into a colander and rinse with cool water. Allow the excess water to drain off. Drain the can of tuna. Combine the drained beans and tuna into a bowl. Thinly slice the green onions and add to the bowl.
2. Add the olive oil and lemon juice to the bowl, along with salt and pepper. Stir to combine.
3. Taste the mixture and add salt, pepper or lemon juice to your liking.



Tuna Melt

Quick Meal Card: Lunch

Ingredients

- 1 5-oz can tuna, drained, flaked
- ½ 14.5-oz can petite diced tomatoes, drained
- 2 tablespoons light mayonnaise
- 2 slices whole wheat bread
- 2 slices cheddar cheese or sliced cheese of choice

Seasoning Blend:

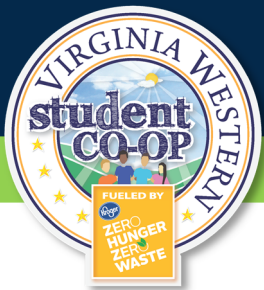
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ¼ teaspoon black pepper

Directions

1. Preheat oven to 375 degrees Fahrenheit. On a baking sheet, lightly toast bread.
2. In a small mixing bowl, mix together tuna, mayo, tomatoes, and seasoning blend.
3. Divide the tuna mixture between two slices of bread and top with sliced cheese.
4. Place tuna melts on a baking sheet and bake for 7 to 8 minutes, or until cheese is melted.

Enjoy tuna melts open-faced, or combine together to make a sandwich.

Yield: 1-2 servings



Tuna Pasta Salad

Quick Meal Card: Lunch

Ingredients

- 1 cup whole wheat elbow macaroni or rotini
- 1 5-oz can chunk light tuna, drained, flaked
- 1 14.5-oz can no-salt added peas, drained
- ¼ cup light mayonnaise

Seasoning Blend:

- 1 teaspoon onion powder
- ½ teaspoon garlic powder
- ¼ teaspoon black pepper
- ¼ teaspoon dill weed (*optional*)

Directions

1. Cook pasta according to package instructions.
2. In a large mixing bowl, combine pasta, tuna, mayo, peas, and seasoning blend.
3. Mix ingredients together, then cover and refrigerate 1-3 hours, or until chilled.

Yield: 4 servings



Ingredients

- ½ cup plain Greek yogurt or mayonnaise
- 2 tablespoon lemon juice
- 1 tablespoon dijon mustard
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 teaspoon dried parsley (or your favorite herbs)
- 2 5-oz cans tuna (packed in water), drained
- 2 celery stalks, finely chopped
- ¼ red onion, finely chopped

Try experimenting with other ingredients like dried or fresh fruit, chopped nuts, hard-boiled eggs, bell peppers, and pickles.

Directions

1. In a mixing bowl, combine Greek yogurt, lemon juice, dijon mustard, salt, pepper, and herbs.
2. Add tuna, celery, and red onions. Mix to combine and serve immediately.

Notes:

Serve with baked potatoes, whole-grain crackers, whole-grain bread, whole-grain tortilla, salad greens, and fresh vegetables.

Yield: 4 servings

Total time: 30 minutes



Ingredients

- 2 14.5-ounce cans chickpeas (garbanzo beans), drained and rinsed
- 1 cup red onion, finely chopped
- 4 cloves garlic, finely minced
- ½ cup loosely packed fresh cilantro leaves, finely chopped or 3 tablespoons dried cilantro
- ¼ cup loosely packed fresh parsley leaves, finely chopped or 4 teaspoons dried parsley
- 1 tablespoons olive oil
- 1 tablespoons lemon juice
- 1 ½ tablespoons ground cumin
- 1 teaspoon salt
- 1 teaspoon baking soda

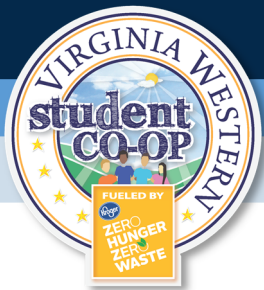
Directions

1. Add garbanzo beans to a large bowl and mash into a chunky paste. Add red onion, garlic, cilantro, parsley, olive oil, lemon juice, cumin, salt, and baking soda. Mix to combine.
2. Form falafel mixture into patties. Refrigerate for 1 hour or freeze for 30 minutes to help patties maintain their shape while cooking.
3. Preheat oven to 400 degrees Fahrenheit.
4. Place falafel patties on a greased baking sheet and bake for 20 minutes. Carefully flip and bake for another 10-15 minutes, or until golden brown and firm.

Ingredients can also be chopped and mixed in a food processor.

Yield: 10-12 falafel patties

Total time: 1 hour 30 minutes



Black Bean Burger Patties

Ingredients

- 1 15-oz can black beans (no sodium added), drained and rinsed
- ½ cup medium onion
- ½ cup mushrooms
- 2 cloves garlic
- ¾ teaspoon ground cumin
- ¼ teaspoon paprika
- ½ teaspoon chili powder
- ¼ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 large egg
- ¼ cup breadcrumbs

Add 1 tbsp ketchup, BBQ sauce, or mayo to the black bean patty mixture for extra flavor and moisture.

