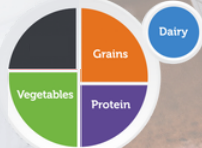


IN THIS DISH...



# BLACK BEAN QUESADILLA

SERVINGS: 4



## INGREDIENTS

- Vegetable oil spray
- ½ cup bell pepper, finely chopped
- ½ cup black beans, cooked or canned
- 1 cup grated cheddar cheese
- 4 corn or whole-wheat tortillas
- ¼ cup salsa
- ¼ cup lettuce, chopped

## RECIPE TIP

ADDING SOUR CREAM OR GUACAMOLE IS A GREAT WAY TO MAKE THIS DISH EVEN BETTER!

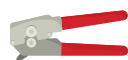
## REQUIRED TOOLS



Saute Pan



Spatula



Can Opener



Chopping Knife



Measuring Cups

## DIRECTIONS

1. Heat pan over medium heat.
2. Spray pan with vegetable oil and place one tortilla into the pan.
3. Place ¼ of the bell pepper, black beans, and cheese onto the tortilla.
4. When the cheese begins to melt, fold the melted tortilla in half.
5. Press down slightly to seal the sides together, and then flip the quesadilla over to brown both sides.
6. Repeat process with remaining tortillas.
7. Spoon a little salsa and lettuce on top and enjoy.



IN THIS DISH...



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# CHICKEN BULGOGI

SERVINGS: 4



## INGREDIENTS

- 1.5 lbs Chicken Thighs
- 6 cloves garlic minced
- 1.5 teaspoon ginger grated
- 4.5 tablespoon soy sauce
- 1.5 tablespoon brown sugar packed
- 1/2 teaspoon black pepper
- 3/4 teaspoon toasted sesame seeds

## REQUIRED TOOLS



Spatula



Measuring Cups



Chopping Knife



Saute Pan

## DIRECTIONS

1. Prepare the chicken. Trim off excess fat from the chicken, cover the chicken with plastic wrap on top of a cutting board and pound the chicken with the flat side of a meat tenderizer to achieve even thickness.
2. Marinade the chicken. In a large mixing bowl, add the minced garlic, grated ginger, soy sauce, brown sugar, black pepper and sesame seeds. Mix to combine. Add the prepared chicken and toss well to coat the chicken. Cover and marinate for a minimum of 30 minutes or preferably overnight in the refrigerator.
3. In a lightly greased pan, cook chicken on medium heat. Cook chicken on each side for 2-3 minutes or until fully cooked



IN THIS DISH...



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# GARLIC GLAZED VEGETABLES

SERVINGS: 4



## INGREDIENTS

- 3 large Carrots
- 4 cup chopped Broccoli
- 5 cup Brussels Sprouts
- 4 tbsp Low Sodium Soy Sauce
- 3 tsp packed Brown Sugar
- 5 cloves Minced Garlic

## REQUIRED TOOLS



Spatula



Measuring Cups



Chopping Knife



Saute Pan

## DIRECTIONS

1. Wash Carrots, Broccoli, and Brussel Sprouts
2. Chop Vegetables into bite size pieces
3. In a bowl, add soy sauce, garlic, brown sugar, and sesame oil(Optional). Mix until combined
4. In a greased pan, add vegetables and sauce and stir on medium low heat. Cook until sauce is at a light simmer and turn to low
5. Continue stirring until the sauce is thick and evenly coats the vegetables

### IN THIS DISH...



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# LOADED BAKED POTATO

SERVINGS: 2



## INGREDIENTS

- 2 potatoes russet or other baking potatoes
- 1 can of chili with beans any variety, canned
- ½ cup cheddar cheese shredded
- ¼ cup low fat sour cream
- Scallions or chives chopped, optional

## REQUIRED TOOLS



Microwave  
or  
Oven



Can Opener



Measuring  
Cups

## DIRECTIONS

- Start by preparing the baked potato. To microwave - poke holes all over the potato with a fork. Microwave on high for 8-10 minutes. Potato is done when it gives slightly when squeezed.
- Wrap the potato in a clean towel and set aside while preparing the chili.
- Place the canned chili into a microwave-safe bowl, and microwave on medium for 1-2 minutes, until warmed.
- Cut open the baked potatoes. Use a fork to mash up the inside of the potato. Pour the chili over the baked potatoes.
- Sprinkle the cheddar cheese over the potatoes. Top with the chives/scallions and a dollop of low fat sour cream.



