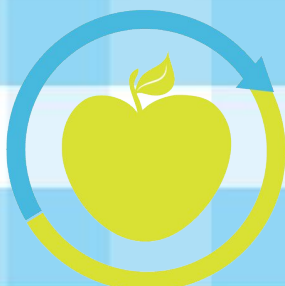


**GET FIT
PRESENTS**

FRUGAL BITES



***VISUAL
COOKBOOK***



CENTER ON
**NUTRITION
& DISABILITY**

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Washing Your Hands The Right Way

CDC guidelines

Always remember to wash your hands before, during, and after cooking/baking. Wash hands before and after eating food to stop the spread of germs and illness-causing bacteria!

During the Covid-19 pandemic, CDC recommends washing hands or using hand sanitizer before and after: touching your eyes, nose, or mouth, touching your mask, entering and leaving a public place, touching surfaces that may be frequently touched by other people (door handles, tables, gas pumps, etc.)



Washing Your Hands The Right Way

CDC guidelines

1. Wet your hands with clean, running water (warm or cold), turn off the tap (the running water) and apply soap



2. Lather your hands by rubbing them together with soap. Lather the backs of your hands, between your fingers, and under your nails



3. Scrub your hands for about 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice



4. Rinse your hands well under clean, running water



5. Dry hands using a clean towel or air dry them



Adequate Surface Area Preparations

CDC guidelines

Wash surface and utensils after each use:

- Wash cutting boards, dishes, utensils, and countertops with hot, soapy water, especially after they've held raw meat, poultry, seafood, or eggs.
- Wash dish cloths often in the hot cycle of your washing machine.

Wash fruits and vegetables, but not meat, poultry, or eggs:

- Cut away any damaged or bruised areas, then rinse fruits and vegetables under running water without soap, bleach, or commercial produce washes.
- Scrub firm produce like melons or cucumbers with a clean produce brush.
- Dry produce with a paper towel or clean cloth towel.
- Don't wash meat, poultry, eggs, or seafood to avoid spreading harmful germs around your kitchen.
- Produce labeled as "pre-washed" does not need to be washed again.

Adequate Surface Area Preparations

CDC guidelines

Do Not Cross Contaminate:

- Use separate cutting boards, utensils, and plates for produce, meat, poultry, seafood, and eggs
 - Wash in between uses with hot, soapy water if you do not have multiple cutting boards

4 STEPS TO FOOD SAFETY



Food Storage Guide

CDC guidelines to refrigerate and freeze food properly

Refrigerate perishable foods within 2 hours:

- Never leave perishable foods out of the refrigerator for more than 2 hours. If the food is exposed to temperatures above 90°F (like a hot car or summer picnic), refrigerate food within 1 hour.
 - Perishable foods include fruits and vegetables, fresh meat, foods purchased from chill cabinets, and freshly cooked food stored to be used later
- Leftovers should be placed in shallow containers and refrigerated promptly to allow quick cooling
 - Cover leftover, wrap in airtight packaging (foil or saran/plastic wrap) or seal them in storage containers
 - Usually can be kept in the refrigerator for 3 to 4 days or in the freezer for 3 to 4 months



Food Storage Guide

CDC guidelines to refrigerate and freeze food properly

- Never thaw or marinate foods on the counter. The safest way to thaw or marinate meat, poultry, or seafood is in the refrigerator
 - Typically it takes a few hours to thaw frozen meat in the refrigerator (a good guideline is 5-6 hours for every pound)
- Your refrigerator should be set to 40°F or below and your freezer to 0°F or below. Use an appliance thermometer to be sure.
- Know when to throw out food by checking the Cold Food Storage Chart on [FoodSafety.gov](https://www.foodsafety.gov) before harmful bacteria grows



Cooking Terms/Abbreviations

Measurements

A pinch/dash	Less than ½ tsp
tsp	teaspoon
Tbsp/T	tablespoon
oz	ounce
lb	pounds

Abbreviations

hr	hour
min	minute
sec	seconds
°	degree

Other Terms

Mince	Crush then finely chop
Dice	Chop into small cubes/blocks
Simmer	Low heat
Boil	High heat till water/liquid is bubbling
Sauté	Stirring food over a heated pan

Measurement Tools

As a size reference, here are the measuring cups and measuring spoons I used





BREAKFAST RECIPES

Peanut Butter Brownie Baked Oatmeal

Total Cost: about \$3.77 recipe/ \$.63 per serving

Prep Time: 10 minutes

Cook Time: 45 minutes

Total Time: 55 minutes

Servings: 6



Ingredients you will need:

- 1 ½ cups mashed ripe bananas (about 3 medium bananas)
- 1 large egg
- ¼ cup natural peanut butter
- ¼ cup brown sugar
- 1 tsp salt
- 1 tsp baking powder
- ½ tsp cinnamon
- ⅓ cup unsweetened cocoa powder
- 2 cups 2% milk
- 3 cups old-fashioned rolled oats
- 2 Tbsp natural peanut butter (for topping)

Peanut Butter Brownie Baked Oatmeal

1. Preheat oven
to 350°



REMEMBER
TO FIRST
WASH
HANDS!

2. Mash 3
bananas in large
bowl



3. Mix in 1 egg, ¼
cup peanut
butter, ¼ cup
brown sugar, 1
tsp salt, 1 tsp
baking powder, ½
tsp cinnamon,
and ⅓ cup cocoa
powder



4. Add 2 cups
milk and whisk



5. Add 3 cups of
dry rolled oats
and stir



6. Spray casserole dish with non-stick spray (or grease with butter)



7. Pour oats into dish and drizzle 2 Tbsp peanut butter on top (heat up peanut butter in microwave and drizzle with spoon)



8. Bake for 45 minutes and use pot holders when taking dish out of oven. Eat warm! Or refrigerate until you are ready to eat!



5-Minute Microwave French Toast

Total Cost: about \$.84 each

Prep Time: 4 minutes

Cook Time: 1 minute

Total Time: 5 minutes

Servings: 1



Ingredients you will need:

- 1 tsp butter
- 3 Tbsp 2% milk
- 1 tsp maple syrup
- ¼ tsp cinnamon
- ¼ tsp vanilla extract
- Pinch ground nutmeg
- 1 large egg
- 1 cup bread pieces

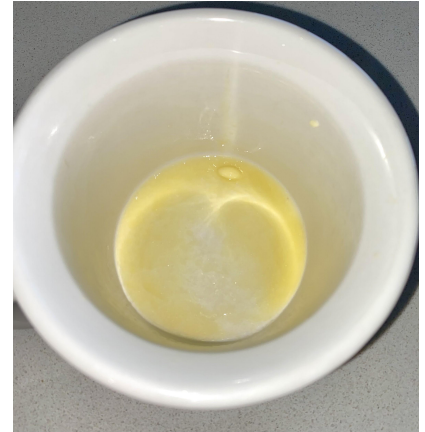
Optional Toppings or Add-Ins

- Berries
- Sliced bananas
- Nuts
- Powdered sugar
- Peanut butter
- Chocolate chips

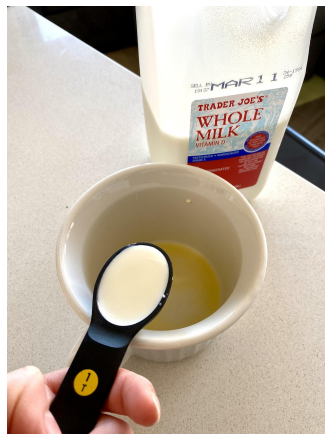
5-Minute Microwave French Toast

REMEMBER
TO FIRST
WASH
HANDS!

