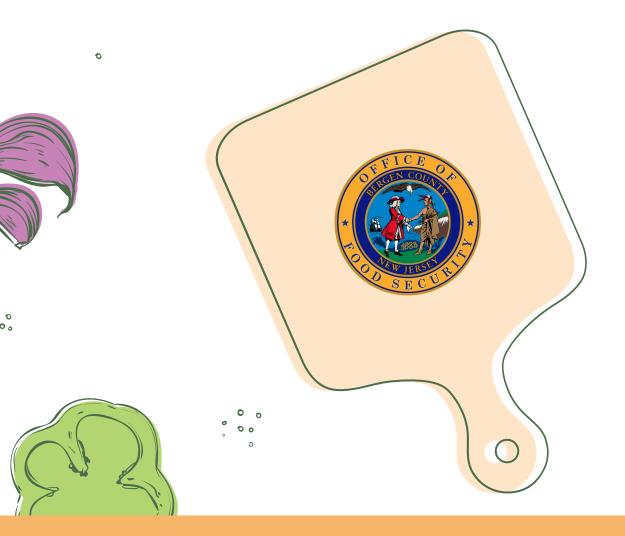


# BERGEN COUNTY OFFICE OF FOOD SECURITY

**Food Pantry Staples** 

# Cookbook







JAMES J. TEDESCO
Bergen County Executive

BERGEN COUNTY BOARD OF COMISSIONERS

## **DEPARTMENT OF HUMAN SERVICES**

Melissa H. DeBartolo, Esq., Director

## **ACKNOWLEDGEMENTS**

## Bergen County Technical Schools

In early 2022, The Bergen County Food Security Task Force partnered with culinary students form the Bergen County Technical schools to develop healthy and delicious recipes using items commonly distributed at food pantries. The purpose of these recipes is to help those visiting pantries think outside the box when it comes to preparing the food they receive - often cans and shelf-stable items. Since then, these students worked to craft 45 unique meals for breakfast, lunch, and dinner that have been hosted on our website, bergenfightshunger.org

We are excited to bring you these recipes in a new format, the Bergen County Office of Food Security Food Pantry Cookbook - and we'd like to thank all Bergen Technical Schools culinary students who researched and compiled these recipes over the years!

## Bergen County's Food Pantries

Thank you to the directors, staff, and volunteers of our food pantries in Bergen County, who work tirelessly every day to fight food insecurity and support those in need in all of our communities. We hope that this cookbook and the recipes inside will be a helpful resource for you and all those who come through your doors!

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# APPLE CINNAMON Oatmeal



INGREDIENTS
4 INSTANT OATMEAL
PACKAGES,
2 APPLES CUT INTO
SMALL CHUNKS,
1 TSP CINNAMON,
1 WATER OR MILK
FOR OATMEAL,
2 TBSP COCONUT
OIL,
SPOONFUL OF
APPLESAUCE (OPT),
GARNISHES (OPT)

SERVINGS: PREPPING TIME: COOKING TIME: 4 5 MIN 10 MIN

## **NUTRITIONAL VALUES**

CALORIES: 92KCAL CARBOHYDRATES: 21.6G PROTEIN: 1.5G FAT: 0.9G SODIUM: 5MG FIBER: 3.8G SUGAR: 12.2G CALCIUM: 12MG IRON: 1MG

POTASSIUM: 159MG

1. HEAT THE OIL IN A SAUCEPAN OVER MEDIUM HEAT.

2. ADD THE CHOPPED APPLES AND SAUTE FOR2-3 MINUTES. STIR IN CINNAMON.

3. MAKE OATMEAL BY ADDING WATER OR MILK AND FOLLOWING INSTRUCTIONS

ON THE PACKET.

4. OPTIONAL: ADD A SPOONFUL OF APPLESAUCE INTO THE OATMEAL MIXTURE.

5. ADD APPLE MIXTURE TO OATMEAL AND GARNISH AS DESIRED.

# DRIED FRUIT Scones



INGREDIENTS

2 CUP ALL-PURPOSE
FLOUR,
1 TBSP BAKING
POWDER,
3 TBSP SUGAR,
1/2 TSP SALT,
5 TBSP BUTTER
(CHILLED AND CUT
INTO 1/4 IN
PIECES),
1/2 CUP DRIED
FRUIT,
1 CUP MILK

SERVINGS: PREPPING TIME: COOKING TIME: 8 15 MIN 15 MIN

## **NUTRITIONAL VALUES**

CALORIES: 238KCAL CARBOHYDRATES: 37.9G PROTEIN: 4.6G FAT: 8.2G SODIUM: 216MG FIBER: 1.2G SUGAR: 11.3G VITAMIN D: 5MCG CALCIUM: 129MG IRON: 2MG, POTASSIUM: 311MG

- 1. PREHEAT OVEN TO 425. COMBINE FLOUR,
  BAKING POWDER, SUGAR, AND SALT IN LARGE
  MIXING BOWL.
- 2. USING A FORK OR YOUR FINGERS CRUMBLE BUTTER FINELY INTO DRY INGREDIENTS.

  ADD DRIED FRUIT.
- 3. MAKE A WELL IN THE CENTER AND ADD MILK, MIXING UNTIL JUST COMBINED. THE MIXTURE WILL LOOK A BIT CRUMBLY. KNEAD BRIEFLY TO FORM DOUGH.
  - 4. PAT DOUGH INTO 3/4 -INCH THICK CIRCLE. CUT INTO 8 WEDGES (LIKE A PIZZA).
- 5. PLACE WEDGES ON BAKING SHEET. BAKE 12-15 MINUTES OR UNTIL GOLDEN BROWN.

# FRENCH TOAST Casserole



## **INGREDIENTS**

5 CUP BREAD
CUBES,
4 EGGS,
1 1/2 CUP MILK,
1/4 CUP WHITE
SUGAR,
1/4 TSP SALT,
1 TSP VANILLA
EXTRACT,
1 TBSP BUTTER,
1 TSP GROUND
CINNAMON

SERVINGS: PREPPING TIME: COOKING TIME: 4 20 MIN 1 HR 15 MIN

## **NUTRITIONAL VALUES**

CALORIES: 402KCAL CARBOHYDRATES: 57.3G PROTEIN: 19.3G FAT: 10.8G SATURATED FAT: 4G CHOLESTEROL: 171MG SODIUM: 731MG FIBER: 7.5G

**SUGAR: 18.9G** 

1. PREHEAT THE OVEN TO 350 DEGREES F. LIGHTLY BUTTER AN 8X8 INCH BAKING PAN.

2. LINE THE BOTTOM OF THE PAN WITH BREAD CUBES.

- 3. IN A LARGE BOWL, BEAT TOGETHER EGGS, MILK, 2 TABLESPOONS SUGAR, SALT AND VANILLA.
- 4. POUR EGG MIXTURE OVER BREAD. DOT WITH BUTTER; LET STAND FOR 10 MINUTES.
- 5. COMBINE REMAINING 2 TABLESPOONS SUGAR WITH 1 TEASPOON CINNAMON AND SPRINKLE OVER THE TOP.
- 6. BAKE IN A PREHEATED OVEN ABOUT 45 TO 50 MINUTES, UNTIL THE TOP IS GOLDEN.