### IN THIS DISH...



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# COBB SALAD WRAP

SERVINGS: 4



## INGREDIENTS

- 2 cups cubed cooked chicken
- 1/2 cup chopped avocado
- 4 bacon strips, cooked and crumbled
- 1 green onion, sliced
- 2 tablespoons chopped olives
- 2 tablespoons lemon juice
- 1 tablespoon honey
- 1-1/2 teaspoons Dijon mustard
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 tablespoon olive oil
- 4 romaine leaves, torn
- 4 whole wheat tortillas
- 1 medium tomato, chopped

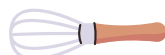
## REQUIRED TOOLS



Chopping Knife



Measuring Cups

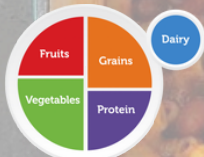


Whisk

## DIRECTIONS

1. In a small bowl, combine chicken, avocado, bacon, onion, and olives. In another small bowl, combine lemon juice, honey, mustard, salt and pepper. Whisk in oil. Pour over the chicken mixture; toss to coat.
2. Place romaine on each tortilla; top with 2/3 cup chicken mixture. Sprinkle with tomato; roll up, and enjoy!

### IN THIS DISH...



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# MEATLESS CHILI MAC

SERVINGS: 8



## INGREDIENTS

- 1 large onion, chopped
- 1 medium green pepper, chopped
- 1 tablespoon olive oil
- 1 garlic clove, minced
- 2 cups water
- 1-1/2 cups uncooked elbow macaroni
- 1 can (16 ounces) mild chili beans, undrained
- 1 can (15-1/2 ounces) great northern beans, rinsed and drained
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 1 can (8 ounces) tomato sauce
- 4 teaspoons chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/2 cup fat-free sour cream

## REQUIRED TOOLS



Wooden Spoon



Chopping Knife



Measuring Cups



Dutch Oven (or large saute pan)

## DIRECTIONS

1. In a Dutch oven, saute onion and green pepper in oil until tender. Add garlic; cook 1 minute longer. Stir in the water, macaroni, beans, tomatoes, tomato sauce, chili powder, cumin and salt.
2. Bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until macaroni is tender. Top each serving with 1 tablespoon sour cream.



IN THIS DISH...



# SPINACH QUESADILLA

SERVINGS: 4



## INGREDIENTS

- 3 ounces fresh baby spinach (about 4 cups)
- 4 green onions, chopped
- 1 small tomato, chopped
- 2 tablespoons lemon juice
- 1 teaspoon ground cumin
- 1/4 teaspoon garlic powder
- 1 cup shredded reduced-fat Monterey Jack cheese or Mexican cheese blend
- 6 flour tortillas (6 inches)
- 1/4 cup reduced-fat ricotta cheese, optional
- Reduced-fat sour cream, optional

## DIRECTIONS

1. In a large nonstick skillet, cook and stir first 6 ingredients until spinach is wilted. Remove from heat; stir in cheeses.
2. Top half of each tortilla with spinach mixture; fold other half over filling. Place on a griddle coated with cooking spray; cook over medium heat until golden brown, 1-2 minutes per side. Cut quesadillas in half; if desired, serve with sour cream.

## RECIPE TIP

ADDING TORTILLA CHIPS AND GUACAMOLE IS A GREAT SIDE FOR THIS DISH!