1. Place 1 tsp
butter in a large
mug and
microwave for
15-20 sec



2. Add 3 Tbsp
milk, 1 tsp
maple syrup, ¼
tsp cinnamon, ¼
tsp vanilla, pinch
of nutmeg, and
1 egg in the mug
and mix



3. Grab 1 cup of bread pieces (1 piece of bread sliced into 9 pieces)



4. Add the bread pieces to the mug and stir softly with a spoon, let it sit for 1 min



5. Microwave the mug for 60-90 seconds, or until the mixture is solid. Eat!



Creamed Spinach Baked Eggs

Total Cost: about \$4.97/ recipe/ \$1.24 per serving

Prep Time: 5 minutes

Cook Time: 35 minutes

Total Time: 40 minutes

Servings: 4

Ingredients you will need:

- 2 Tbsp butter
- 2 cloves garlic, minced
- 2 Tbsp all-purpose flour
- 1 ½ cups 2% milk
- ¼ tsp salt
- ⅛ tsp ground nutmeg
- Freshly cracked pepper
- ¼ cup grated Parmesan
- ¾ lb frozen chopped spinach
- 4 large eggs
- 2 oz feta



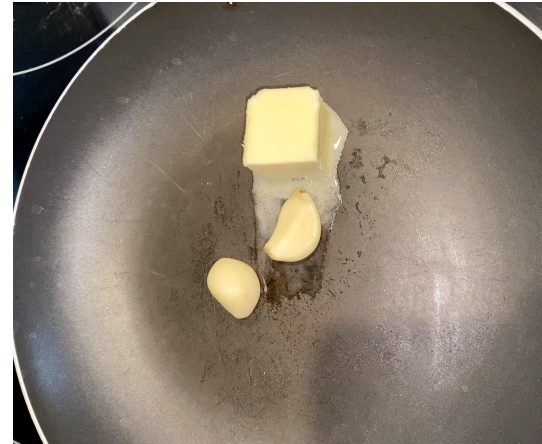
Creamed Spinach Baked Eggs

REMEMBER
TO FIRST
WASH
HANDS!

1. Preheat oven to
400°



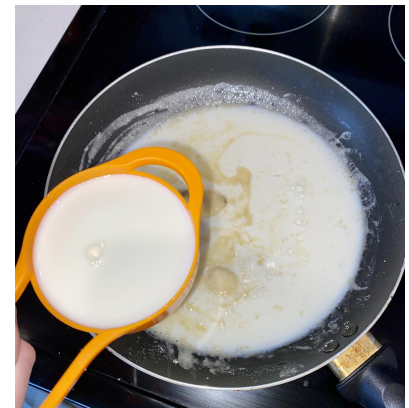
2. Add 2 Tbsp
butter and 2 cloves
garlic to skillet over
medium heat for 1
minute



3. Whisk in 2 Tbsp
flour and cook for 2
minutes until a paste
is formed



4. Whisk 1 ½ cups milk
into skillet until there
are no lumps



5. Stir in $\frac{1}{4}$ tsp salt, $\frac{1}{8}$ tsp nutmeg, and dash of pepper



6. Allow milk to come to a simmer, whisk often until it is a thick consistency



7. Whisk in $\frac{1}{4}$ cup grated Parmesan cheese until melted



8. Add in about $1\frac{1}{2}$ cups frozen spinach and cook until heated through



9. Use a large spoon to create 4 holes into the creamed spinach and crack one egg into each



10. Sprinkle $\frac{1}{4}$ cup feta cheese on top and bake for 15-18 min



11. Eat!



Sriracha Egg Salad

Total Cost: about \$3.11 recipe/ \$.78 per serving

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Servings: 4



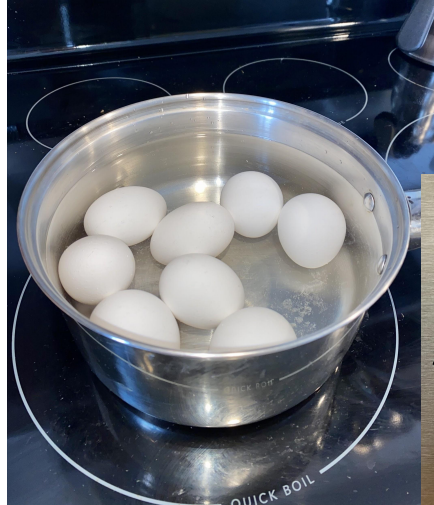
Ingredients you will need:

- 8 large eggs
- ½ cup mayonnaise
- 2 Tbsp Sriracha
- ¼ tsp salt
- ½ tsp lemon juice
- Freshly cracked pepper
- 2 green onions

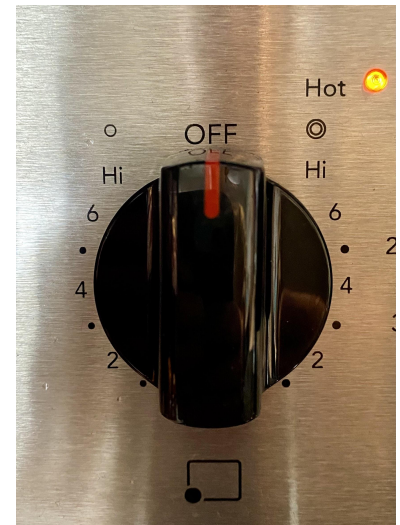
Sriracha Egg Salad

REMEMBER
TO FIRST
WASH
HANDS!

1. Place 8 eggs in a large sauce pot and add enough water to cover them by one inch.



2. Place a lid on the pot and turn heat on high. Once it reaches a boil, turn off the heat and let it sit with the lid on for 15 minutes



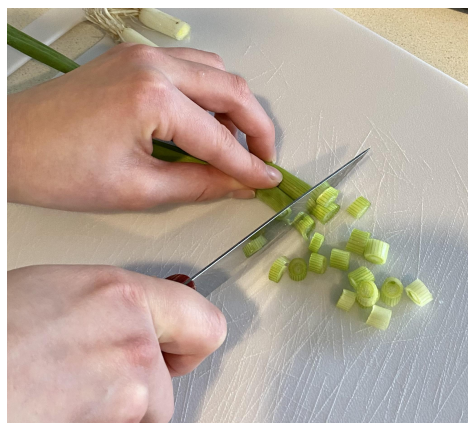
3. After 15 minutes transfer the eggs to an ice water bath (cold water and ice). Let the eggs sit in the ice water for 5-10 min.