# FRESH PEACH Pancakes



## **INGREDIENTS**

1 PANCAKE MIX. 1/2 TSP GROUND GINGER, 1/2 TSP GROUND CINNAMON, 1/4 TSP KOSHER SALT, 2 LARGE EGGS, 12/3 CUPS MILK, 1 TBSP PURE MAPLE SYRUP OR HONEY, 1 LARGE PEACH (CUT INTO SMALL SLICES), **NONSTICK COOKING** SPRAY, **BUTTER MAPLE SYRUP,** WHIPPED CREAM FOR **SERVING** 

SERVINGS: PREPPING TIME: COOKING TIME: 5 10 MIN 20 MIN

## **NUTRITIONAL VALUES**

CALORIES: 108KCAL CARBOHYDRATES: 20G PROTEIN: 5G FAT: 1G CHOLESTEROL: 29MG POTASSIUM: 204MG FIBER: 2G SUGAR: 4G VITAMIN A: 146IU VITAMIN C: 1MG CALCIUM: 82MG IRON: 1MG

- 1. IN A LARGE MIXING BOWL, PUT PANCAKE MIX, GINGER, CINNAMON, AND SALT.
- 2. IN A SEPARATE BOWL, COMBINE THE EGGS, MILK, MAPLE SYRUP, AND VANILLA.
  - 3. MIX THE DRY AND INGREDIENTS. SET ASIDE FOR 10 MINUTES.
    - 4. ONCE YOUR PAN IS HOT, ADD BUTTER OR OIL.
  - 5. SCOOP 1/4 CUP OF BATTER ONTO THE HOT PAN.
  - 6. ARRANGE 3 TO 4 PEACH SLICES IN A SINGLE LAYER ON TOP. LET COOK ON THE FIRST SIDE UNTIL THE UNDERSIDE OF THE PANCAKE IS GOLDEN.
- 7. FLIP THE PANCAKES, THEN COOK 2 TO 3 MINUTES ON THE OTHER SIDE, UNTIL GOLDEN BROWN AND THE PANCAKE IS COOKED THROUGH.
  - 8. TOP WITH MAPLE SYRUP, BUTTER, AND/OR WHIPPED CREAM AS DESIRED.

# MAPLE TOAST AND

Egg Cups



INGREDIENTS

12 BACON STRIPS
(DICED),

1/2 CUP MAPLE
SYRUP,

1/4 CUP BUTTER,

12 SLICES WHITE
BREAD,

12 EGGS (LARGE),

SALT AND PEPPER
TO TASTE

SERVINGS: PREPPING TIME: COOKING TIME: 6 20 MIN 20 MIN

## **NUTRITIONAL VALUES**

CALORIES: 671KCAL CARBOHYDRATES: 44G
PROTEIN: 21G FAT: 46G SATURATED FAT: 18G
CHOLESTEROL: 476MG SODIUM: 805MG FIBER: 1G

SUGAR: 20G

1. IN A LARGE SKILLET, COOK BACON OVER MEDIUM HEAT UNTIL CRISP. USING A SLOTTED SPOON, REMOVE TO PAPER TOWELS TO DRAIN. IN A SMALL SAUCEPAN, HEAT SYRUP AND BUTTER UNTIL BUTTER IS MELTED; SET ASIDE.

2. TRIM CRUST FROM BREAD; FLATTEN SLICES WITH A ROLLING PIN. BRUSH ONE SIDE GENEROUSLY WITH SYRUP MIXTURE; PRESS EACH SLICE INTO A GREASED MUFFIN CUP WITH SYRUP SIDE DOWN. DIVIDE BACON AMONG MUFFIN CUPS.

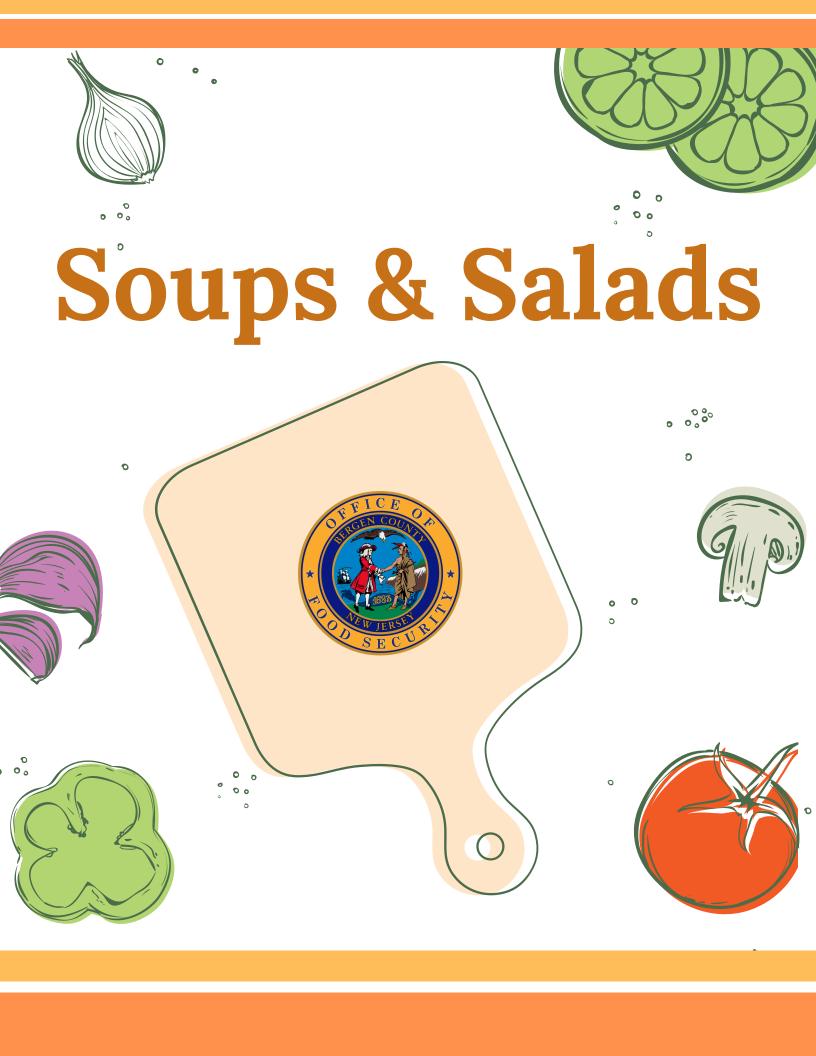
3. CAREFULLY BREAK ONE EGG INTO EACH CUP.

SPRINKLE WITH SALT AND PEPPER. COVER WITH FOIL.

BAKE AT 400° UNTIL EGG WHITES ARE COMPLETELY

SET AND YOLKS BEGIN TO THICKEN BUT ARE NOT

HARD, 18-20 MINUTES. SERVE IMMEDIATELY.



# BASIC ITALIAN Bean Soup



## **INGREDIENTS**

1 TBSP OLIVE OIL,
1 DICED ONION
(LARGE),
2 GARLIC CLOVES
(MINCED),
2 CUP TOMATO
SAUCE,
24 OZ PREPARED
CANNELLONI BEANS,
1 TBSP DRIED BASIL,
1/2 TSP OREGANO,
SALT&PEPPER TO
TASTE

SERVINGS: PREPPING TIME: COOKING TIME: 4 10 MIN 10 MIN

## **NUTRITIONAL VALUES**

CALORIES: 130KCAL CARBOHYDRATES: 22.9G PROTEIN: 36.1G FAT: 4G SODIUM: 654MG FIBER: 8.5G SUGAR: 9.2G CALCIUM: 94MG IRON: 3MG

POTASSIUM: 827MG

1. HEAT OLIVE OIL IN A POT OVER
MEDIUM-HIGH HEAT. COOK AND STIR
ONION IN HOT OIL UNTIL TENDER, ABOUT
5 MINUTES; ADD GARLIC AND CONTINUE
COOKING UNTIL FRAGRANT, 1 TO
MINUTES MORE.