Optional special equipment: food processor

Directions

1. Preheat oven to 375 degrees Fahrenheit.
2. Spread black beans into an even layer on a baking sheet. Bake for 5-7 minutes to slightly dry out the black beans.
3. Add onion, mushrooms, and garlic to food processor*. Pulse until roughly chopped.
4. Add cumin, paprika, chili powder, garlic powder, salt, pepper, egg, and breadcrumbs to food processor. Pulse to combine.
5. Add dried black beans to food processor. Pulse to combine, leaving some chunks of black beans.
6. Measure out ½ cup of black bean mixture and shape into patties using your hands. Place onto a greased baking sheet.
7. Bake patties for 20-25 minutes, flipping halfway through.

**If you don't have a food processor, mash the slightly dried black beans into a chunky paste and finely chop the vegetables and mushrooms. Then mix all ingredients in a bowl before forming into patties.*

Yield: 4-6 servings

Total time: 45 minutes



Black Bean Soup

Quick Meal Card: Dinner

Ingredients

- 1 32-oz box vegetable broth/stock
- 2 15.25-oz cans no-salt added black beans
- 1 14.5-oz can petite diced tomatoes

Seasoning Blend:

- 1 tablespoon grated parmesan cheese
- 1 tablespoon ground cumin
- 1 tablespoon chili powder
- 2 teaspoons onion powder
- 1 teaspoon garlic powder
- 1-2 teaspoons red pepper flakes

Directions

1. Drain and rinse black beans thoroughly, then add them to a medium sauce pot.
2. Add vegetable stock and diced tomatoes (with juice) to sauce pot.
3. Stir in the seasoning blend.
4. Turn heat up to high until the soup reaches a boil. Boil soup for 5-10 minutes.
5. Salt to taste and enjoy!

Top with shredded cheese, chopped cilantro, and/or a dollop of Greek Yogurt for extra flavor!

Yield: 4 servings



Cabbage Noodle Soup

Quick Meal Card: Dinner

Ingredients

- 1 tablespoon canola oil
- ½ of a head of cabbage, chopped into strips
- 1 32-oz box vegetable/chicken broth/stock
- 2 cups whole wheat wide egg noodles
- 1 15-oz can no-salt added peas, drained
- 2-3 teaspoons sesame oil (*optional*)
- 2-3 large eggs, soft boiled (*optional*)

Seasoning Mix:

- ¼ cup low sodium soy sauce
- 2 teaspoons onion powder
- 1 teaspoon garlic powder
- 1 teaspoon red pepper flakes

Directions

1. In a medium sauce pot, heat canola oil on medium-high heat.
2. Add cabbage and sauté for about 5-6 minutes, stirring occasionally.
3. Add broth/stock and seasoning blend. Stir and bring soup to a boil on high heat.
4. Stir in noodles and cook for 6 minutes, then add peas and cook for an additional minute.
5. Divide soup between 2-3 bowls for serving.

Optional: add 1 teaspoon of sesame oil and 1 soft boiled egg to each bowl.

Cheesy Broccoli Quinoa Bite



Quick Meal Card

Ingredients

- 1 cup broccoli florets (frozen or fresh), steamed until tender
- 1 ½ cups cooked quinoa
- ½ cup finely shredded Parmesan cheese
- 1 tablespoon vegetable oil
- ¼ teaspoon salt
- ¼ teaspoon pepper
- Pinch red pepper flakes (*optional*)
- ½ teaspoon garlic powder (*optional*)

Special equipment: food processor

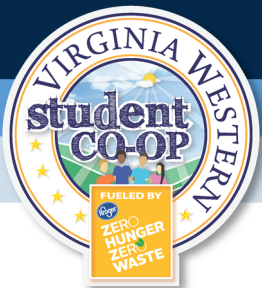
Directions

1. Preheat oven to 375 degrees Fahrenheit.
2. Pulse broccoli florets in a food processor until minced.
3. Add 1 cup quinoa (reserve ½ cup), Parmesan cheese, oil, salt, and pepper to the food processor* and pulse until the mixture reaches a paste-like consistency.
4. Stir in the remaining ½ cup quinoa.
5. Scoop into 1-inch balls and place on greased baking sheet.
6. Bake for 20 minutes.

**If you don't have a food processor, finely chop the broccoli by hand and use the back of a spoon to mush the quinoa into a paste before mixing with the remaining ingredients.*

Yield: 20 bites

Total time: 30 minutes



Chicken Fried Rice

Quick Meal Card: Dinner

Ingredients

- 1 tablespoon peanut or safflower oil
- 2 cups frozen pepper and onion stir-fry mixture
- 3 cups cold cooked rice
- 1 10-oz can chunk chicken (drained) or 2 cups cooked cubed chicken
- 1 tablespoons peanut or safflower oil
- 2 eggs, beaten
- 3 tablespoons low sodium soy sauce

Directions

1. Heat a wok or 10" heavy skillet over medium heat.
2. Add one tablespoon oil and rotate the wok or skillet to coat. Add the frozen stir-fry mixture to the wok. Cook and stir until crisp-tender, about 2 to 4 minutes.
3. Add the cold cooked rice and the drained or cubed chicken. Stir-fry these ingredients for 5 minutes until the food is hot.
4. Push the cooked mixture to the sides of wok or skillet. Add the additional one tablespoon of oil, then add the beaten eggs. Cook and stir the eggs over medium heat until the eggs are thickened and cooked.
5. Stir the mixture together with all of the other ingredients and add the soy sauce. Stir and serve immediately.