4. Prepare the dressing: combine $\frac{1}{2}$ cup mayonnaise, 2 Tbsp sriracha, $\frac{1}{4}$ tsp salt, $\frac{1}{2}$ tsp lemon juice, and dash of pepper in a bowl.



5. Slice 2 green onions



6. Peel eggs then chop them



7. Place chopped eggs and green onions into bowl and pour dressing on top. Stir together.



8. Eat! Or refrigerate until ready to serve



Cheddar Grits Breakfast Bowls

Total Cost: about \$4.44 recipe/ \$1.11 per serving

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Servings: 4

Ingredients you will need:

- 4 cups water
- 1 tsp salt
- 1 cup quick cooking yellow grits
- 2 Tbsp butter
- ½ cup whole milk
- 4 oz medium cheddar, grated
- 4 large eggs
- 1 cup salsa
- 4 green onions, sliced
- Freshly cracked pepper



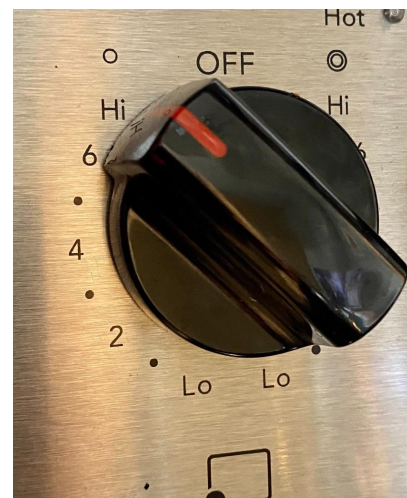
Cheddar Grits Breakfast Bowls

REMEMBER
TO FIRST
WASH
HANDS!

1. Add 4 cups water and 1 tsp salt to a medium sauce pot



2. Place a lid on top, turn the heat on high, and bring water to a boil



3. Once boiling, stir in 1 cup of grits



4. Turn the heat down to low, replace the lid and let simmer for 5-7 minutes or until thickened



5. Add 2 Tbsp butter and ½ cup milk to grits and stir until smooth.



6. Stir in ½ cup grated cheddar cheese until fully melted and smooth



7. Turn burner off and place lid on top of pot to keep grits warm



8. Cook 4 eggs using your favorite method. For scrambled eggs: crack 4 eggs into a bowl and mix with fork. Pour onto pan over medium heat. Stir with spatula until cook.



9. Slice 4 green onions



10. For 1 serving: place 1 cup of cheddar grits in a bowl, top with $\frac{1}{4}$ scrambled eggs, $\frac{1}{4}$ cup salsa, dash of pepper, and sprinkle green onions.



Banana Coconut Baked Oatmeal

Total Cost: about \$4.29 recipe/ \$.72 per serving

Prep Time: 10 minutes

Cook Time: 45 minutes

Total Time: 55 minutes

Servings: 6



Ingredients you will need:

- 1 ½ cups mashed ripe bananas
- 1 large egg
- ¼ cup brown sugar
- ½ tsp vanilla
- ½ tsp nutmeg
- 1 tsp baking powder
- ½ tsp salt
- ⅓ cup unsweetened shredded coconut
- 13.5 oz can coconut milk
- 3 cups old-fashioned rolled oats

Banana Coconut Baked Oatmeal

1. Preheat oven
to 375°



REMEMBER
TO FIRST
WASH
HANDS!

2. Coat the inside
of casserole dish
with non-stick
spray or grease
with butter



3. Mash 1 ½
cups of bananas
(about 3
bananas)



4. In a large bowl, whisk together bananas, 1 egg, $\frac{1}{4}$ cup brown sugar, $\frac{1}{2}$ tsp vanilla, $\frac{1}{2}$ tsp nutmeg, 1 tsp baking powder, $\frac{1}{2}$ tsp salt, and $\frac{1}{3}$ cup shredded coconut



5. Add $1 \frac{1}{3}$ cup coconut milk and whisk until smooth



6. Add 3 cups rolled oats and stir with a spoon until combined



7. Pour oat mixture into greased casserole dish and bake uncovered for 45 min



8. Eat warm! Or refrigerate until ready to eat



Green Chile Breakfast Quesadillas

Total Cost: about \$4.20 recipe/ \$1.05 per serving

Prep Time: 5 minutes

Cook Time: 15 minutes

Total Time: 20 minutes

Servings: 4 quesadillas



Ingredients you will need:

- 4 oz Monterrey Jack or Pepper Jack, shredded
- 14 oz can diced mild green chiles
- ¼ bunch fresh cilantro, chopped
- 4 large eggs
- 4 fajita size 8" diameter tortillas (or any 8 inch tortillas of your choice)

Green Chile Breakfast Quesadillas

REMEMBER
TO FIRST
WASH
HANDS!

1. Drain the 14 oz
can of green chiles



2. Add green
chiles to bowl
with $\frac{1}{2}$ cup
shredded
Monterey Jack (or
Pepper Jack)
cheese, and $\frac{1}{4}$ cup
chopped cilantro.

Stir



3. Cook 4 eggs over easy in large skillet: crack eggs over medium heat, flip egg once white part looks cooked, cook other side for another 30 seconds



4. Spread $\frac{1}{4}$ of cheese and chile mixture on half of each tortilla (you can use any 8 inch tortilla of your choice), then top with an egg



5. Fold the tortillas closed to make a half circle



6. Cook 2 tortillas at a time in a large skillet over medium heat until the outsides are golden brown and crispy and cheese looks melted inside



7. Cut each quesadilla in half or in thirds to form triangles (a pizza cutter works best to cut, but a knife will also work)



Spinach Rice Breakfast Bowls

Total Cost: about \$.64 recipe/ .64 serving

Prep Time: 5 minutes

Cook Time: 6 minutes

Total Time: 11 minutes

Servings: 1 bowl



Ingredients you will need:

- ½ cup cooked seasoned rice
- ½ cup frozen chopped spinach
- ½ Tbsp butter
- 1 large egg
- pinch of salt and pepper
- splash of hot sauce

Spinach Rice Breakfast Bowls

REMEMBER
TO FIRST
WASH
HANDS!