2. POUR TOMATO SAUCE INTO THE POT; STIR. ADD CANNELLINI BEANS, BASIL, OREGANO, SALT AND PEPPER.
BRING THE MIXTURE TO A SIMMER, REDUCE HEAT TO MEDIUM-LOW, AND COOK UNTIL THE BEANS ARE HOT, 5 TO 7 MINUTES MORE.

# CHICKEN GNOCCHI

Soup



## **INGREDIENTS**

11/3 CUPS OF DRY MASHED POTATO CHILLED, 1 CUP ALL PURPOSE FLOUR, 1 MEDIUM EGG, SALT & PEPPER, 1 TSP OLIVE OIL. **4 BONELESS SKINLESS CHICKEN BREASTS (COOKED** AND DICED), 1 STALK OF CELERY (CHOPPED), 1/2 WHITE ONION (DICED), 2 TSP MINICED GARLIC, 1/2 CUP SHREDDED CARROTS, 1 TBSP OLIVE OIL, 4 CUPS CHICKEN BROTH. 2 CUPS HALF AND HALF. 1 CUP FRESH SPINACH (ROUGHLY CHOPPED)

SERVINGS: PREPPING TIME: COOKING TIME: 4 15 MIN 3 MIN

## **NUTRITIONAL VALUES**

CALORIES: 523KCAL CARBOHYDRATES: 52G PROTEIN: 31G FAT: 22G CHOLESTEROL: 99MG SODIUM: 622MG POTASSIUM: 799MG FIBER: 4G SUGAR: 2G VITAMIN A: 3859IU VITAMIN C: 7MG CALCIUM: 184MG

## **DIRECTIONS FOR GNOCCHI**

- 1. MIX MASHED POTATO
- 2. ADD THE FLOUR, EGG, SALT, PEPPER, AND OIL.
- 3. ADD 1 CUP OF ALL-PURPOSE
- 4. ADD 1 MEDIUM EGG, GOOD PINCH SALT AND PEPPER,1 TSP OLIVE OIL
- 5. BEAT SLOWLY UNTIL A STIFF DOUGH FORMS
- 6. SPRINKLE THE WORK SURFACE WITH FLOUR AND DIVIDE THE DOUGH INTO 4 BALLS. SHAPE EACH BALL INTO A LONG SAUSAGE.
- 7. USE A KNIFE TO SLICE THE GNOCCHI ROLLS INTO 2CM PIECES.
- 8. ROLL THE GNOCCHI ALONG THE BACK OF A FORK TO SHAPE INTO RIDGED PIECES

## **DIRECTIONS FOR SOUP**

- 1. HEAT OLIVE OIL IN A LARGE POT OVER MEDIUM HEAT
- 2. ADD CELERY, ONIONS, GARLIC, AND CARROTS AND SAUTE UNTIL ONIONS ARE TRANSLUCENT.
- 3. ADD CHICKEN, CHICKEN BROTH, SALT, PEPPER, BRING TO A BOIL, THEN GENTLY STIR IN GNOCCHI.
- 4. BOIL FOR 3-4 MINUTES LONGER BEFORE REDUCING HEAT TO A SIMMER AND COOKING FOR 10 MINUTES.
- 5. STIR IN HALF AND HALF AND SPINACH AND COOK ANOTHER 1-2 MINUTES UNTIL SPINACH IS TENDER.
- 6. TASTE, ADD SALT AND PEPPER IF NEEDED, AND SERVE.

# GREEN BEAN SALAD with Peaches



## **INGREDIENTS**

2 CUP OLIVE OIL,
4 CRUSHED GARLIC,
1/4 CUP OREGANO
LEAVES/POWDER,
SALT TO TASTE,
2 TBSP OLIVE OIL,
1 CHOPPED ONION,
1 CAN OF PEACHES
(DRAINED) or 3
PEACHES CUT INTO
3/4-INCH PIECES,
2 CANS OF GREEN
BEANS,
1/3 CUP ALMONDS

SERVINGS: PREPPING TIME: COOKING TIME: 4 20 MIN 20 MIN

## **NUTRITIONAL VALUES**

CALORIES: 543 KCAL CARBOHYDRATES: 22G PROTEIN: 5G FAT: 51G SODIUM: 164MG POTASSIUM: 451MG FIBER: 6G SUGAR: 12G VITAMIN A: 921IU VITAMIN C: 18MG CALCIUM: 98MG

**IRON: 3MG** 

## **MAKING THE OIL:**

1. COMBINE THE OREGANO, GARLIC, SALT, AND OLIVE OIL IN A SMALL BOWL. SET ASIDE.

## **CARAMELIZE THE ONIONS:**

- 1. HEAT A PAN IN MEDIUM-HIGH HEAT.
- 2. ADD 1 TBSP OF OLIVE OIL AND ADD ONIONS.
- 3. ADD A GENEROUS AMOUNT OF SALT AND TOSS UNTIL GOLDEN BROWN.
- 4. TRANSFER TO A BOWL AND STIR IN THE PEACHES AND SET ASIDE

## **COOK THE GREEN BEANS:**

- 1. HEAT 1 TABLESPOON OF OLIVE OIL IN THE PAN OVER HIGH HEAT
- 2. ADD THE GREEN BEANS, SEASON WITH A COUPLE PINCHES OF SALT, TOSS WELL, AND ALLOW TO TENDERIZE AND COOK.
- 3. REMOVE FROM HEAT AND DRIZZLE WITH GARLIC-OREGANO OIL
- 4.TOSS WELL AND TRANSFER TO THE BOWL OF PEACHES ALONG WITH ALMONDS

# SIMPLE MACARONI Lalad



### **INGREDIENTS**

**1 LB ELBOW MACARONI** (UNCOOKED), 1/4 CUP DICED CÉLERY, 1/4 CUP DICED RED ONION, 1/2 CUP DICED BELL 1/2 FROZEN PEAS, 1 CUP CHEDDAR CHEESE. 1 CUP MAYO, 1/4 CUP DISTILLED VINEGAR, 2 TBSP SUGAR, 1 TBSP DIJON MUSTARD, **2 TBSP SWEET PICKLE** RELISH. SALT & BLACK PEPPER

SERVINGS: PREPPING TIME: COOKING TIME: 12 10 MIN 15 MIN

## **NUTRITIONAL VALUES**

CALORIES: 321KCAL CARBOHYDRATES: 33G PROTEIN: 6G FAT: 18G CHOLESTEROL: 18MG SODIUM: 429MG POTASSIUM: 51MG FIBER: 1G SUGAR: 5G VITAMIN A: 387IU VITAMIN C: 11MG

**CALCIUM: 72MG IRON: 1MG** 

## MAKING THE SALAD

- 1. COOK THE NOODLES ACCORDING TO PACKAGE INSTRUCTIONS, THEN DRAIN AND RINSE WITH COOL WATER.
- 2. DRAIN AND ADD PASTA TO A LARGE BOWL.
- 3. ADD IN THE DICED CELERY, RED ONION, RED BELL PEPPER, PEAS AND CHEESE.

## MAKING THE DRESSING

- 1. WHISK TOGETHER THE DRESSING INGREDIENTS IN A SMALL BOWL UNTIL SMOOTH AND CREAMY.
- 2. POUR THE DRESSING INTO THE LARGE BOWL AND STIR TO COAT EVENLY.
- 3. KEEP THE SALAD COVERED AND REFRIGERATED UNTIL READY TO SERVE.