Yield: 4 servings



Chicken Noodle Soup

Quick Meal Card: Dinner

Ingredients

- 2 10-oz cans chicken chunks, drained
- 1 32-oz box low sodium chicken broth
- 2 cups water
- 1 15-oz can no-salt added peas, drained and rinsed
- 1 14.5-oz can sliced carrots, drained and rinsed
- 1 12-oz package whole wheat wide egg noodles

Seasoning Blend:

- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ¼ teaspoon black pepper

Directions

1. Add chicken stock, water, chicken chunks, peas, and carrots to a large sauce pot.
2. Mix in seasoning blend and then bring soup to a boil on high heat.
3. Boil soup for 5-10 minutes and then add egg noodles.
4. Boil noodles for 6-7 minutes, or to desired firmness.

Yield: 6-8 servings



Chicken Taquitos

Quick Meal Card: Dinner

Ingredients

- 12 corn tortillas
- 1 10-oz can chicken chunks, drained
- ½ cup Mexican/fiesta cheese blend

Spice Blend:

- 1 teaspoon chili powder
- 1 teaspoon onion powder
- ½ teaspoon ground cumin
- ½ teaspoon garlic powder

Directions

1. Preheat oven to 400 degrees Fahrenheit and spray a baking sheet with cooking spray.
2. Combine chicken, cheese, and spice blend in a mixing bowl. Stir mixture together.
3. Microwave each tortilla for 15-20 seconds, then spread 1 heaping tablespoon of mixture over half of the tortilla and roll tightly. Place taquito seam side down on a baking dish.
4. Repeat step 3 until all taquitos are formed, then spray the tops with cooking spray.
5. Bake taquitos for about 15 minutes or until golden brown.

Yield: 12 taquitos

Chunky Chicken Chili

Quick Meal Card: Dinner



Ingredients

- 2 10-oz cans chicken chunks, drained
- 1 15.5-oz can dark or light red kidney beans (do not drain)
- 1 14.5-oz can petite diced tomatoes in tomato juice (do not drain)
- 1 tablespoon extra-virgin olive oil
- Shredded cheese of choice (*optional*)
- Greek yogurt (*optional*)
- Chopped cilantro (*optional*)

Spice Blend:

- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- ½ teaspoon oregano

Directions

1. Add chicken (drained), beans and tomatoes to a medium sauce pot.
2. Mix in oil and spice blend.
3. Bring chili to a boil on high heat, then reduce heat to medium-low.
4. Cook uncovered for 15-20 minutes (stirring occasionally), or until desired thickness.

Optional: top with a bit of shredded cheese, Greek yogurt, and/or chopped cilantro.

Yield: 4-6 servings

Coconut Chickpeas with Tomatoes and Kale

Quick Meal Card: Dinner



Ingredients

- 2 ½-3 cups canned chickpeas (garbanzo beans), drained
- 1 ½ cups canned diced tomatoes
- 1 ½ cups canned coconut milk
- ½ teaspoon salt
- 8-oz frozen leafy greens or 6 cups fresh leafy greens, chopped

Directions

1. Combine garbanzo beans, diced tomatoes, coconut milk, and salt in a large pot
2. Bring to a boil and then reduce to a simmer. Cover the pot and simmer on low heat for 25 minutes.
3. Add leafy greens and stir well. Cook uncovered until greens are wilted (~5 minutes).

Serve by itself or with your favorite rice, bread, or noodles. Simmer uncovered for longer if you want a thicker sauce. Add red pepper flakes for spice or add your favorite herbs for extra flavor.

Yield: 4 servings

Total time: 30 minutes



Ingredients

- 1 tablespoon vegetable oil or olive oil
- 4 cloves garlic, minced
- 1 can pumpkin puree (~1½-2 cups)
- 1 cup milk of choice
- ½ teaspoon salt
- 1 tablespoon vinegar of choice or lemon juice
- ¼ teaspoon dried oregano
- ½ teaspoon dried basil
- ¼ teaspoon chili powder

Directions

1. Add oil to a large pan and warm over low heat. Add garlic and sauté for 1 minute.
2. Add pumpkin puree, milk, salt, vinegar, oregano, basil, and chili powder and cook for 5 minutes.
3. Serve over pasta of choice.

Notes:

Add cooked meats, shredded cheeses, and/or cooked vegetables to the sauce for new flavors and textures.

Yield: 4-6 servings

Total time: 15 minutes



Ingredients

- 2 32-oz boxes vegetable broth/stock
- 1 16-oz package dried lentils, rinsed
- 1 tablespoon extra-virgin olive oil
- 1 14.5-oz can sliced carrots, drained
- 1 13.5-oz can no-salt added spinach, drained

Spice Blend:

- 1 ½ tablespoons curry powder
- 1 tablespoon ground coriander
- 2 teaspoons onion powder
- 1 teaspoon garlic powder
- 1 teaspoon chili powder

Directions

1. Add broth, lentils, oil, and spice blend to a large sauce pot. Mix ingredients together.
2. Bring to a boil on high heat, then cover the pot and reduce heat to medium-low.
3. Simmer lentil soup for 15 minutes, or until lentils are tender.
4. Stir in carrots and spinach and cook for an additional 2-3 minutes.
5. Enjoy curry as-is or pour over some cooked brown rice!