1. Cook rice
according to
package



2. Place 1 inch of water
in a small saucepan and
bring it to a boil over
high heat with the lid on
top



3. Once it reaches a boil,
add 1 egg in the
saucepan, replace the
lid, and let boil/stem in
the shallow water for 6
minutes



4. While the egg is cooking, add $\frac{1}{2}$ cup of precooked seasoned rice to a bowl along with $\frac{1}{2}$ cup frozen spinach and microwave until heated (about 1 min)



5. Season the spinach and rice with $\frac{1}{2}$ Tbsp butter and a pinch of salt and pepper



6. After 6 minutes, strain out the hot water with the egg, rinse with cool water and peel immediately



7. Once egg is cooked and peeled, add it to the bowl of spinach and rice, drizzle a splash of hot sauce over the top (I used sriracha).
Eat and Enjoy!



Zucchini and Corn Frittata

Total Cost: about \$4.75/ \$.79 per serving

Prep Time: 10 minutes

Cook Time: 45 minutes

Total Time: 55 minutes

Servings: 6- 1 slice each



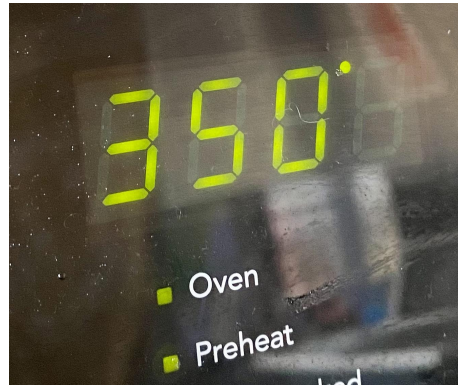
Ingredients you will need:

- 1 Tbsp olive oil
- 2 cloves garlic
- 1 medium zucchini
- 3 Roma tomatoes or one large tomato
- 1 cup frozen corn kernels
- 1 tsp cumin
- ½ tsp salt
- Freshly cracked pepper for taste
- 6 large eggs
- ½ cup milk 2% or higher fat content
- ½ cup shredded Monterey Jack cheese

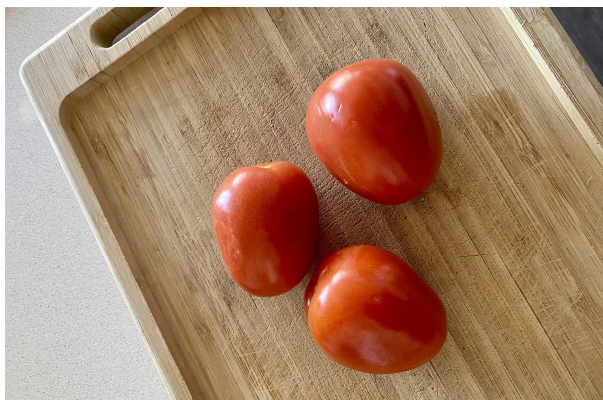
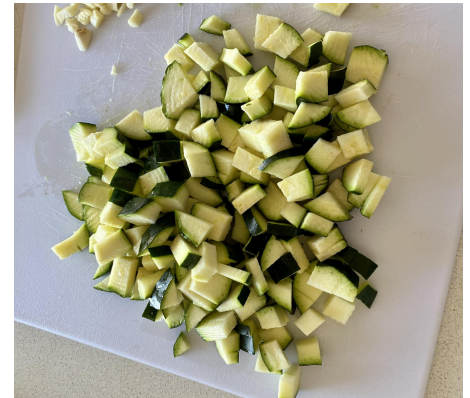
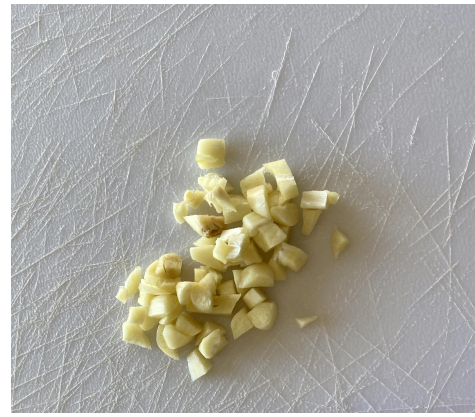
Zucchini and Corn Frittata

REMEMBER
TO FIRST
WASH
HANDS!

1. Preheat oven
to 350°



2. Mince (crush
and chop finely)
2 cloves of garlic
and dice 1
medium zucchini
and 1 large
tomato (or 3
Roma tomatoes)



3. Add garlic, zucchini, tomatoes, and 1 cup frozen corn kernels to a cast iron skillet along with 1 tsp cumin, $\frac{1}{2}$ tsp salt, dash of pepper



4. Sauté the vegetables over medium heat until tomatoes have broken down



5. In a large bowl, whisk together 6 eggs and $\frac{1}{2}$ cup milk



6. Once vegetables have been cooked down, sprinkle $\frac{1}{2}$ cup of shredded Monterey Jack cheese on top



7. Pour egg and milk mixture into skillet and move the vegetables around so the eggs run underneath them



8. Transfer skillet to the oven and bake for 30-35 minutes or until top is golden brown and puffy. Cut into 6 slices and eat!



Funky Monkey Baked Oatmeal

Total Cost: about \$3.88 recipe/ \$.49 per serving

Prep Time: 10 minutes

Cook Time: 45 minutes

Total Time: 55 minutes

Servings: 6 to 8 servings



Ingredients you will need:

- 3-4 medium bananas
- 2 large eggs
- 2 Tbsp brown sugar
- ½ tsp vanilla extract
- ¼ cup natural peanut butter
- 2 cups milk
- ¼ tsp salt
- 2 ½ cups old fashioned rolled oats
- ⅓ cup semi-sweet chocolate chips
- ⅓ cup shredded coconut

Funky Monkey Baked Oatmeal

REMEMBER
TO FIRST
WASH
HANDS!

1. Preheat oven
to 375°



2. Mash 3-4
bananas with a
fork in a large
bowl



3. Warm ¼ cup
peanut butter
slightly in the
microwave
(about 30
seconds)



4. Add peanut butter, 2 eggs, 2 Tbsp brown sugar, ½ tsp vanilla, ¼ tsp baking powder, and ¼ tsp of salt to the bowl of bananas. Whisk until smooth



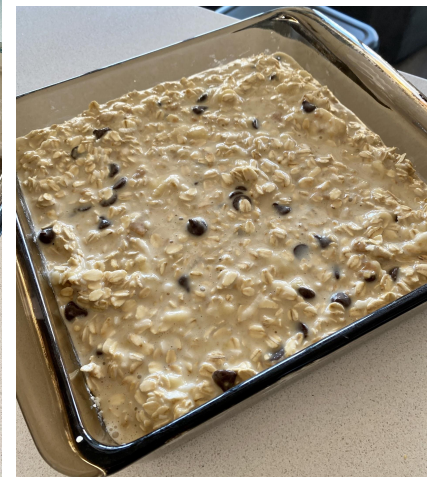
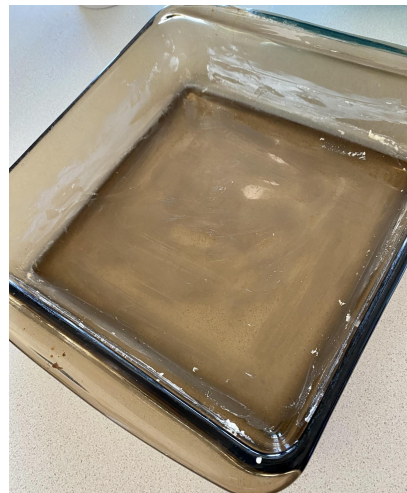
5. Add 2 cups of milk and whisk