# TUNA MACARONI Slalad



## **INGREDIENTS**

1 LB ELBOW
MACARONI,
1/2 CUP RED ONION
(CHOPPED),
2 RIBS CELERY
(CHOPPED),
1 12-OZ CAN OF
TUNA,
1 1/4 CUP
MAYONNAISE,
1 12-OZ CAN OF
CORN,
SALT AND PEPPER TO
TASTE

SERVINGS: PREPPING TIME: COOKING TIME: 10-12 15 MIN 10 MIN

## **NUTRITIONAL VALUES**

CALORIES: 484KCAL CARBOHYDRATES: 51G PROTEIN: 26G FAT: 19G SODIUM: 695MG FIBER: 3G

SUGAR: 8G CALCIUM: 44MG IRON: 1.9MG

POTASSIUM: 458MG

- 1. BRING A POT OF SALTED WATER TO A BOIL. COOK PASTA ACCORDING TO PACKAGE DIRECTIONS. DRAIN AND RINSE UNDER COLD WATER. DRAIN AGAIN AND ADD TO A LARGE BOWL.
- 2. ADD REMAINING INGREDIENTS AND STIR TO MIX.
  - 3. REFRIGERATE UNTIL READY TO SERVE.

    CAN BE MADE A DAY IN ADVANCE.

# VEGGIE PASTA Salad



## **INGREDIENTS**

1 LB PASTA
NOODLES,
1 BOTTLE ITALIAN
DRESSING TO TASTE,
1 TOMATO (DICED),
1 CHOPPED PEPPER
OF YOUR CHOICE,
1 SMALL ONION
(DICED),
1 CAN SLICED
OLIVES,
1 CUCUMBER
(DICED)

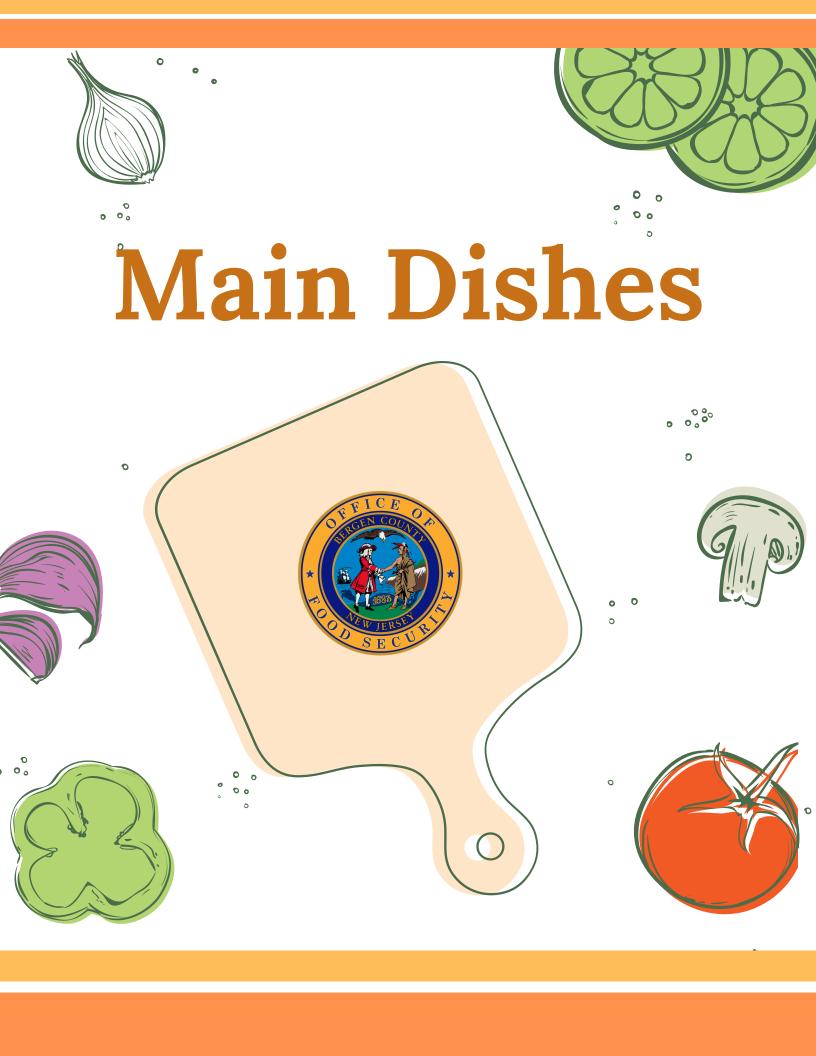
SERVINGS: PREPPING TIME: COOKING TIME: 8 15 MIN 20 MIN

## **NUTRITIONAL VALUES**

CALORIES: 200KCAL CARBOHYDRATES: 26G
PROTEIN: 8G FAT: 7G SATURATED FAT: 2G
CHOLESTEROL: 10MG SODIUM: 330MG FIBER: 2G

SUGAR: 4G CALCIUM: 10% IRON: 8%

- 1. COOK PASTA ACCORDING TO THE INSTRUCTIONS ON THE BOX. WHEN IT'S DONE, DRAIN AND COOL IT.
- 2. WASH THE VEGETABLES AND CUT THEM INTO PIECES. SLICE THE OLIVES.
  - 3. MIX THE PASTA AND THE VEGETABLES TOGETHER.
  - 4. ADD THE AMOUNT OF DRESSING YOU WOULD LIKE.
  - 5. YOU CAN EAT IT IMMEDIATELY OR CHILL IT FOR LATER.



# BAKED LEMON Jilapia



## **INGREDIENTS**

4 FRESH OR FROZEN
TILAPIA FILLETS,
2 TSP BUTTER,
1 WHITE ONION
(SLICED),
1/4 TSP OLD BAY
SEASON,
1/2 TSP GARLIC SALT,
1 LEMON SLICED,
1 PKG FROZEN
CAULIFLOWER WITH
BROCCOLI AND RED
PEPPER,
SALT & PEPPER TO
TASTE

SERVINGS: PREPPING TIME: COOKING TIME: 4 5 MIN 30 MIN

## **NUTRITIONAL VALUES**

CALORIES: 126KCAL CARBOHYDRATES: 17.7G PROTEIN: 8.9G FAT: 2.4G SODIUM: 104MG POTASSIUM: 236MG FIBER: 5.6G

**SUGAR: 4.8G CALCIUM: 41MG IRON: 1MG** 

1. PREHEAT THE OVEN TO 375 DEGREES.

GREASE A 9 X 13 BAKING DISH.

2. NEXT, HEAT A PAN ON MEDIUM-HIGH HEAT, ADD

1 TSP OF BUTTER AND START SAUTÉING THE ONIONS

UNTIL THEY ARE CARAMELIZED.

3. PLACE THE TILAPIA FILLETS IN THE BAKING DISH AND DOT WITH THE REMAINING BUTTER. SEASON WITH OLD BAY SEASONING AND GARLIC SALT. TOP EACH ONE WITH A SLICE OR TWO OF LEMON. ARRANGE THE FROZEN MIXED VEGETABLES AROUND THE FISH, AND SEASON LIGHTLY WITH SALT AND PEPPER.

4. COVER THE DISH AND BAKE FOR 25 TO 30 MINUTES IN THE PREHEATED OVEN, UNTIL VEGETABLES ARE TENDER AND FISH FLAKES EASILY WITH A FORK.

