

Breakfast Quesadilla

Ingredients



3 servings



40 mins

- 6 eggs
- hot sauce
- salt
- 1 cup of canned black beans, rinsed and drained
- 6 teaspoon of butter
- 3 tablespoon of chopped cilantro
- 3 medium tortillas
- 1 1/2 cups of your choice of shredded cheese
- salsa/hot sauce for serving (optional)

Instructions

- 1) **Prepare eggs:** In a bowl, whisk the eggs with hot sauce and salt until blended. Add beans and set aside.
- 2) **Cook eggs:** Melt butter in medium-sized skillet over medium until bubbling. Pour egg mixture and cook for 1 to 3 mins. Transfer the mixture to a bowl. (eggs will finish cooking in the quesadilla). Add cilantro.
- 3) **Cook quesadilla:** In a large skillet, warm tortilla over medium heat, flipping occasionally. Once pan and tortilla are warm, sprinkle cheese over one-half of the tortilla. Top the cheese with scrambled eggs, top scrambled eggs with more cheese.
- 4) Press empty tortilla halve over the toppings. Let quesadilla cook until golden and crispy. Flip tortilla and cook until the second side is cooked.
- 5) Transfer the quesadilla to plate and enjoy!



NUTRITION FACTS PER SERVING

420 calories
13 grams of protein
16 grams of carbohydrates
3 grams of sugar
4 gram of fiber
8 grams of fat
356 milligrams of sodium

Ingredients

- 2 cups of rolled oats
- 1/4 cup raw walnuts or any desired nut
- 1/2 cup of raisins
- 2 tablespoons of oil
- 4 tablespoons of honey
- 1/2 teaspoon of ground cinnamon

HOMEMADE GRANOLA



Serves 8



40 mins total

Directions

Preheat oven to 325 F

In a large bowl, combine the rolled oats, walnut or other nuts, and cinnamon

Mix the oil and honey.

Pour the mixture onto a rimmed baking sheet and spread evenly.

Bake until browned, stirring every 10 minutes to ensure even baking for about 30 minutes.

Mix in the raisins and allow to cool.

Add onto a parfait, eat by itself, and/or store in air tight bag for later!



NUTRITION FACTS PER SERVING

Calories 240
9 grams of fat
4 mg of sodium
33 grams of carbohydrates
4 grams of fiber
15 grams of sugar
4 grams of protein

Creamy Canned Salmon Pasta

Ingredients



2-4 servings



35 mins

- 2 1/4 cup dry pasta of your choice
- 2 tablespoon oil
- 1 medium onion (optional)
- 1-2 tablespoon chopped dill
- 2 cans of salmon, drained
- 1 cup of milk
- 1/2 cup of parmesan cheese (optional)
- 1/2 cup of tomato sauce

Instructions

Cook pasta in a large pot of water with a pinch of salt

Heat oil in a large skillet over medium-high heat

Add finely chopped onion (if added) and cook stirring often for 4-5 minutes

Add tomato sauce, fresh dill, and salmon and stir everything together

Pour milk and stir until well combined into a sauce. Bring sauce to a simmer and add parmesan cheese (if added)

Once pasta is cooked, save 1 cup of pasta water. Drain the pasta and rinse with cold water

Add the pasta to the pan with sauce and stir to coat noodles. Add pasta water as needed to thin out the sauce



NUTRITION FACTS PER 2 SERVING

Calories 886
36.9 grams of fat
791 mg of sodium
93 grams of carbohydrates
13 grams of fiber
7 grams of sugar
54 grams of protein

MEAT AND CHEESE CRIOSSANT SANDWICH WITH SOUP

Ingredients



serves 2



11 minutes

- 2 croissants
- 2 slices of desired cheese, sliced
- 2 slices of desired meat, sliced
- 1 teaspoon of honey mustard
- 3 tablespoons of oil
- Can of desired soup

Directions

- 1) Preheat oven to 375 F
- 2) Cut the croissants in half and lay a slice of cheese in each one
- 3) Top the cheese with slice of meat. Add more cheese if wanted.
- 4) Stir together the honey mustard and oil in a dish, then brush on top of croissants
- 5) Bake for 6 minutes until warmed.