6. Add 2 ½ cups of rolled oats, ⅓ cups of chocolate chips, and ⅓ cup shredded coconut. Stir together



7. Lightly coat the inside of a 8x8 inch casserole dish with non-stick spray (or grease with butter)



8. Put mixture into casserole dish and bake for 45 minutes. Eat!





LUNCH & DINNER RECIPES

Mini Black Bean Turkey Burger

Total Cost: about \$9.81 recipe/ \$1.96 per serving

Prep Time: 15 minutes

Cook Time: 20 minutes

Total Time: 35 minutes

Servings: 5 (two patties each)



Ingredients you will need:

Burgers

- 15 oz can black beans
- 3 green onions
- ½ Tbsp chili powder
- ½ tsp garlic powder
- ⅛ tsp cayenne pepper
- ½ tsp salt
- 1 lb package lean ground turkey

Avocado Sauce (optional)

- 1 ripe avocado
- ½ lime
- ⅛ tsp garlic powder

Burger Toppings

- 5 pita bread halves
- 2 Roma tomatoes, sliced

Mini Black Bean Turkey Burger

1. Preheat oven
to 375°

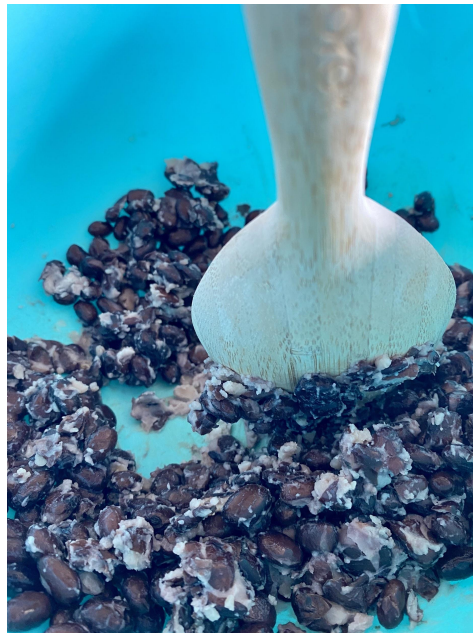


REMEMBER
TO FIRST
WASH
HANDS!

2. Drain and
rinse canned
black beans



3. Place black
beans in large
bowl and mash
them



4. Slice 3 green onions and add to the bowl



5. Add ½ Tbsp chili powder, ½ tsp garlic powder, ¼ tsp cayenne pepper, ½ tsp salt and stir



6. Mix 1 lb package of ground turkey and the black beans mixture well



7. Form 10 small patties and place patties on a roasting pan or baking sheet. Bake for 20 minutes in oven.



9. To prepare sauce:
add 1 diced
avocado, juice from
 $\frac{1}{2}$ lime, $\frac{1}{8}$ tsp garlic
powder, dash of salt,
and 2 Tbsp of water
in blender. Blend till
smooth



9. After 20 min, take patties out of oven. They should be browned on the outside. Cut 1 patty in half to check to see if it is no longer pink inside.



10. Slice 2 tomatoes, slice pitas into halves



11. Smear some of sauce on inside of each pita half, add tomato slices and two of the turkey patties. Eat!



Spicy Tuna Guacamole Bowls

Total Cost: \$7.45 recipe/ \$1.86 per serving

Prep Time: 15 minutes

Total Time: 15 minutes

Servings: 4



Ingredients you will need:

- 3 cups cooked rice
- 1 medium cucumber
- 1 cup frozen shelled edamame
- 1 medium carrot
- 2-5 oz cans chunky light tuna in water
- 8 oz package guacamole
- ¼ bunch cilantro
- 4 Tbsp sriracha hot sauce

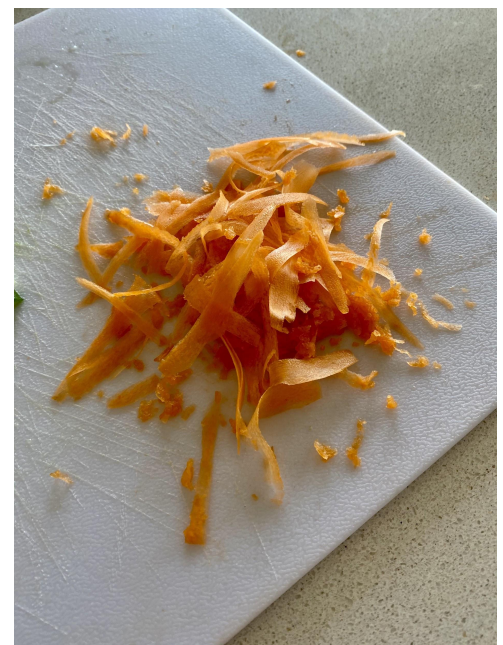
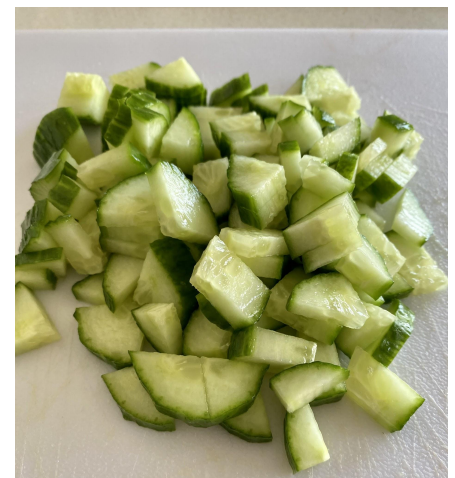
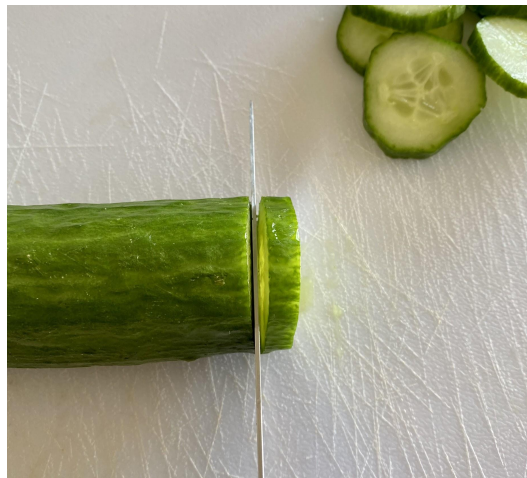
Spicy Tuna Guacamole Bowls

REMEMBER
TO FIRST
WASH
HANDS!