5. SERVE WITH RICE AND BROCCOLI, AND SAUTÉED ONIONS.

# BRAISED CHICKEN

# with Peppers & Onions



## **INGREDIENTS**

1 WHOLE CHICKEN (CUT INTO 8 PIECES), SALT AND PEPPER TO TASTE, 2 TBSP OIL, 1 LARGE ONION (SLICED THINLY), 1 TBSP MINCED GARLIC. **2 BELL PEPPERS** (SLICED THINLY), 1 JAR OF PASTA SAUCE, 3/4 LB DRIED PASTA OF CHOICE

SERVINGS: PREPPING TIME: COOKING TIME: 40 MIN 40 MIN

## **NUTRITIONAL VALUES**

CALORIES: 898KCAL CARBOHYDRATES: 119.6G PROTEIN: 51.4G FAT: 22.3G SODIUM: 875MG POTASSIUM: 1316MG FIBER: 10.2G SUGAR: 24.2G

**CALCIUM: 98MG IRON: 7MG** 

- 1. PREHEAT LARGE SKILLET OVER MEDIUM HEAT.
  SEASON CHICKEN WITH SALT AND PEPPER.
- 2. ADD OIL TO SKILLET. COOK CHICKEN
  UNTIL LIGHTLY BROWNED, ABOUT 5 MINUTES
  PER SIDE. TRANSFER TO A PLATE.
  - 3. ADD ONIONS AND PEPPERS TO SKILLET,
    COOKING UNTIL SOFTENED. ADD GARLIC,
    AND COOK FOR 1 MINUTE.
- 4. ADD PASTA SAUCE TO SKILLET. BRING TO A SIMMER, THEN ADD CHICKEN, AND COOK UNTIL COOKED THROUGH, ABOUT 15 MINUTES.
  - 5. COOK PASTA PER PACKAGE DIRECTIONS.
  - 6. SERVE CHICKEN AND SAUCE OVER PASTA.

# CHICKEN CAESAR SALAD Mrap



# INGREDIENTS 1 WHOLE ROMAINE HEART SHREDDED, 3 TBSP EVERYTHING BUT THE BAGEL SEASONING, 2 CHICKEN BREASTS SEASONED WITH SALT & PEPPER AND GRILLED, 2 LARGE TORTILLAS, CAESAER SALAD DRESSING

SERVINGS: PREPPING TIME: COOKING TIME: 2 5 MIN 5 MIN

## **NUTRITIONAL VALUES**

CALORIES: 1287KCAL CARBOHYDRATES: 71G PROTEIN: 72G FAT: 85G SODIUM: 4344MG POTASSIUM: 2784MG FIBER: 25G SUGAR: 6G VITAMIN A: 18806IU VITAMIN C: 163MG CALCIUM:

**566MG IRON: 9MG** 

1. COMBINE THE INGREDIENTS
WITH CAESAR DRESSING AND
SET ASIDE.

2. PLACE A HEADING PORTION
INTO 2 TORTILLAS AND WRAP
AND ROLL. SLICE ON A DIAGONAL
AND SERVE.

## CHICKEN FRIED

Rice



#### **INGREDIENTS**

**3 CUPS COOKED RICE, 3/4 LB BONELESS SKINLESS CHICKEN** BREASTS (DICED), 1 TBSP TOASTED SESAME OIL. 1 TBSP CANOLA OIL, 11/3 CUPS FROZEN PEAS & CARROTS, **3 GREEN ONIONS** (CHOPPED), 2 CLOVES GARLIC (MINCED), 2 LARGE EGGS, **3 TBSP SOY SAUCE**, SALT & PEPPER, SRIRACHA

SERVINGS: PREPPING TIME: COOKING TIME: 3 10 MIN 15 MIN

#### **NUTRITIONAL VALUES**

CALORIES: 518KCAL CARBOHYDRATES: 54G PROTEIN: 36G FAT: 17G POTASSIUM: 726MG FIBER: 6G SUGAR: 1G VITAMIN

A: 62201U VITAMIN C: 11.2MG

1. BRING A LARGE POT OF LIGHTLY SALTED WATER TO A BOIL. COOK SPAGHETTI IN BOILING WATER FOR ABOUT 12 MINUTES. THEN, DRAIN AND RINSE THE NOODLES WITH COLD WATER TO COOL.

2. MEANWHILE, WHISK TOGETHER SOY SAUCE, HONEY, AND GARLIC POWDER IN A SMALL BOWL AND SET ASIDE.

3. HEAT OIL IN A LARGE PAN. COOK AND STIR CELERY, CARROTS, ONION, AND GREEN ONIONS IN HOT OIL UNTIL SLIGHTLY TENDER, 5 TO 7 MINUTES.

4. ADD SPAGHETTI AND SOY SAUCE MIXTURE. COOK AND STIR FREQUENTLY FOR ABOUT 5 MINUTES.

# CHICKEN KATSU with Peas



**INGREDIENTS 4 SKINLESS BREAST** HALVES (POUNDED **TO 1/2 INCH** THICKNESS), SALT, PEPPER, 2 TBSP ALL-PURPOSE FLOUR, 1 EGG (BEATEN), 1 CUP BREAD CRUMBS, 1 CUP OIL FOR FRYING, 1 CAN PEAS, **1 TBSP UNSALTED** BUTTER

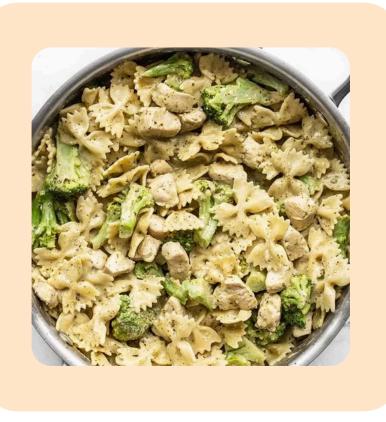
SERVINGS: PREPPING TIME: COOKING TIME: 4 15 MIN 10 MIN

#### **NUTRITIONAL VALUES**

CALORIES: 297KCAL CARBOHYDRATES: 22G PROTEIN: 31G FAT: 11G POTASSIUM: 239MG CALCIUM: 20MG IRON: 1MG

- 1. SEASON CHICKEN BREASTS ON BOTH SIDES WITH SALT AND PEPPER. COAT CHICKEN BREASTS IN FLOUR, SHAKING OFF ANY EXCESS. THEN, DIP INTO THE EGG. FINALLY, PRESS BREADCRUMBS UNTIL WELL COATED ON BOTH SIDES.
- 2. HEAT OIL IN A LARGE PAN OVER MEDIUM-HIGH HEAT. PLACE CHICKEN IN THE HOT OIL, AND FRY UNTIL GOLDEN BROWN AND TRANSFER TO A PAPER TOWELLINED PLATE TO DRAIN.
  - 3. ADD PEAS AND 1/2 CUP OF WATER IN A MEDIUM SAUCEPAN. COVER AND PLACE OVER MEDIUM-HIGH HEAT. STIR OCCASIONALLY AND COOK UNTIL THE PEAS ARE STEAMING HOT.
- 4. THOROUGHLY DRAIN OFF ALL THE WATER AND STIR IN 1 TABLESPOON UNSALTED BUTTER AND SERVE WITH CHICKEN KATSU.

# CREAMY PESTO PASTA with Chicken and Broccoli



#### **INGREDIENTS**

8 OZ PASTA,
8 OZ FROZEN
BROCCOLI FLORETS,
1 TBSP OLIVE OIL,
1 LB BONELESS
SKINLESS CHICKEN
BREAST,
1/3 CUP BASIL
PESTO,
1/2 CUP CHICKEN
BROTH,
4 OZ CREAM
CHEESE

SERVINGS: PREPPING TIME: COOKING TIME: 4 5 MIN 30 MIN

#### **NUTRITIONAL VALUES**

CALORIES: 446KCAL CARBOHYDRATES: 35.7G PROTEIN: 34.9G FAT: 17.9G SODIUM: 271MG POTASSIUM: 766MG FIBER: 1.5G SUGAR: 1.1G CALCIUM: 68MG IRON: 3MG

1. PREPARE THE PASTA ACCORDING TO THE BOX

JUST UNTIL THE PASTA IS TENDER.