NUTRITION FACTS PER SERVING

Calories 713
49 grams of fat
390 mg of sodium
51 grams of carbohydrates
2 grams of fiber
21 grams of sugar
36 grams of protein

Quick Peanut Butter Banana Oat Muffin

Ingredients



1 serving



5 mins

- 1 banana
- 1 egg
- 1/3 cup of quick or old fashioned style oats
- 1 tablespoon of peanut butter



Instructions

- In a microwavable bowl, mash banana with a fork and then mix in the egg.
- Whisk well.
- Add the oats
- Stir until fully incorporated
- Microwave for 1 minute and 45 seconds

(Caution: the bowl will be very hot when removed from the microwave).

- Spread the peanut butter on top and enjoy while warm.

NUTRITION FACTS PER SERVING

Calories 460
19 grams of fat
220 mg of sodium
59 grams of carbohydrates
7 grams of fiber
3.5 grams of sugar
16 grams of protein

STRAWBERRY AND PEACH PARFAIT

Ingredients



1 Serving



10 mins

- 1 cup of Greek yogurt
- 1/4 cup of frozen strawberries
- 1/4 cup of cubed pear
- 1/4 cup of homemade granola or store bought granola



Directions

In a bowl or jar, add about 1/3 cup of yogurt, a few spoonfuls of strawberries and peaches, and 2 tablespoons of granola.

Repeat the layers.

NUTRITION FACTS PER SERVING

Calories 346
8 grams of fat
123 mg of sodium
40 grams of carbohydrates
5 grams of fiber
39 grams of sugar
13 grams of protein

Alaskan Pollock Sticks and Veggie Skillet

Ingredients



4 servings



20 mins

- 1 can of potatoes, sliced and drained
- 1 can of green beans, drained
- 16 pollock sticks (frozen or thawed)
- 2 tbsp vegetable oil (or any cooking oil)



Instructions

1) Prepare the Pollock Sticks:

a) Bake or pan-fry according to package instructions until golden and crispy. Once done, set them aside and keep warm.

2) Cooking the Vegetables:

a) In a large skillet, heat vegetable oil over medium heat.

b) Add canned potatoes and green beans to skillet. Stir to combine and cook for 5-7 minutes until they are heated through.

3) Serve:

a) Serve the dish hot, enjoy on it's own or enjoy with bread or rice on the side.

NUTRITION FACTS PER SERVING

Calories 520
10 grams of fat
543 mg of sodium
14 grams of carbohydrates
3 grams of fiber
1 grams of sugar
7 grams of protein

ONE PAN CHICKEN LEG QUARTERS W/POTATOES AND CARROTS

Ingredients

- 4 chicken leg quarters
- 4 tbsp of vegetable oil
- 1 can of potatoes
- 1 can of carrots



4 servings



1 hour



Directions

1) Preheat the oven to 400 degrees.

2) Clean and pat dry the chicken with towel. Place chicken in a large bowl then cover with 2 tbsp vegetable oil and rub until evenly coated.

3) OPTIONAL: combine garlic powder, onion powder, paprika in a bowl and mix. Sprinkle the seasoning over the well oiled chicken.

4) Place potatoes and carrots in a baking pan. Drizzle with 2 tbsp of vegetable oil. Then stir/turn until veggies are well coated.

5) Place the chicken on top of the veggies.

6) Cook for 45-50 minutes or until the chicken is fully cooked (internal temp should be 165 degrees).

NUTRITION FACTS PER SERVING

Calories 234
20 grams of fat
270 mg of sodium
23 grams of carbohydrates
3 grams of fiber
5 grams of sugar
24 grams of protein

INGREDIENTS

- 1 banana
- 1 egg
- 1/2 teaspoon vanilla extract
- 1/3 cup of quick or old fashioned style oats
- dash of cinnamon
- 1/2 tsp baking powder
- 1 tablespoon of peanut butter

INSTRUCTIONS

1. In a microwavable bowl, mash banana with a fork and then mix in the egg.
2. Whisk well
3. Stir in the vanilla extract
4. Add the oats, baking powder, and a dash of cinnamon
5. Stir until fully incorporated
6. Microwave for 1 minute and 45 seconds

(Caution: the bowl will be very hot when removed from the microwave).