## REQUIRED TOOLS



### IN THIS DISH...



# VEGGIE PENNE PASTA

SERVINGS: 2



## INGREDIENTS

- 3/4 cup uncooked penne pasta
- 1/3 cup sliced zucchini
- 1/3 cup sliced fresh carrot
- 4 medium fresh mushrooms, sliced
- 1/2 small green pepper, thinly sliced
- 1/2 small onion, thinly sliced
- 1 small garlic clove, minced
- 1/4 teaspoon each dried basil, oregano and thyme
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 2 teaspoons olive oil, divided
- 1 cup canned black beans, rinsed and drained
- 1/4 cup chopped seeded tomato
- 2 tablespoons shredded Parmesan cheese
- 2 teaspoons minced fresh parsley

## REQUIRED TOOLS



Wooden Spoon



Measuring Cups



Saute Pan



Pot for Pasta



Colander



Chopping Knife

## DIRECTIONS

1. Cook pasta according to package directions. Meanwhile, in a large nonstick skillet, saute the zucchini, carrot, mushrooms, green pepper, onion, garlic and seasonings in 1 teaspoon oil until crisp-tender. Stir in the beans.
2. Drain pasta; add to vegetable mixture. Add tomato and remaining olive oil; toss gently. Sprinkle with Parmesan cheese and parsley.





### IN THIS DISH...



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# SPAGHETTI WITH MEAT SAUCE

SERVINGS: 4



## INGREDIENTS

- 1 Tablespoon extra -virgin olive oil
- 1 large onion, chopped
- 4 cloves of garlic, minced
- 1 tablespoon Italian seasoning
- 1 pound ground turkey
- 1 can of mixed vegetables, rinsed
- 1/2 teaspoon salt
- 1 28oz canned tomatoes

## REQUIRED TOOLS



Pot for Pasta



Wooden Spoon



Measuring Cups



Saute Pan



Colander



Chopping Knife

## DIRECTIONS

1. Heat oil in a large skillet over medium heat. Add onion and cook, stirring, until softened, about 5 minutes. Stir in garlic and Italian seasoning; cook until fragrant, about 1 minute. Stir in tomatoes and mixed vegetables and cook on medium-high heat, stirring occasionally, until thickened, about 5 minutes. Blend ingredients together to make a smooth sauce.
2. In a large skillet, add turkey and salt; cook, crumble the turkey with a wooden spoon, and stir until the turkey is no longer pink. Combine meat and sauce.

### IN THIS DISH...



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# VEGETABLE SOUP

SERVINGS: 4



## INGREDIENTS

- 1 (29 ounce) can tomato sauce
- 6 cups water
- 2 cups canned mixed vegetables
- 8 ounce package dry pasta (Optional)

## REQUIRED TOOLS



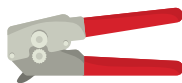
*Pot for Pasta*



*Wooden Spoon*



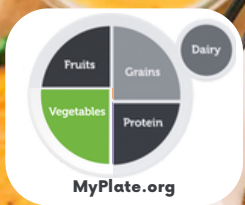
*Measuring Cups*



*Can Opener*

## DIRECTIONS

1. Place the tomato sauce and water in a large pot over medium-high heat. Bring just to a boil, reduce heat to medium-low, and add the mixed vegetables.
2. Add the pasta, if desired. Let it simmer until the pasta is cooked.



# Sweet Potato Chips

SERVINGS: 4



## INGREDIENTS

- Sweet potatoes
- Olive Oil
- Salt
- Pepper
- Garlic powder

## REQUIRED TOOLS



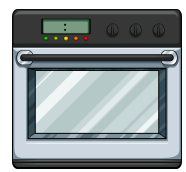
*Knife*



*Cutting Board*



*Baking Sheet*



*Oven*

## DIRECTIONS

1. Wash and peel potatoes
2. Cut into strips and place on baking sheet
3. Add oil, and seasonings to the potatoes to taste
4. Baking in the oven at 400 degrees for 30mins (Time may vary)