Yield: 6-8 servings



Ingredients

- 8 eggs, hardboiled
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon tomato paste
- 1 cup water
- ½ 15-oz can no-salt added peas, drained

Spice Blend:

- 2 teaspoons curry powder
- 1 teaspoon onion powder
- ½ teaspoon garlic powder

Directions

1. Heat olive oil in a medium frying pan on medium-high heat.
2. Add tomato paste and spice blend and cook for 1-2 minutes, stirring constantly.
3. Add water and stir mixture together thoroughly, then bring to a boil on high heat.
4. Reduce heat to medium and simmer for ~10 minutes, or until sauce thickens slightly.
5. Cut eggs into 6-8 pieces each, then stir eggs and peas into sauce.
6. Cook for another 3-5 minutes, then serve over cooked brown rice or whole wheat toast.

Yield: 4 servings



Ingredients

- 2 tablespoons olive oil
- 1 ½ cups chopped onions
- ½ cup finely chopped celery
- 2 medium carrots (chopped)
- 2 cloves garlic (crushed and chopped)
- ½ teaspoon salt
- ¼ teaspoon dried thyme
- ¼ teaspoon ground black pepper
- 4 cups vegetable or chicken stock
- 1 ½ cups lentils (rinsed)
- 1 14-ounce can petite diced tomatoes
- 2 teaspoons apple cider vinegar

Directions

1. In a medium saucepan, sauté the onions, celery, carrots, and garlic over medium-high heat for 12 to 15 minutes.
2. Once the vegetables have just started to turn light brown, add the salt, dried thyme, and black pepper to the pan. Continue cooking and stirring the mixture for 1 minute.
3. Add the vegetable or chicken stock, lentils, and diced tomatoes to the pan.
4. Bring the soup to a boil, and then reduce the temperature slightly so that it is simmering.
5. Simmer the soup, covered, for 30 minutes, until the lentils are tender.
6. Puree 1 ¼ cups of the soup with the cider vinegar and stir the pureed mixture back into the soup.
7. Serve the soup hot or store it for up to three days in the refrigerator.

Yield: 6 servings
Total Time: 60 minutes



Ingredients

- 1 16-oz package whole grain spaghetti
- ½ cup extra-virgin olive oil
- 3 cloves garlic, finely minced
- 1 tablespoon red pepper flakes
- 2 13.5-oz cans no salt added leaf spinach, drained
- Parmesan cheese (*optional*)

Directions

1. Cook pasta according to package instructions. Reserve ¼ cup of the pasta water.
2. In a large frying pan, combine oil, garlic, and pepper flakes.
3. Heat oil mixture over medium-low heat until garlic turns slightly golden.
4. Add spaghetti, pasta water, and drained spinach to frying pan. Stir thoroughly.
5. Cook for an additional 3 minutes to heat the spinach through and then serve.

Optional: grate parmesan cheese over pasta at the end.

Yield: 4-6 servings



Ingredients

- 1 28-oz can crushed peeled tomatoes
- 2 tablespoons extra-virgin olive oil

Seasoning Blend:

- 2 teaspoons onion powder
- 1 teaspoon garlic powder
- 1 teaspoon oregano
- ½ teaspoon red pepper flakes

Directions

1. Add tomatoes and oil to a medium sauce pot.
2. Stir in seasoning blend. *Optional: add ½ pound cooked ground turkey for meat sauce.*
3. Bring sauce to a boil on high heat, then reduce heat to medium-low.
4. Simmer sauce for ~30 minutes, stirring occasionally.
5. Serve over some pasta or use in baked pasta or gnocchi recipes!

Refrigerate for up to 3 days or freeze for up to 2 months.



Ingredients

- 1 cup instant mashed potato flakes
- 1 cup water (hot to the touch)
- 1 ½ cups whole wheat flour
- 1 egg, beaten
- 1 teaspoon salt
- 1 13.5-oz can no-salt added leaf spinach, drained
- 1 cup tomato sauce of choice (try our home-made marinara recipe!)

Directions

1. In a medium mixing bowl, stir together potato flakes and water. Allow to cool.
2. Stir in egg and salt, then mix in flour. Place dough on a floured work surface and knead for about 5 minutes (add more whole wheat flour if dough is too sticky to work with).
3. Divide dough in half, then roll each half into a long, thin roll (~size of a thin breadstick).
4. Cut the long, thin rolls of gnocchi into bite sized pieces.
5. Boil a few gnocchi at a time for 3 minutes, or until they rise to the top of the water.
6. In a medium skillet, mix gnocchi, spinach, and sauce.
7. Cook for 5-10 minutes on medium-high heat, or until cooked through.