7. Spread the peanut butter on top and enjoy while warm.



Quick Peanut Butter-Banana Oat Muffin



1 serving



5 mins

This sweet and quick breakfast recipe will make you think you are eating a desert in the morning! This recipe is a great meal to meet your daily protein intake while still enjoying something sweet!

This recipe is written for 1 serving but you can alter the measurements based upon the serving size!

NUTRITION FACTS PER SERVING

Calories 460

19 grams of fat

220 mg of sodium

59 grams of carbohydrates

7 grams of fiber

3.5 grams of sugar

16 grams of protein



LIVE WELL
Kosciusko

STRAWBERRY AND PEACH PARFAIT

Recipe



Serve 1



10 mins

Ingredients

- 1 cup of Greek yogurt
- 1/4 cup of frozen strawberries
- 1/4 cup of peaches
- 1/4 cup of homemade granola or store bought granola

Directions

- In a bowl or jar, add about 1/3 cup of yogurt, a few spoonfuls of strawberries and peaches, and 2 tablespoons of granola.
- Repeat the layers.

NUTRITION FACTS PER SERVING

Calories 346

8 grams of fat

123 mg of sodium

40 grams of carbohydrates

5 grams of fiber

39 grams of sugar

13 grams of protein



Meat and Cheese Croissant Sandwich with Soup



2 servings



11 minutes

Ingredients:

- 2 croissants
- 2 slices of desired cheese, sliced
- 2 slices of desired meat, sliced
- 1 teaspoon of honey mustard
- 3 tablespoons of oil
- Can of desired soup

Procedure:

- 1) Preheat oven to 375 F
- 2) Cut the croissants in half and lay a slice of cheese in each one
- 3) Top the cheese with slice of meat. Add more cheese if wanted.
- 4) Stir together the honey mustard and oil in a dish, then brush on top of croissants
- 5) Bake for 6 minutes until warmed.

NUTRITION FACTS PER SERVING

Calories 713
49 grams of fat
390 mg of sodium
51 grams of carbohydrates
2 grams of fiber
21 grams of sugar
36 grams of protein



Creamy Canned Salmon Pasta



2-4

servings



35 mins

INGREDIENTS

2 1/4 cup dry pasta of your choice

2 tablespoon oil

1 medium onion (optional)

1-2 tablespoon chopped dill

2 cans of salmon, drained

1 cup of milk

1/2 cup of parmesan cheese
(optional)

1/2 cup of tomato sauce

Nutritional Facts for 2 servings

Calories 886

36.9 grams of fat

791 mg of sodium

93 grams of carbohydrates

13 grams of fiber

7 grams of sugar

54 grams of protein

DIRECTIONS

1. Cook pasta in a large pot of water with a pinch of salt
2. Heat oil in a large skillet over medium-high heat
3. Add finely chopped onion (if added) and cook stirring often for 4-5 minutes
4. Add tomato sauce, fresh dill, and salmon and stir everything together
5. Pour milk and stir until well combined into a sauce. Bring sauce to a simmer and add parmesan cheese (if added)
6. Once pasta is cooked, save 1 cup of pasta water. Drain the pasta and rinse with cold water
7. Add the pasta to the pan with sauce and stir to coat noodles. Add pasta water as needed to thin out the sauce

INGREDIENTS



- 6 eggs
- hot sauce
- salt
- 1 cup of canned black beans, rinsed and drained
- 6 teaspoon of butter
- 3 tablespoon of chopped cilantro
- 3 medium tortillas
- 1 1/2 cups of your choice of shredded cheese
- salsa/hot sauce for serving (optional)

INSTRUCTIONS

1. Prepare eggs: In a bowl, whisk the eggs with hot sauce and salt until blended. Add beans and set aside.
2. Cook eggs: Melt butter in medium-sized skillet over medium until bubbling. Pour egg mixture and cook for 1 to 3 mins. Transfer the mixture to a bowl. (eggs will finish cooking in the quesadilla). Add cilantro.
3. Cook quesadilla: In a large skillet, warm tortilla over medium heat, flipping occasionally. Once pan and tortilla are warm, sprinkle cheese over one-half of the tortilla. Top the cheese with scrambled eggs, top scrambled eggs with more cheese.
4. Press empty tortilla halve over the toppings. Let quesadilla cook until golden and crispy. Flip tortilla and cook until the second side is cooked.
5. Transfer the quesadilla to plate and enjoy!