2. ONCE THE PASTA IS TENDER, ADD THE FROZEN BROCCOLI FLORETS TO THE WATER WITH THE PASTA AND CONTINUE TO COOK FOR 2-3 MORE MINUTES, OR UNTIL THE BROCCOLI IS TENDER. DRAIN THE PASTA AND BROCCOLI IN A COLANDER.

3. WHILE THE PASTA IS COOKING, CUT THE CHICKEN BREAST INTO 1/2-INCH PIECES. HEAT ONE TBSP. OLIVE OIL IN A LARGE SKILLET OVER MEDIUM HEAT. ONCE HOT, ADD THE CHICKEN AND CONTINUE TO COOK UNTIL THE OUTSIDE OF THE CHICKEN PIECES ARE WHITE, BUT THEY'RE STILL TENDER IN THE CENTER.

4. ADD THE CHICKEN BROTH TO THE SKILLET WITH THE CHICKEN AND ALLOW IT TO HEAT THROUGH.

5. ONCE HOT, ADD THE CREAM CHEESE (CUT INTO SMALL PIECES) AND PESTO. CONTINUE TO STIR AND COOK UNTIL THE CREAM CHEESE HAS MELTED AND CREATED A SMOOTH, CREAMY SAUCE WITH THE PESTO AND CHICKEN BROTH.

6. FINALLY, ADD THE COOKED AND DRAINED PASTA AND BROCCOLI TO THE SKILLET AND STIR TO COAT IT IN THE CREAM SAUCE.

# CHICKEN SALAD Sandwich



INGREDIENTS

3-4 CUP CANNED
CHICKEN,
8 SLICES TOASTED
BREAD,
1 CUP MAYONNAISE,
1-2 STICKS OF CELERY,
SPLASH LEMON JUICE,
PINCH SALT AND
PEPPER,
1 GREEN ONION,
1 TSP DIJON
MUSTARD,
2 TBSP OLIVE OIL

SERVINGS: PREPPING TIME: COOKING TIME: 4 30 MIN 30 MIN

#### **NUTRITIONAL VALUES**

CALORIES: 494KCAL CARBOHYDRATES: 24.1G PROTEIN: 42.7G FAT: 24.5G SODIUM: 659MG POTASSIUM: 349MG FIBER: 0.9G SUGAR: 4.9G CALCIUM: 66MG IRON: 2MG

1. PUT CHICKEN, MAYONNAISE, CELERY,
LEMON JUICE, GREEN ONION AND
MUSTARD IN A BOWL AND MIX UNTIL THE
MIXTURE IS COMPLETELY COMBINED.

2. NEXT ADD SALT AND PEPPER TO TASTE.

3. TOAST YOUR BREAD.

4. ADD LETTUCE AND TOMATOES TO YOUR SANDWICH.

## CHICKEN QUESADILLA



#### INGREDIENTS

1 LB CHICKEN BREASTS
(CUT INTO BITE SIZED
PIECES), 1 TBSP OIL,
1/2 CUP DICED BELL
PEPPER,
1/2 DICED ONION, 1
MEDIUM JALAPENO
DICED,
2 CLOVES GARLIC, 1
TBSP TACO
SEASONING,
2 CUP SHREDDED
CHEESE,
4 MEDIUM FLOUR
TORTILLAS

SERVINGS: PREPPING TIME: COOKING TIME: 4 20 MIN 20 MIN

#### **NUTRITIONAL VALUES**

CALORIES: 359KCAL CARBOHYDRATES: 16.9G PROTEIN: 37.2G FAT: 15.6G SODIUM: 467MG POTASSIUM: 383MG FIBER: 2.2G SUGAR: 3.1G CALCIUM: 119MG IRON: 2MG

1. CUT CHICKEN BREASTS INTO SMALL BITE SIZE
PIECES. HEAT OIL OVER MEDIUM-HIGH HEAT IN A
LARGE HEAVY DUTY PAN. ADD THE CHICKEN BREASTS
AND TACO SEASONING TO THE PAN. SAUTEE 4-5
MINUTES THEN ADD THE BELL PEPPER, ONION, AND
GARLIC, SAUTEE ANOTHER 5 MINUTES OR UNTIL
THE CHICKEN IS COOKED THROUGH. REMOVE
MIXTURE FROM THE PAN AND SET ASIDE.

2. TO THE SAME PAN, ADD 1/2 TSP OIL AND A TORTILLA, TOP WITH A HANDFUL OF SHREDDED CHEESE, AND 1/4TH THE CHICKEN MIXTURE, THEN WITH MORE CHEESE. FOLD THE TORTILLA AND COOK ON BOTH SIDES UNTIL CRISPY AND GOLDEN. REMOVE FROM THE PAN AND REPEAT WITH REMAINING TORTILLAS.

3. TO SERVE: SLICE TORTILLAS IN HALF OR THIRDS AND SERVE WITH SOUR-CREAM, SALSA, GUACAMOLE OR YOUR FAVORITE DIPPING SAUCE.

### GRILLED CHICKEN

## Dinner



#### **INGREDIENTS**

1 LB CHICKEN **BREASTS/4 CHICKEN BREASTS (WITHOUT** BONESSKIN), 1/3 CUP OIL, 1/4 CUP CIDER VINEGAR, 3 TBSP WORCESTERSHIRE SAUCE. 2 TBSP LEMON JUICE. **2 TBSP ITALIAN** SEASONING, 1 TBSP SALT&PEPPER. 1 TBSP SUGAR, 1 TSP GARLIC POWDER