1. Cook 3 cups of
rice according to
package
instructions:



2. Dice 1 cucumber
and shred 1 carrot
(use a cheese
grater)



3. Cook 1 cup of frozen edamame according to the package directions
(microwave on high with a few Tbsp of water for 2-3 minutes or boil over water for 4 minutes)



4. Drain can of tuna



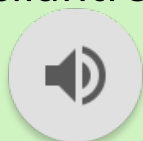
5. Roughly chop ¼ bunch of cilantro



6. Building your bowls:
Place ¾ cup of cooked rice in the bottom of each bowl.



7. Top bowls with
 $\frac{1}{4}$ cup edamame,
 $\frac{1}{2}$ can of tuna, $\frac{1}{4}$
cup guacamole,
handful of diced
cucumbers, a
pinch of shredded
carrots, and a dash
of fresh cilantro



8. Drizzle sriracha
sauce over top.
Eat and Enjoy!
Bowls can be
refrigerated for up
to 3 days in an
airtight container



Chipotle Chicken Chili

Total Cost: about \$9.51 recipe/ \$1.19 per serving

Prep Time: 10 minutes

Cook Time: 1 hour 10 minutes

Total Time: 1 hour 20 minutes

Servings: 8



Ingredients you will need:

- 2 Tbsp olive oil
- 1 medium yellow onion
- 2 cloves garlic
- $\frac{3}{4}$ lb chicken breast
- 32 oz tomato juice
- 14.5 oz can diced tomato
- 15 oz can kidney beans
- 15 oz can black beans
- 1 cup frozen corn kernels
- $\frac{1}{2}$ – 4 oz can chipotle peppers in adobo sauce
- 1 Tbsp cumin powder
- 1 tsp oregano
- salt to taste

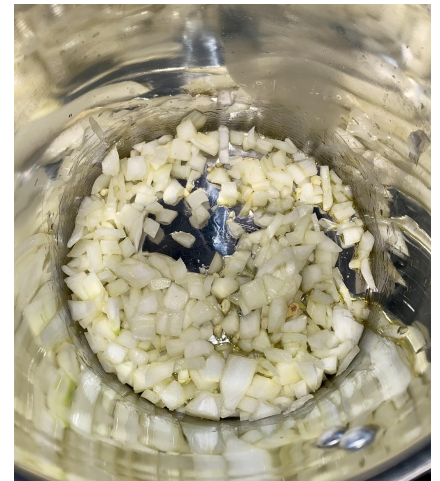
Chipotle Chicken Chili

REMEMBER
TO FIRST
WASH
HANDS!

1. Dice 1 medium yellow onion. Peel and mince 2 cloves of garlic



2. Cook chopped onion and garlic in a large pot with 2 Tbsp of olive oil over medium heat until soft and transparent



3. Drain 15 oz can of kidney beans and 15 oz can of black beans



4. Chop the $\frac{3}{4}$ lb chicken breast (about 2 chicken breasts) into small pieces.



5. Add $\frac{3}{4}$ lb chicken breast, 32 oz tomato juice, 14.5 oz can diced tomato, drained can kidney beans, drained can black beans, 1 cup frozen corn, 1 Tbsp cumin powder, 1 tsp oregano



6. Open can of chipotle peppers in adobo sauce and take two out. Mince them and add to pot



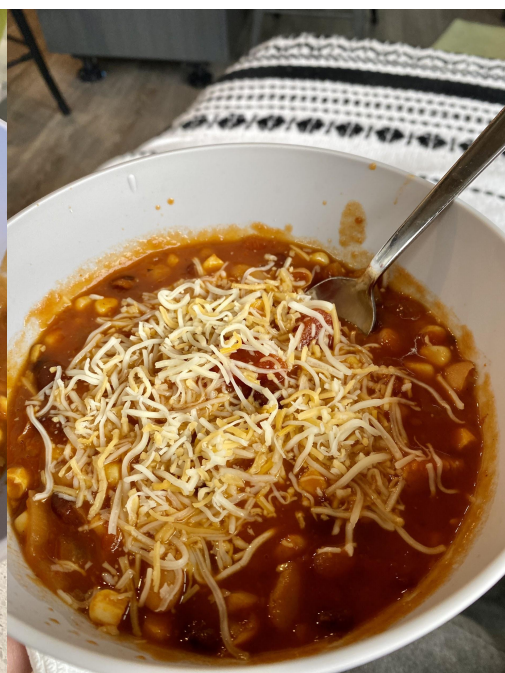
7. Take 2 Tbsp of adobe sauce from the Chili pepper can and add to the pot. Stir.



8. Bring pot to a boil over medium-high heat with lid on. Once it reaches a boil, reduce the heat to low and let the pot simmer (on low heat) for one hour with the lid on



9. After an hour, scoop chili into a bowl. Sprinkle cheese or crushed crackers on top if you would like!



Curry Beef with Peas

Total Cost: about \$6.99 recipe/ \$1.17 per serving

Prep Time: 15 minutes

Cook Time: 30 minutes

Total Time: 45 minutes

Servings: 6



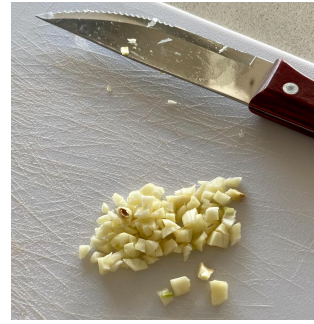
Recipe Notes: To save money use the beef base to make one cup of broth rather than purchasing canned beef broth

Ingredients you will need:

- 2 Tbsp vegetable oil
- 3-4 cloves of garlic
- 1 Tbsp ginger
- 1 ½ Tbsp curry powder
- 1 tsp turmeric
- 1 lb. ground beef
- 1 medium potato
- 1 cup beef broth
- 1 tsp flour
- ½ lb. frozen peas
- salt to taste
- A pinch crushed red pepper (optional)

Curry Beef with Peas

1. Mince 3-4
cloves of garlic



REMEMBER
TO FIRST
WASH
HANDS!