# Potato Chips

SERVINGS: 4



## INGREDIENTS

- Potatoes
- Olive Oil
- Salt
- Pepper
- Garlic powder

## REQUIRED TOOLS



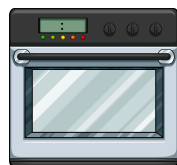
*Knife*



*Cutting Board*



*Baking Sheet*



*Oven*

## DIRECTIONS

1. Wash and peel potatoes
2. Cut into strips and place on baking sheet
3. Add oil, and seasonings to the potatoes to taste
4. Baking in the oven at 400 degrees for 30mins (Time may vary)





**IN THIS DISH...**

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# Taco Salad

SERVINGS: 4

## INGREDIENTS

- Ground turkey
- Lettuce
- Onion
- Tomato
- Avocado
- Rice
- Corn
- Black beans
- Bell peppers
- Sour cream
- Cheese
- Lime
- Water

## REQUIRED TOOLS



## DIRECTIONS

1. Cook ground turkey in the skillet, season with your preferred seasons
2. Cook rice in the microwave or pot
3. Rinse and cook beans and corn in the microwave or pot
4. Rinse and cut lettuce, onions, tomatoes, avocado, and bell peppers
5. Combine all desired ingredients together in a bowl
6. Top with choice of lime, cheese, and sour cream



**IN THIS DISH...**

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# Breakfast Casserole

SERVINGS: 4



## INGREDIENTS

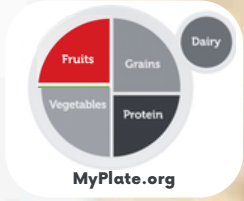
- Ground turkey
- Bell Pepper
- Onion
- Spinach
- sharp cheddar cheese
- Eggs
- Milk
- Hash brown potatoes

## REQUIRED TOOLS



## DIRECTIONS

1. Preheat oven to 375 degrees
2. Cook ground turkey in the skillet, season with your preferred seasons
3. Cook the onion, bell pepper, and spinach until soft, then season
4. Combine the cooked ground turkey and vegetables in a bowl with hash brown potatoes, 1 1/2 cups sharp cheddar cheese
5. Add 12 whisked eggs and 2/3 cup milk to the mixture and combine
6. Place mixture into a greased baking dish and cook



# Overnight Oats

SERVINGS: 1



## INGREDIENTS

- 1 Cup Rolled Oats
- 1 Cup 1% Fat Milk
- 1/2 cup Mixed Berries
- 1 TBSP Honey
- Granola

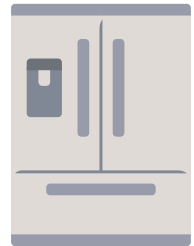
## REQUIRED TOOLS



*Container with lid*



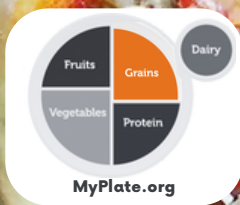
*Spoon*



*Refrigerator*

## DIRECTIONS

1. In a container that has a lid, pour in your oats, milk, honey
2. Mix together and add mixed fruit on top
3. Store in the fridge overnight
4. Add granola as desired



# Homemade Pizza Dough

SERVINGS: 8



## INGREDIENTS

- 1 cup warm water
- .25 oz active dry yeast
- 1 teaspoon white sugar
- 2 ½ cups bread flour
- 2 tablespoons olive oil
- 1 teaspoon salt

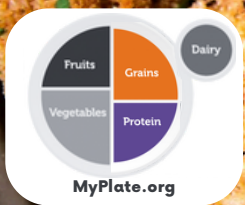
## REQUIRED TOOLS



## DIRECTIONS

1. Mix warm water, yeast, and sugar and let stand until creamy for 10 minutes.
2. Add flour, oil, and salt to the yeast mixture
3. Beat mixture until smooth, let rest for 5 minutes.
4. Lightly flour surface and pat or roll mixture into a 12-inch circle
5. Transfer to a pizza pan, and spread sauce and toppings of your choice.
6. Baking in the oven at 450 degrees for 15 to 20 minutes