SERVINGS: PREPPING TIME: COOKING TIME: 4 5 MIN 15 MIN

#### **NUTRITIONAL VALUES**

CALORIES: 238KCAL CARBOHYDRATES: 2G PROTEIN: 24G FAT: 3.5G SODIUM: 1125MG POTASSIUM: 441MG FIBER: 3.5G SUGAR: 1G

**CALCIUM: 14MG IRON: 7MG** 

1. POUND THE CHICKEN TO 1/2 INCH THICKNESS FOR EVEN COOKING.

2. TO ADD FLAVOR/TENDERIZE THE CHICKEN, MARINATE FOR 30 MINUTES.

3. PLACE ON A GRILL AND FLIP TO COOK ON EACH SIDE FOR 7-8 MINUTES.

4. REST CHICKEN FOR 3-5 MINUTES BEFORE CUTTING TO PREVENT DRY CHICKEN.

## HOMEMADE MAC and Cheese



INGREDIENTS

3/4 LB PASTA,

3 CUP ANY CHEESE,

4 OZ BUTTER,

4 OZ FLOUR,

2 1/2 CUP MILK,

1/2 TSP ONION

POWDER,

1/2 TSP GARLIC

POWDER,

1/2 TSP SALT,

1/2 TSP PEPPER

SERVINGS: PREPPING TIME: COOKING TIME: 5 30 MIN 30 MIN

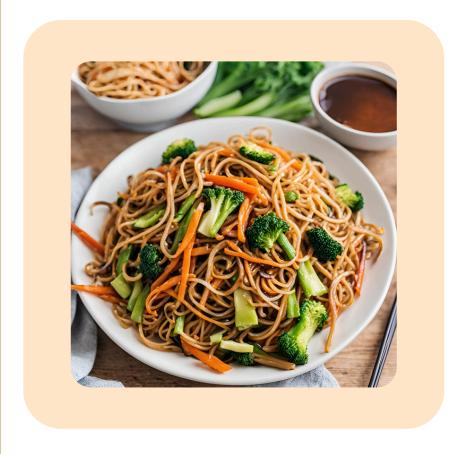
#### **NUTRITIONAL VALUES**

CALORIES: 648KCAL CARBOHYDRATES: 51.6G PROTEIN: 26G FAT: 37.6G SODIUM: 717MG POTASSIUM: 247MG FIBER: 0.6G

SUGAR: 5.1G CALCIUM: 546MG IRON: 3MG

- 1. START BY BOILING YOUR WATER AND PUTTING IN YOUR UNCOOKED PASTA AND LETTING IT COOK TILL AL DENTE.
- 2. START BY MELTING YOUR BUTTER INTO A SAUTE PAN ON MEDIUM HEAT, THEN ADDING YOUR FLOUR AND MIX UNTIL IT CREATES A WET SAND TEXTURE. AND LET COOK FOR 1-2 MINUTES.
  - 3. IN A SEPARATE POT, TRANSFER THE BUTTER AND FLOUR MIXTURE (ROUX) AND START ADDING YOUR MILK UNTIL COMBINED AND CONTINUE TO MIX UNTIL THE MIXTURE BECOMES THICK.
  - 4. THEN ADD IN YOUR CHEESE, SALT, PEPPER, ONION POWDER, AND GARLIC POWDER AND MIX IN YOUR MILK MIXTURE UNTIL HOMOGENEOUS.
- 5. TO FINISH IT OFF YOU WILL ADD YOUR DRAINED, COOK PASTA INTO THE BÉCHAMEL SAUCE AND FOLD THE PASTA IN UNTIL COMBINED. THEN YOU ARE READY TO SERVE.

## QUICK & EASY LO MEIN Noodles



#### **INGREDIENTS**

1 PKG SPAGHETTI, 4 TBSP SOY SAUCE, **3 TBSP HONEY**. **2 TBSP VEGETABLE** OIL, 1/2 TSP GARLIC POWDER, **2 STALKS CELERY** (SLICED), 2 CÀRROTS (CUT INTO LARGE MATCH STICKS), 1/2 ONION (THINLY SLICED), **2 GREEN ONIONS** (SLICED)

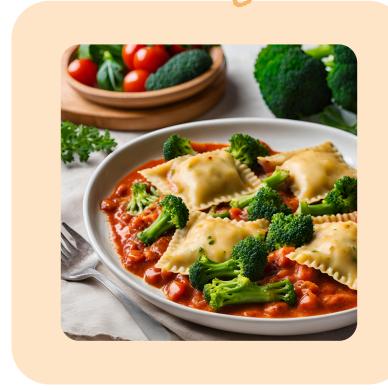
SERVINGS: PREPPING TIME: COOKING TIME: 4 15 MIN 25 MIN

#### **NUTRITIONAL VALUES**

CALORIES: 344KCAL CARBOHYDRATES: 60G PROTEIN: 9G FAT: 8G SODIUM: 398MG FIBER: 25G SUGAR: 15G

- 1. BRING A LARGE POT OF LIGHTLY SALTED WATER TO A BOIL. COOK SPAGHETTI IN BOILING WATER FOR ABOUT 12 MINUTES. THEN, DRAIN AND RINSE THE NOODLES WITH COLD WATER TO COOL.
- 2. MEANWHILE, WHISK TOGETHER SOY SAUCE, HONEY, AND GARLIC POWDER IN A SMALL BOWL AND SET ASIDE.
- 3. HEAT OIL IN A LARGE PAN. COOK AND STIR CELERY, CARROTS, ONION, AND GREEN ONIONS IN HOT OIL UNTIL SLIGHTLY TENDER, 5 TO 7 MINUTES.
- 4. ADD SPAGHETTI AND SOY SAUCE MIXTURE. COOK AND STIR FREQUENTLY FOR ABOUT 5 MINUTES.

## RAVIOLI with Vegetables



#### **INGREDIENTS**

10 OZ CANNED
RAVIOLI,
15 OZ PASTA
SAUCE,
8 OZ GREEN
BEANS,
10 CUP BROCCOLI
(STEMS REMOVED),
2 TSP SALT,
3 TBSP SHREDDED
PARMESAN CHEESE

SERVINGS: PREPPING TIME: COOKING TIME: 5 MIN 10 MIN

#### **NUTRITIONAL VALUES**

CALORIES: 344KCAL CARBOHYDRATES: 54.2G PROTEIN: 17.6G FAT: 8.8G SODIUM: 2412MG POTASSIUM: 1571MG FIBER: 14.8G SUGAR: 21.1G

CALCIUM: 332MG IRON: 4MG

1. HEAT A LARGE POT OF WATER TO BOILING ON HIGH. WHEN WATER RETURNS TO A BOIL, ADD THREE HEADS OF BROCCOLI AND 2 TSP OF SALT AND COOK FOR 3 MIN.

2. IN A LARGE SKILLET, ADD THE PASTA SAUCE. COOK AND STIR OVER MEDIUM HEAT UNTIL HEATED THROUGH.

3. MICROWAVE THE CANNED RAVIOLI.

4. TO THE SAME SKILLET, ADD THE COOKED RAVIOLI, BROCCOLI, AND GREEN BEANS. TOSS UNTIL WELL COMBINED. TOP WITH PARMESAN.

# SALMON SALAD RICE BOWL with Corn



#### **INGREDIENTS**

1 CAN OF SALMON
(DRAINED),
2 TBSP SOY SAUCE,
1 TBSP
MAYONNAISE,
1 TBSP SPICY
MUSTARD,
RICE OF CHOICE,
1 CAN OF CORN,
1/2 CUCUMBER
(DICED),
GREEN ONION
(OPTIONAL)

SERVINGS: PREPPING TIME: COOKING TIME: 1 BOWL 10 MIN 5 MIN

#### **NUTRITIONAL VALUES**

CALORIES: 325KCAL CARBOHYDRATES: 5G PROTEIN: 35G FAT: 18G SODIUM: 578MG POTASSIUM: 855MG FIBER: 0.1G SUGAR: 4G VITAMIN A: 68IU VITAMIN C: 0.03MG CALCIUM: 23MG IRON: 2MG

1. PREPARE THE RICE PER THE PACKAGING INSTRUCTIONS.

2. OPEN A CAN OF CORN AND POUR INTO A SAUCEPAN. HEAT OVER MEDIUM-HIGH HEAT UNTIL WARMED THROUGH.

3. IN A SMALL BOWL, COMBINE THE SALMON, MAYONNAISE, SOY SAUCE, AND SPICY MUSTARD. SEASON WITH SALT AND PEPPER TO TASTE.

4. TOP THE RICE WITH SALMON, CORN, CUCUMBERS, GREEN ONIONS AND SERVE.

### SMOKED AUSTRALIAN

Beans



**INGREDIENTS** 1 TBSP OLIVE OIL, 1 ONION (CHOPPED), 1 CUP BACON (CHOPPED), 1 CAN OF BEEF CHILI, 1 CAN CANNELLINI **BEANS (DRAINED** AND RINSED), 1 CAN BAKED BEANS, **2 TSP BROWN** SUGAR, 2 TSP MUSTARD, 1/3 **CUP FINELY** CHOPPED PARSLEY, TOASTED BREAD OF CHOICE

SERVINGS: PREPPING TIME: COOKING TIME: 4 10 MIN 25 MIN

#### **NUTRITIONAL VALUES**

CALORIES: 515KCAL CARBOHYDRATES: 46.1G PROTEIN: 29.7G FAT: 21.8G POTASSIUM: 671MG FIBER: 12.8G SUGAR: 1.1G VITAMIN A: 172.5UG VITAMIN C: 8.3MG CALCIUM: 94.4MG

**IRON: 4.2MG** 

- 1. HEAT OIL IN A LARGE PAN OVER MEDIUM-HIGH HEAT.
  - 2. ADD ONION AND BACON.
  - 3. STIR UNTIL ONION IS TENDER.
  - 4. ADD CHILI AND COOK FOR 7 TO 8 MINUTES OR UNTIL BROWNED.
    - 5. SALT AND PEPPER TO TASTE.
- 6. ADD CANNELLINI BEANS, BAKED BEANS, 1/2 CUP WATER, SUGAR, AND MUSTARD. BRING IT TO A BOIL.
  - 7. SIMMER FOR 5 TO 7 MINUTES OR UNTIL THICKENED.
    - 8. STIR IN HALF THE PARSLEY.
    - 9. SPRINKLE BEANS WITH REMAINING PARSLEY.
      - 10. SERVE WITH TOAST.