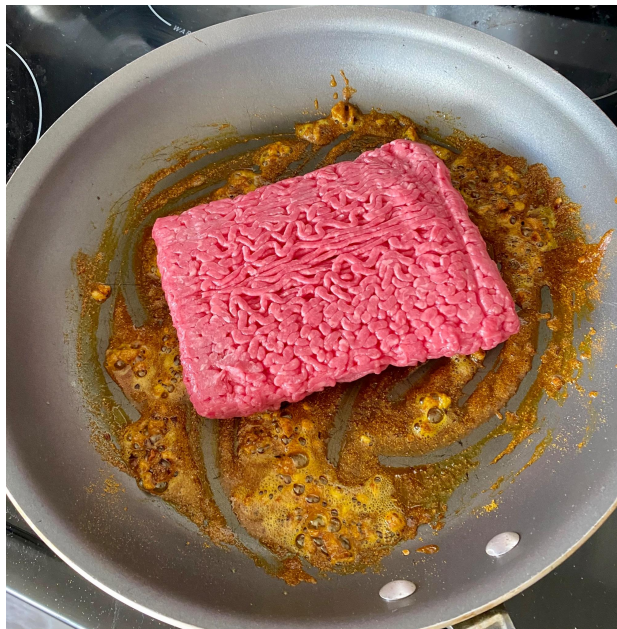
2. Cook garlic with
vegetable oil over
medium heat for 2-3
minutes in a pan



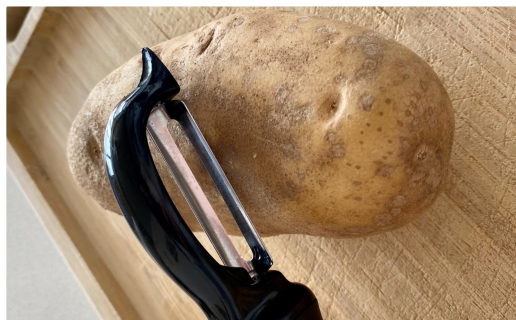
3. Add 1 Tbsp of
ginger, 1 ½ Tbsp curry
powder, 1 tsp
turmeric, and dash of
red pepper flakes.
Stir and cook for 1-2
minutes.



4. Add 1 lb ground beef to the pan and cook until fully browned



5. While the beef is cooking, peel 1 medium potato and cut into small cubes.



6. Once the beef is fully cooked, add the cubed potatoes, 1 cup beef broth, and 1 tsp flour. Allow the skillet to simmer (low heat), stirring occasionally, until the potatoes have softened (about 15 minutes)



7. Once potatoes are tender, stir in 1 cup frozen peas and heat through



8. Serve over rice or naan bread. Eat and enjoy!



Greek Turkey Burger

Total Cost: about \$11.47 recipe/ \$1.91 per serving

Prep Time: 20 minutes

Cook Time: 10 minutes

Total Time: 30 minutes

Servings: 6



Ingredients you will need:

- 7 oz plain Greek yogurt
- 1 medium fresh lemon
- ¼ tsp minced garlic
- ¼ tsp dill
- 1.25 lb. ground turkey
- 6 halves sundried tomatoes
- 1 medium red onion
- 2 oz frozen spinach (or fresh spinach)
- ¼ cup crumbled feta
- 1 tsp dried oregano
- ½ tsp minced garlic
- ⅓ cup bread crumbs
- 1 egg
- 1 medium cucumber
- 6 hamburger buns
- salt and pepper for taste

Greek Turkey Burger

REMEMBER
TO FIRST
WASH
HANDS!

1. Prepare the sauce:
combine 7 oz of
Greek yogurt, ¼ tsp
minced garlic, ¼ tsp
dill, lemon juice
(from 1 freshly
squeezed lemon),
and a dash of salt

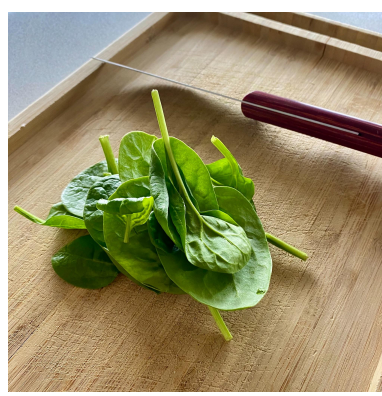


2. Stir and refrigerate
to allow the flavors
to the blend while
you make the
burgers



3. Thaw 2 oz ($\frac{1}{4}$ cup) of frozen spinach and squeeze out as much moisture as possible.

Chop the spinach.



4. Chop 6 sundried tomatoes into halves



5. In a bowl, combine 1 lb ground turkey with the chopped spinach, sun dried tomatoes, $\frac{1}{4}$ cup crumbled feta cheese, $\frac{1}{2}$ tsp minced garlic, 1 tsp dried oregano, 1 egg, $\frac{1}{3}$ cup bread crumbs, $\frac{1}{2}$ tsp salt, and a dash of pepper



6. Stir everything and shape the mixture into six patties



7. Cook the burgers in a non-stick skillet over medium-high heat (10 minutes flipping halfway through)



8. Slice 1 medium cucumber and slice 1 medium red onion



9. Add sauce to hamburger buns, add warm burger, and top with thin slices of red onion and cucumber.



Chicken and Lime Soup

Total Cost: about \$6.39 recipe/ \$1.07 per serving

Prep Time: 10 minutes

Cook Time: 1 hour 15 minutes

Total Time: 1 hour 25 minutes

Serving: 6



Ingredients you will need:

- 2 Tbsp olive oil
- 1 medium yellow onion
- 2 stalks celery
- 1 medium jalapeño (scrape seeds out before slicing)
- 4 cloves garlic
- $\frac{3}{4}$ lb. chicken breast
- 6 cups chicken broth
- 14.5 oz can diced tomatoes
- 1 tsp oregano
- $\frac{1}{2}$ Tbsp cumin
- 1 medium lime
- $\frac{1}{2}$ bunch cilantro
- 1 medium avocado

Chicken and Lime Soup

REMEMBER
TO FIRST
WASH
HANDS!

1. Dice 1 yellow onion, 2 stalks celery, and 1 medium jalapeño (scrape seeds out before slicing)



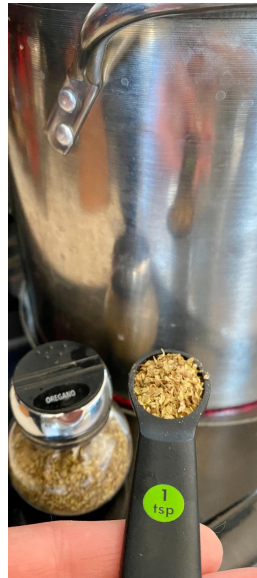
2. Mince 4 cloves of garlic



3. Cook onion, celery, jalapeño, and garlic in pan with 2 Tbsp olive oil over medium heat for 5 minutes or until tender



4. Add $\frac{3}{4}$ lbs of chicken breast, 6 cups of chicken broth, one 14.5 oz can of diced tomatoes with chilies, celery, onions, garlic, and jalapenos, 1 tsp oregano, and $\frac{1}{2}$ Tbsp cumin to a large pot



5. Bring the pot up to a boil over high heat then reduce the heat to low and let simmer for one hour with the lid on



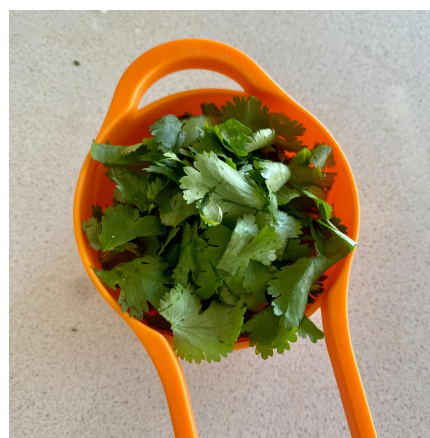
6. After simmering for an hour with the lid on, remove the chicken breast from the pot and use 2 forks to shred the chicken