# Shake and Bake Chicken

SERVINGS: 6



## INGREDIENTS

- 1½ cups plain breadcrumbs
- 2 teaspoons sea salt
- 1½ teaspoons flour
- ¾ teaspoon paprika
- ¾ teaspoon onion powder
- ¾ teaspoon garlic powder
- ½ teaspoon black pepper
- 1 teaspoon dried basil/dried oregano
- ¼ cup vegetable oil
- 3 lbs skinless boneless chicken breast

## DIRECTIONS

1. Add dry ingredients into gallon size zip-top bag. Seal bag and mix.
2. Open the bag and drizzle in the oil. Seal bag and mix.
3. Fill pie pan with ½ -inch water. With one chicken breast at a time, moisten with water.
4. Add the chicken to the bag of breadcrumbs, seal the bag and shake until coated and press gently
5. Cook in the oven for 18-20 minutes at 400°F or until golden brown and the internal temperature reads 165°F

## REQUIRED TOOLS



*Measuring Cups*



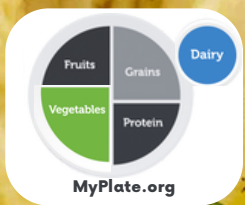
*Baking Sheet*



*Gallon Ziplock*



*Oven*



# Mashed Potatoes

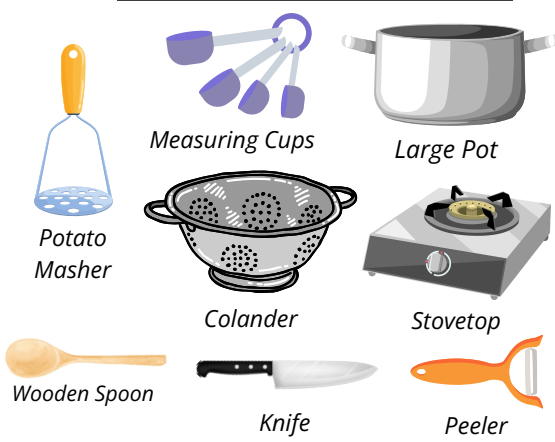
SERVINGS: 6



## INGREDIENTS

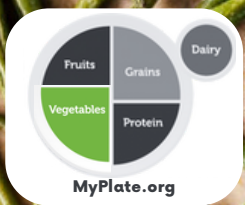
- 3 pounds potatoes
- 3 garlic cloves
- ½ cup unsalted butter
- 1 cup milk
- 1½ teaspoons salt
- Black pepper
- Up to ½ cup sour cream
- Fresh chives

## REQUIRED TOOLS



## DIRECTIONS

1. Potatoes and garlic in large pot and cover with cold water by 1 inch. Add salt.
2. Bring the water to a boil, then reduce the heat to gently boil for 15 - 20 minutes. Drain the water and add potatoes back to pot.
3. Mash the potatoes and garlic.
4. Once partially mashed, add the butter, milk, salt, and pepper. Continuing mashing until the potatoes reach desired consistency.
5. Fold in the sour cream with wooden spoon or spatula.
6. Season to taste, top with butter and chives.



# Roasted Green Beans

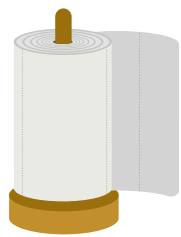
SERVINGS: 4



## INGREDIENTS

- 2 cans of green beans
- 2 teaspoons olive oil
- ¼ teaspoon salt

## REQUIRED TOOLS



*Paper Towel*



*Baking Sheet*



*Measuring Cups*



*Oven*

## DIRECTIONS

1. Preheat the oven to 425 degrees Fahrenheit.
2. Wash and pat them dry with clean paper towels (wet green beans turn soggy in the oven).
3. Place the prepared green beans on your baking sheet. Drizzle the olive oil over the beans and sprinkle the salt all over. Use your hands to toss until all the beans are lightly coated in oil. Arrange the green beans across the pan in a single layer.
4. Roast for 14 to 16 minutes, undisturbed, until they are crisp-tender with some golden, caramelized spots.