## **SWEET SOY SAUCE** SALMON BITES &

Pine



**INGREDIENTS SALMON CUT INTO** 1" CUBES, 2 TBSP SOY SAUCE. 1 TBSP HONEY (OR MAPLE SYRUP OR **BROWN SUGAR),** 1 TBSP COOKING OIL, 2 TSP MINCED GARLIC, RICE OF CHOICE, 1 CAN OF CORN, **GREEN ONION** 

**SERVINGS: PREPPING TIME: COOKING TIME: 10 MIN 30 MIN** 

#### **NUTRITIONAL VALUES**

CALORIES: 325KCAL CARBOHYDRATES: 5G PROTEIN: 35G FAT: 18G SODIUM: 578MG POTASSIUM: 855MG FIBER: 0.1G SUGAR: 4G VITAMIN A: 681IU VITAMIN C: 0.03MG CALCIUM: 23MG

**IRON: 2MG** 

- 1. PLACE THE CUBED SALMON INTO A BOWL. MIX TOGETHER THE SOY SAUCE, MINCED GARLIC, AND SWEETENING OF CHOICE (HONEY/MAPLE SYRUP/BROWN SUGAR). POUR OVER THE SALMON AND TOSS TO COAT WELL. FOR BEST RESULTS, ALLOW TO MARINATE FOR 30 MINUTES TO 5 HOURS IN THE FRIDGE, OR PROCEED IMMEDIATELY WITH COOKING.
  - 2. PREPARE THE RICE PER THE PACKING INSTRUCTIONS.
- 3. OPEN A CAN OF CORN AND POUR INTO A SAUCEPAN.
  HEAT OVER MEDIUM-HIGH HEAT UNTIL WARMED THROUGH.
- 4. ADD THE CANOLA OIL TO THE SKILLET AND SWIRL TO COAT.

  ADD MARINATED SALMON CUBES TO THE SKILLET AND SEAR

  FOR 2-3 MINUTES UNTIL NICE AND BROWN. FLIP THE

  SALMON USING TONGS AND REPEAT SEARING.
  - 5. POUR ANY REMAINING MARINADE INTO THE SKILLET AND ALLOW THE SALMON TO COAT IN THE SAUCE.
  - 6. SERVE WITH RICE, CORN, AND SALMON CUBES. GARNISH WITH SLICED GREEN ONIONS IF DESIRED.

# TOMATO & CHICKEN Risotto



**INGREDIENTS** OLIVE OIL, MINCED GARLIC, 1 CUP OF CHICKEN STOCK. **4 CHICKEN THIGH** FILLETS (CUT INTO BITE-SIZED PIECES), 2 ONIONS (FINELY DICED), 2 CUPS OF RICE. 1 CAN CHOPPED TOMATOES, CHEESE OF CHOICE, 1/4 STICK OF UNSALTED BUTTER

SERVINGS: PREPPING TIME: COOKING TIME: 5 45 MIN 30 MIN

#### **NUTRITIONAL VALUES**

CALORIES: 682 KCAL CARBOHYDRATES: 91G PROTEIN: 32G

FAT: 20G SODIUM: 2.6G FIBER: 4G SUGAR: 8G

- 1. IN A LARGE PAN, ADD CHICKEN STOCK TO 6 CUPS OF BOILING WATER. KEEP ON LOW HEAT AND BRING IT TO A GENTLE SIMMER.
- HEAT OLIVE OIL IN A WIDE, DEEP FRYING PAN. FRY THE CHICKEN PIECES
  FOR 6-8 MINUTES UNTIL COOKED THROUGH AND GOLDEN.
- 3. REMOVE CHICKEN FROM THE PAN AND SET ASIDE. ADD THE ONION INTO THE SAME PAN, AND FRY FOR 10-15 MINUTES, STIRRING FREQUENTLY
  UNTIL REALLY TENDER AND TRANSLUCENT.
- 4. ADD THE RICE TO THE ONIONS AND COOK FOR A FEW MINUTES TO TOAST IT, THEN TIP IN THE TOMATOES AND BRING TO A SIMMER. STIRRING CONTINUALLY, ADD THE STOCK A LADLEFUL AT A TIME, WAITING UNTIL THE LIQUID IS ABSORBED BEFORE YOU ADD THE NEXT ONE.
- 5. WHEN MOST OR ALL OF THE STOCK HAS BEEN ADDED AND THE RICE IS TENDER, AFTER ABOUT 25 MINUTES, STIR IN THE COOKED CHICKEN.
  - 6. ADD A TABLESPOON OF GARLIC AND CHEESE OF CHOICE. SEASON WITH SALT AND PEPPER TO TASTE.
- 7. REMOVE FROM THE HEAT, STIR IN THE BUTTER AND COVER THE PAN.
  REST FOR 5-10 MINUTES BEFORE SERVING, TOP WITH THE REMAINING
  CHEESE, EXTRA BLACK PEPPER, AND DRIZZLE WITH THE REMAINING OIL.

### VEGETARIAN RAMEN

Bowl



#### **INGREDIENTS**

**3 TBSP OLIVE OIL**, 1 CUP SHRED CARROTS. **2 CUPS THINLY SLICED** MUSHROOMS, **3 GARLIC CLOVES** (MINCED), 2 TSP SESAME OIL, 6 CUPS CHICKEN BROTH. 4 TBSP SOY SAUCE, **2 PACKAGES OF RAMEN** NOODLES. **3 CUPS OF SPINACH** (THINLY SLICED), 1 CUP GREEN ONIONS (THINLY SLICED), **SESAME SEEDS, 2-3 EFFS** (SOFT BOILED)

SERVINGS: PREPPING TIME: COOKING TIME: 2 BOWLS 20 MIN 15 MIN

#### **NUTRITIONAL VALUES**

CALORIES: 339KCAL CARBOHYDRATES: 38G PROTEIN: 31.3G FAT: 5.8G SATURATED FAT: 1.6G CHOLESTEROL: 145.7MG

SODIUM: 249.7MG FIBER: 3.3G SUGAR: 2.2G

- 1. IN A LARGE POT HEAT OLIVE OIL ON MEDIUM HEAT.
- 2. ADD IN CARROTS AND MUSHROOMS AND COOK FOR 3-4 MINUTES. ADD IN MINCED GARLIC AND S ESAME OIL AND COOK FOR 1-2 MINUTES.
- 3. ADD IN BROTH, SOY SAUCE, AND BRING BROTH TO A SLOW SIMMER. STIR IN SPINACH AND COOK UNTIL WILTED. ADD DRIED RAMEN PACKAGES TO SIMMERING BROTH AND COOK FOR 2-3 MINUTES.

4. TOP SOUP BOWLS OFF WITH SESAME SEEDS, GREEN ONIONS AND SOFT BOILED EGGS.