Breakfast Quesadilla

 3 servings  30 mins

This breakfast quesadilla would be a quick and easy breakfast before work and/or school. The breakfast quesadilla is a great source of protein and fiber that will keep you energized and full for your busy day ahead!

Recipe is written for 3 servings but you can also change the amount based on your meal desire!

NUTRITION FACTS PER SERVING

420 calories
13 grams of protein
16 grams of carbohydrates
3 grams of sugar
4 gram of fiber
8 grams of fat
356 milligrams of sodium

HOMEMADE GRANOLA

Recipe

 Serves 8  40 mins total

Ingredients

- 2 cups of rolled oats
- 1/4 cup raw walnuts or any desired nut
- 1/2 cup of raisins
- 2 tablespoons of oil
- 4 tablespoons of honey
- 1/2 teaspoon of ground cinnamon

Directions

- Preheat oven to 325 F
- In a large bowl, combine the rolled oats, walnut or other nuts, and cinnamon
- Mix the oil and honey.
- Pour the mixture onto a rimmed baking sheet and spread evenly.
- Bake until browned, stirring every 10 minutes to ensure even baking for about 30 minutes.
- Mix in the raisins and allow to cool.
- Add onto a parfait, eat by itself, and/or store in air tight bag for later!

NUTRITION FACTS PER SERVING

Calories 240

9 grams of fat

4 mg of sodium

33 grams of carbohydrates

4 grams of fiber

15 grams of sugar

4 grams of protein



LIVE WELL
Kosciusko



Midwest Hamburger Casserole



6 servings



1 hr

Ingredients:

- 1 pound of ground beef
- 2 cans of tomato sauce
- 1 teaspoon of garlic salt
- 1 package of egg noodles
- 1 cup of sour cream
- 1 large onion, diced
- 1/2 cup of cheese, shredded

Procedure:

- 1) Heat a large skillet over medium heat. Cook and stir ground beef until browned, 5 to 7 minutes; drain grease and discard.
- 2) Mix tomato sauce, garlic salt, to the ground beef; simmer for about 20 minutes. Remove from heat and cover the skillet.
- 3) While sauce is cooking, bring a large pot to a boil. Cook egg noodles for about 7 to 9 minutes. Drain.
- 4) While noodles cook, preheat oven to 350 degrees, grease 9x13 dish.
- 5) Mix onion and sour cream together in a bowl.
- 6) Layer 1/2 the noodles into greased dish. Top with 1/2 of sour cream mixture, then add 1/2 of beef mixture. Repeat layers again. Sprinkle cheese over top.
- 7) Bake until cheese is melted and golden brown, about 25 to 30 minutes.

NUTRITION FACTS PER SERVING

Calories 507
33 grams of fat
975 mg of sodium
23 grams of carbohydrates
3 grams of fiber
9 grams of sugar
31 grams of protein



Chicken Fried Rice



6 servings



20 mins

INGREDIENTS

4 cups instant brown rice

1 can of peas

1 can of cut green beans

1 can of corn

1 pouch of chicken

2 tablespoons of oil

1 teaspoon of garlic powder

1 teaspoon of salt

1/4 cup of water or soy sauce

2 eggs

Nutritional Facts per serving

Calories 268

10 grams of fat

1053 mg of sodium

32 grams of carbohydrates

2 grams of fiber

0.2 grams of sugar

11 grams of protein

DIRECTIONS

1. Heat oil over medium-low heat in a large pan, add drained canned vegetables and pouch of chicken
2. Increase heat, and cook the chicken and veggies, stirring frequently for 5 minutes
3. Add salt to veggies and chicken and add garlic powder
4. Push chicken and veggies to one side of pan, scramble eggs and pour into the empty side of the pan
5. Once cooked, mix the eggs in with the veggies and chicken
6. Increase heat, and add cooked rice to the pan and cook for 3 minutes
7. Pour soy sauce or water over the rice and mix in
8. Continue cooking for another 2 minutes
9. Remove from heat and enjoy!