Yield: 2 servings



Ingredients

- 1 tablespoon olive or vegetable oil
- 1 yellow onion, chopped
- 2 cloves garlic, minced
- 3 carrots, chopped
- 1 celery stalk, chopped
- 1 sweet potato, chopped
- 1 zucchini, chopped (or 1 cup of frozen zucchini)
- 1 14.5-oz can diced tomatoes, with liquid
- 1/2 cup lentils
- 8 cups water
- 1 cube chicken bouillon
- 4 cups kale, washed and chopped

Directions

1. Heat a large pot over medium high heat.
2. Add oil, then onion and garlic and cook for 7 minutes, stirring.
3. Add carrots, celery, sweet potato, and zucchini and cook about 10 minutes until slightly tender.
4. Add tomatoes, lentils, water, and chicken bouillon cube and bring to a boil over high heat.
5. Turn the heat to low, cover, and cook for 40 minutes.
6. Add the kale and cook for an additional 20 minutes.
7. Serve hot.

Prep Time: 20 minutes Cook Time: 1 hour 20 minutes Serves: 6



Mexican Rice and Beans

Quick Meal Card: Dinner

Ingredients

- 1 cup brown rice
- 1 tablespoon extra-virgin olive oil
- 2 15.5-oz cans no salt added black beans
- 2 15-oz cans mixed vegetables

Seasoned Broth:

- 2 cups vegetable/chicken broth
- 1 tablespoon tomato paste
- 2 teaspoons cumin
- 1 teaspoon chili powder
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- ½ teaspoon red pepper flakes

Directions

1. Add ingredients for seasoned broth to a medium mixing bowl and stir together.
2. Heat oil in a large pot on medium heat, then add rice and stir occasionally for 5 minutes.
3. Add seasoned broth to pot with rice and bring to a boil on high heat.
4. Reduce heat to low and allow rice to simmer for about 40 minutes, or until rice is fluffy.
5. Drain and rinse the black beans and mixed vegetables thoroughly.
6. Mix in black beans and mixed vegetables into the seasoned rice.
7. Heat for an additional 5 minutes on medium heat and enjoy!

Yield: 4-6 servings



Oven Baked Falafel

Quick Meal Card: Dinner

Ingredients

- 2 15.5-oz cans of chickpeas (garbanzo beans)
- 1 parsley bunch, finely chopped
- 1 small red onion, finely chopped
- 2 cloves of garlic, finely chopped
- 2 tablespoons whole wheat flour
- 1 teaspoon salt
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon chili powder
- ½ teaspoon each of onion and garlic powder

Directions

1. Preheat your oven to 425 degrees Fahrenheit.
2. Drain and rinse chickpeas, then allow chickpeas to dry thoroughly.
3. Add chickpeas to a large mixing bowl and mash together.
4. Add the rest of the ingredients to the bowl and mix using your hands.
5. Divide mixture into 12 roughly equal patties (about 3 tablespoons each).
6. Place patties on a greased baking sheet and spray the tops with cooking spray.
7. Bake for 10 minutes, remove from the oven and flip the patties, and then bake for an additional 10 minutes or until the patties are nice and golden brown.

Yield: 12 patties



Peanut Sauce Noodles

Quick Meal Card: Dinner

Ingredients

- 6 tablespoons water
- ½ cup creamy peanut butter
- 2 tablespoons reduced sodium soy sauce
- 1 tablespoon rice vinegar
- ¼ teaspoon dried ginger or ½ tablespoon minced fresh ginger
- 1 tablespoon sriracha sauce
- 2 cups cooked noodles of your choice, drained (soba noodles recommended)
- 2 cups thinly sliced raw vegetables of choice (cabbage, carrots, bell peppers, cucumber, celery)

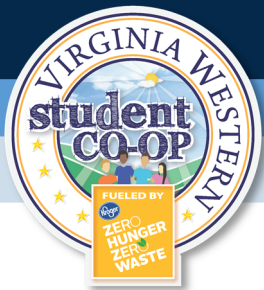
Directions

1. In a large mixing bowl, whisk together water, peanut butter, soy sauce, rice vinegar, ginger paste, and sriracha sauce until well-combined.
2. Add noodles and sliced vegetables. Mix until everything is well-combined.

Serve with protein of choice (chicken, fish, pork, tofu, edamame, etc.) and toppings of choice (sriracha sauce, lime juice, chopped peanuts, green onion, etc.)

Yield: 4 servings

Total time: 30 minutes



Quinoa Fiesta Bowls

Quick Meal Card: Dinner

Ingredients

- 1 cup quinoa
- 2 cups seasoned pinto beans (see our “Seasoned Pinto Beans” recipe)
- 1 cup shredded Mexican/fiesta blend cheese
- ½ cup of plain nonfat Greek yogurt
- Lettuce or leafy green of choice
- Salsa of choice

Seasoning Blend:

- 1 teaspoon cumin
- 1 teaspoon chili powder
- ¼ teaspoon salt

Directions

1. Combine quinoa and seasoning blend in a medium sauce pot; stir to distribute seasoning.
2. Cook quinoa according to package directions.
3. Add ½ cup quinoa and ½ cup seasoned pinto beans to serving bowls.
4. Add desired amount of lettuce or leafy green of choice.
5. Top bowls with ¼ cup cheese and 1-2 tablespoons Greek yogurt and salsa of choice.
6. Mix ingredients together and enjoy!

Yield: 4 bowls



Ingredients

- 1 16-oz can fat free/vegetarian refried beans
- 4-5 whole wheat tortillas
- 1 8-oz package reduced fat Mexican/fiesta blend cheese

Spice Blend:

- 1 teaspoon chili powder
- 1 teaspoon onion powder
- ½ teaspoon ground cumin
- ½ teaspoon garlic powder

Directions

1. Add refried beans to a sauce pot and stir in spice blend.
2. Heat beans on medium-high heat for ~10-15 minutes, stirring occasionally.
3. Add ~ ½ cup beans to half of a tortilla and top with ~ ¼ cup cheese. Fold tortilla in half.
4. Repeat step 3 with the rest of the tortillas.
5. Use cooking spray to grease a medium frying pan, then cook quesadillas one by one over medium-high heat until both sides are golden brown and cheese is melted.

Yield: 4-5 quesadillas



Roasted Carrots with Thyme

Ingredients

- 2 pounds fresh carrots, peeled and sliced into ½-inch disks
- 2 tablespoons olive oil
- ½ teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon dried thyme (or 2 teaspoon fresh thyme, finely chopped)

Directions

1. Preheat oven to 425 degrees Fahrenheit. Line a baking sheet with aluminum foil.
2. Place sliced carrots onto the baking sheet. Add olive oil, salt, pepper, and thyme. Toss together and then spread into an even layer.
3. Roast in the oven for 20-25 minutes, stirring half-way through, until carrots are caramelized and tender.

Make sure all pieces of carrots are about the same size for even cooking.

Yield: 4 servings

Total time: 30 minutes



Roasted Spiced Chickpeas

Quick Meal Card: Dinner

Ingredients

- 2 15.5-oz cans chickpeas (garbanzo beans)
- 2 tablespoons extra-virgin olive oil

Spice Blend:

- 1 teaspoons chili powder
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- ½ teaspoon onion powder
- ½ teaspoon garlic powder

Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. Drain and rinse the chickpeas; allow to dry thoroughly before continuing to next step.
3. In a large mixing bowl, toss chickpeas with olive oil and spice blend until coated well.
4. Spread chickpeas out evenly on a baking sheet.
5. Bake for 15-20 minutes, then briefly remove from the oven to stir the chickpeas around.
6. Return the baking sheet to the oven and bake for an additional 15-20 minutes.
7. Allow to cool for 5-10 minutes and enjoy!

Eat these alone as a snack, or add them to salads, rice bowls, or pasta dishes for added protein and crunch!



Seasoned Pinto Beans

Quick Meal Card: Dinner

Ingredients

- 2 15.5-oz cans pinto beans
- 2 cups vegetable broth
- 1 tablespoon extra-virgin olive oil

Spice Blend:

- 2 teaspoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon onion powder
- 1 teaspoon garlic powder

Directions

1. Drain and rinse pinto beans thoroughly.
2. Add beans to a medium sauce pot.
3. Add vegetable broth, olive oil, and spice blend; stir ingredients together.
4. Heat beans on medium-high heat for about 15 minutes, or until heated through.
5. Enjoy over rice, in quesadillas, or in our “Quinoa Fiesta Bowl” recipe!

Yield: 3-4 cups



Ingredients

- 1 28-oz can crushed peeled tomatoes
- 2 tablespoons extra-virgin olive oil
- 1 red bell pepper, diced
- 6 eggs

Spice Blend:

- 1 teaspoon ground coriander
- 1 teaspoon paprika
- ½ teaspoon ground cumin
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon red pepper flakes

Directions

1. In a medium/large frying pan (with a lid), heat olive oil on medium-high heat.
2. Add bell peppers and spice blend to the pan and sauté for about 5 minutes.
3. Stir in the can of crushed tomatoes and allow to simmer covered for 10-15 minutes.
4. Use the back of a large spoon to make 6 wells in the sauce and crack eggs into the wells.
5. Cover the pan and reduce the heat to low. Cook until the egg whites are completely set.

Yield: 3 servings



Ingredients

- 6 cups water
- 1/4 cup fresh parsley, chopped (or *optional*: 2 tablespoons dried parsley)
- 2 teaspoons beef bouillon (or 2 cubes beef bouillon)
- 1 1/2 cups lentils (dry)
- 2 carrots, chopped
- 1 onion, chopped
- 2 celery stalks, chopped

Prep Time: 45 minutes Cook Time: 8-10 hours low Serves: 6
4-5 hours high

Directions

1. Mix all ingredients together in slow cooker.
2. Cook on Low for 8-10 hours, or on High for 4-5 hours.
3. Serve hot with crackers or bread.



Ingredients

- 2 garlic cloves, minced
- ½ cup carrots, chopped
- ½ cup celery, chopped
- ¼ cup onion, diced
- 1 15-oz can diced tomatoes
- 1 15-oz can tomato sauce
- 32-oz chicken broth or vegetable broth
- 1 tablespoon dried Italian seasoning
- 1 15-oz can green beans, drained
- 1 15-oz can great northern beans, drained and rinsed
- ½ cup dried pasta

Special equipment: slow cooker

Directions

1. Place garlic, carrots, celery, onions, tomatoes, tomato sauce, broth, and Italian seasoning in the slow cooker and cook on low for 7-8 hours or high for 3-4 hours.
2. Add green beans, great northern beans, and pasta. Cover and cook on high until pasta are tender (20-30 minutes). Add more broth as needed if soup is too thick.

Notes:

Try experimenting with different beans and vegetables. Have fun with different pasta shapes. Top with fresh basil and cheese for additional flavor.

Yield: 6-8 servings

Total time: 8.5 hours (high) 4.5 hours (low)



Ingredients

- 1 16-oz package whole grain spaghetti
- 1/2 cup lightly salted dry roasted peanuts, chopped

Sauce Seasoning Blend:

- ¾ cup peanut butter
- 6 tablespoons low sodium soy sauce
- 1 tablespoon brown sugar
- 2-3 teaspoons red pepper flakes
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 2 tablespoons sesame oil (*optional*)
- 1 tablespoon sesame seeds (*optional*)
- 1 teaspoon ground ginger (*optional*)

Directions

1. Cook pasta according to package directions for al dente. Drain and set aside.
2. In a small mixing bowl, whisk together ingredients for Sauce Seasoning Blend.
3. In a large mixing bowl, combine pasta, chopped peanuts, and sauce.
4. Stir to coat the pasta in the sauce and enjoy!

Yield: 4 servings



Ingredients

- 1 ½ pounds sweet potatoes, cut into ¼-inch strips
- Cold water
- 1 tablespoon vegetable oil
- 1 tablespoon cornstarch
- ½ teaspoon garlic powder
- ½ teaspoon paprika
- ½ teaspoon cayenne powder (add more or less, to taste)
- ½ teaspoon salt
- ½ teaspoon black pepper

Directions

1. Add sweet potato strips to a large bowl and cover with cold water. Place in fridge for 30 minutes.
2. Preheat oven to 450 degrees Fahrenheit.
3. Drain sweet potatoes and pat dry. Dry the bowl, and then place the sweet potatoes back into the bowl. Add oil and mix to evenly coat the sweet potatoes.
4. In a separate bowl, combine cornstarch, garlic powder, paprika, cayenne powder, salt, and pepper. Sprinkle the cornstarch mixture over the sweet potatoes. Mix to evenly coat the sweet potatoes.
5. Place sweet potatoes in an even layer on a greased baking sheet, leaving space between the fries.
6. Bake for 30 minutes, flipping halfway through, or until the fries are crispy on the outside.

Yield: 4 servings

Total time: 1 hour



Ingredients

- 1 16-oz package whole grain penne
- 1 24-oz jar/can of pasta sauce (or use our homemade marinara recipe!)
- 2 13.5-oz cans no-salt added leaf spinach, drained
- 1 cup low-fat small curd cottage cheese or low-fat ricotta cheese
- 1 8-oz package shredded part-skim mozzarella cheese

Directions

1. Preheat oven to 400 degrees Fahrenheit. Grease a 13x9 inch baking dish with cooking spray.
2. Cook pasta according to package directions for al dente.
3. In a large mixing bowl, combine pasta, sauce, spinach, and both cheeses.
4. Stir mixture thoroughly, then add to prepared baking dish.
5. Bake for about 30 minutes or until golden brown on top.
6. Allow to sit and cool for 5-10 minutes before serving.

Yield: 8 servings



Ingredients

- 6 bell peppers (any color)
- 2 tablespoons vegetable oil
- 1 lb lean ground meat
- 1 large onion, diced
- 4 cups cooked brown rice
- 2 tablespoons taco seasoning
- 2 cups salsa (1 16-oz jar)
- Shredded cheese

Directions

1. Preheat oven to 375 degrees Fahrenheit.
2. Slice bell peppers in half from top to bottom and scoop out the seeds. Set aside.
3. In a large pot, heat oil over medium high heat. Add ground meat and onions and cook until meat is browned and onions are soft (5-10 minutes).
4. Turn off the heat. Add cooked rice, taco seasoning, and salsa. Stir to combine.
5. Scoop $\frac{3}{4}$ cup of the filling into each bell pepper half and place on a greased baking dish.
6. Top each stuffed pepper with cheese.
7. Bake for 40 minutes.

Yield: 6 servings

Total time: 1 hour



Ingredients

- 1 tablespoon olive or canola oil
- 1 pound ground white meat turkey
- 1 onion, chopped
- 2 cups water
- 1 28-oz can crushed tomatoes
- 1 16-oz can kidney beans-drained, rinsed
- 1 10-oz can Ro-tel
- 1 tablespoon garlic, minced
- 2 tablespoons chili powder
- $\frac{1}{2}$ teaspoon paprika
- $\frac{1}{2}$ teaspoon dried oregano
- $\frac{1}{2}$ teaspoon ground cumin
- $\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ teaspoon ground black pepper

Directions

1. Heat oil in large pot and add turkey and cook until cooked through.
2. Add chopped onions and cooked until softened.
3. Add water, canned tomatoes, kidney beans, Ro-tel, garlic, chili powder, paprika, oregano, cumin, salt and pepper. Mix well.
4. Reduce heat to low, cover and simmer at least 30 minutes

Optional toppings: shredded, low-fat cheddar cheese, sliced black olives, chopped green onions



Vegetable Fried Rice

Quick Meal Card: Dinner

Ingredients

- 2 tablespoons canola oil
- ¼ of a head of cabbage, shredded or very finely chopped into strips
- 3 cups cooked and cooled brown rice (leftover rice works great for fried rice)
- 1 15-oz can peas and carrots, drained
- 1 14.5-oz can no-salt added cut green beans, drained
- ¼ cup low sodium soy sauce
- *Optional: 6 large eggs, cooked (scrambled)*

Seasoning Mix:

- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon red pepper flakes

Directions

1. In a large skillet, heat 1 tablespoon oil on medium-high heat.
2. Add cabbage and sauté for about 5-6 minutes.
3. Add another tablespoon of oil and the rice, then cook for 5 minutes.
4. Stir in peas and carrots, green beans, and soy sauce, then cook for 5 minutes.
5. Turn off heat, then add seasoning mix and *scrambled eggs (optional)*. Stir thoroughly.

Yield: 4-6 servings



Vegetable Fried Rice

Quick Meal Card: Dinner

Ingredients

- 2 tablespoons vegetable oil
- 2 garlic cloves, minced (or 1/4 teaspoon garlic powder)
- 1 teaspoon ginger, minced or 2 teaspoons ginger paste
- 2 cups frozen vegetables of choice
- 2 cups cooked rice, chilled
- 2 tablespoons low-sodium soy sauce
- 1 teaspoon rice vinegar
- 3 large eggs, whisked

Experiment with other ingredients like lean meat, shrimp, cashews, sesame seeds, pineapple, and green onion.

Directions

1. Heat vegetable oil in a large pan over high heat.
2. Add garlic and ginger, reduce heat to medium-high, and stir constantly for 1 minute.
3. Add frozen vegetables and cook until thawed and water has evaporated (~5 minutes).
4. Add rice, soy sauce, and rice vinegar and cook until rice is heated through (~5 minutes).
5. Move the rice to one side of the pan and pour the eggs into the empty side of the pan. Stir eggs until fully cooked. Stir eggs and rice together.

Yield: 4 servings

Total time: 30 minutes



Ingredients

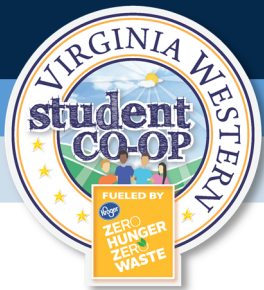
- 1 tablespoon vegetable oil
- 1 large yellow onion, chopped
- 1 carrot, chopped
- 1 bell pepper, chopped
- 2 cloves garlic, minced (or 1/8 teaspoon garlic powder)
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1 28-oz can & 1 14-oz can whole tomatoes, chopped (save the juices)
- ¼ teaspoon salt
- 1 15-oz can red kidney beans, drained and rinsed
- 1 15-oz can black beans, drained and rinsed
- ½ cup cooked brown rice or quinoa

Directions

1. Heat oil in large pot over medium heat.
2. Add onions, carrots, bell peppers, garlic, chili powder, and cumin. Cook, stirring often, until vegetables are soft (5-7 minutes).
3. Add tomatoes with their juices and salt. Cook over high heat for 5 minutes.
4. Reduce heat to low and stir in kidney beans, black beans, and cooked brown rice.
5. Simmer for about 15 minutes or until the chili is thickened.
6. Garnish with your favorite toppings. Ideas include low-fat sour cream, plain Greek yogurt, green onions, and shredded cheese.

Yield: 6 serving

Total time: 45 minutes



Whole Wheat Broccoli Mac 'N Cheese

Ingredients

- 1 16-oz box whole wheat elbow or rotini pasta
- 12-oz (about 3 cups) reduced fat shredded sharp cheddar cheese
- 1 24-oz container low fat cottage cheese
- 2 eggs, beaten
- 1 cup panko breadcrumbs
- 1 12-oz package chopped frozen broccoli florets
- Seasoning Mix: combine 2 teaspoon paprika, 1 teaspoon garlic powder, 1 teaspoon onion powder
- Breadcrumb Mix: combine 1 cup panko breadcrumbs, ½ teaspoon paprika, ½ teaspoon garlic powder, ½ teaspoon onion Powder, 1 teaspoon oregano

Directions

1. Preheat oven to 400 degrees Fahrenheit
2. Boil pasta to "al dente" according to package directions and set aside.
3. Cook chopped frozen broccoli according to package directions, drain, and set aside.
4. While pasta and broccoli are cooking, prepare seasoning mix and breadcrumb mix.
5. Combine pasta, cheddar/cottage cheese, eggs, and seasoning mix in a large mixing bowl.
6. Transfer to a 13x9 inch baking dish and sprinkle the breadcrumb mixture on top.
7. Bake for 25 minutes and then broil for 1-2 minutes to brown the top.
8. Allow to cool for 5-10 minutes before serving.

Yield: 8 servings