7. Return the shredded chicken to the pot. Squeeze juice from 1 lime into the soup



8. Rinse and chop ½ bunch cilantro. Add cilantro to pot and stir



9. Dice 1 avocado. Scoop soup into a bowl and add a few chunks of avocado on top



Sloppy Joes

Total Cost: about \$10.28 recipe/ \$1.29 per serving

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Servings: 8

Ingredients you will need:

- ¾ cup dry brown lentils
- 1 Tbsp olive oil
- 1 clove garlic
- 1 medium sweet onion
- 1 medium green bell pepper
- 1 lb lean ground beef
- 15 oz can tomato sauce
- 3 oz tomato paste
- 3 Tbsp cider vinegar
- 3 Tbsp brown sugar
- ½ Tbsp Dijon mustard
- ½ tsp chili powder
- 8 medium hamburger buns



Sloppy Joes

REMEMBER
TO FIRST
WASH
HANDS!

1. Rinse $\frac{3}{4}$ cup dry brown lentils with water before cooking



2. Bring a large sauce pot to a boil over high heat, then add lentils



3. Reduce heat to low, cover with lid, and let simmer for 20 min. After 20 min, test the lentils to make sure they are tender. Then drain and set the cooked lentils aside.



4. Mince 1
clove garlic and
dice 1 medium
sweet onion



5. Add garlic and onion to a
skillet along with 1 Tbsp olive
oil and sauté on medium heat
until they begin to soften (3-5
min)



6. While the onion
and garlic are
cooking, finely dice 1
medium green bell
pepper



7. Add the diced bell
pepper to the skillet and
saute for a few minutes
(3-5 min)



8. Add 1 lb lean ground beef to the skillet and cook until beef is fully browned



9. Add 15 oz (or a little less than 2 cups) can tomato sauce, 3 oz tomato paste



10. Add 2 Tbsp apple cider vinegar, 3 Tbsp brown sugar, ½ Tbsp dijon mustard, ½ tsp chili powder, and a dash of salt. Stir well and let simmer for 5-10 minutes



11. Stir in the cooked lentils and heat until it is warm through. Serve warm on a bun and enjoy!



Sweet and Spicy Chicken Bowls

Total Cost: about \$6.05

Prep Time: 20 minutes

Cook Time: 35 minutes

Total Time: 55 minutes

Servings: 4



Ingredients you will need:

Spice Mix

- 1 tsp mild chili powder
- ¼ tsp garlic powder
- ¼ tsp paprika
- ⅛ tsp cayenne pepper
- Freshly cracked pepper for taste
- 1 Tbsp honey
- ½ tsp apple cider vinegar

Rice

- 1 cup uncooked brown rice
- ¾ cup chicken broth

Bowl Ingredients

- 1 boneless skinless chicken breast (about ¾ lb.)
- 8 oz. can pineapple tidbits in juice
- 15 oz can black beans
- 2 green onions
- ¼ bunch cilantro

Sweet and Spicy Chicken Bowls

REMEMBER
TO FIRST
WASH
HANDS!

1. Cooking the rice: combine 1 cup uncooked rice and 1 $\frac{3}{4}$ chicken broth in a small pot. Bring pot to a boil over high heat.



2. As soon as it reaches a full boil, turn the heat down to low and let simmer for 25 min with the lid on. After 25 min, turn the heat off and let sit (leave chicken broth and rice together in the pot)



3. Prepare the honey spice mix: Combine 1 tsp chili powder, 1/4 tsp garlic powder, 1/4 tsp paprika, 1/8 tsp cayenne, dash of pepper, dash of salt, 1 Tbsp honey, and 1 tsp apple cider vinegar into a bowl and stir with a spoon



4. Chop 1 boneless skinless chicken breast into small pieces. Toss the chicken in the honey spice mix bowl to coat the chicken. Then set the meat aside



5. Rinse and drain 15 oz can black beans



6. Drain an 8 oz can of pineapple tidbits in juice then dice pineapple



7. Slice 2 green onions.
Chop $\frac{1}{4}$ bunch of
cilantro. Slice 1 avocado
into cubes. Put chopped
pineapple, green
onions, cilantro, and
avocado in a bowl
together and softly stir



8. Heat a large non-stick
skillet over medium heat.
Add the chicken pieces and
sauté until cooked through
and slightly browned



9. Building bowls: add $\frac{3}{4}$ cup cooked
rice to each bowl, $\frac{1}{4}$ cup cooked
chicken, $\frac{1}{4}$ cup black beans, $\frac{1}{4}$ cup of
pineapple, avocado, green onions,
and cilantro



Eggplant Parmesan Pasta

Total Cost: about \$5.81 recipe/ \$.97 per serving

Prep Time: 1 hour 30 minutes

Cook Time: 40 minutes

Total Time: 2 hours 10 minutes

Servings: 4 to 6 servings



Ingredients you will need:

- 1 small eggplant (1 lb)
- ½ Tbsp salt
- ⅓ cup flour
- 1 large egg
- 2 Tbsp milk
- ½ cup plain breadcrumbs
- ¼ cup grated parmesan
- ¼ tsp garlic powder
- 8 oz. rigatoni
- 1 cup shredded mozzarella

Eggplant Parmesan Pasta

REMEMBER
TO FIRST
WASH
HANDS!

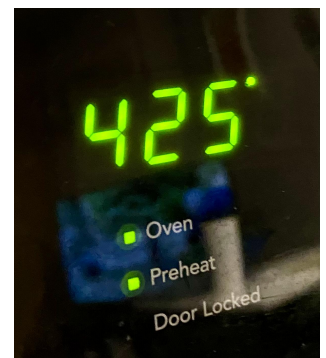
1. Slice 1 small eggplant (about 1 lb). Sprinkle a generous amount of salt (about ½ Tbsp) over the slices (salt both sides) and let them sit in a strainer with a paper towel underneath for 45 minutes



2. After 45 minutes, gently press the slices with paper towels to blot the excess water away



3. Preheat oven to 425° Then, place the slices in a large zip lock bag with ⅓ cup flour and shake until slices are coated in flour



4. Make egg wash:

Whisk together 1 egg and 1 Tbsp milk in a bowl



5. In a second bowl, stir together $\frac{1}{2}$ cup plain breadcrumbs, $\frac{1}{4}$ cup grated parmesan cheese, and $\frac{1}{4}$ tsp garlic powder



6. Dip each slice of eggplant into the egg wash first, then in the second bowl of seasoned breadcrumb mixture, then onto a baking sheet



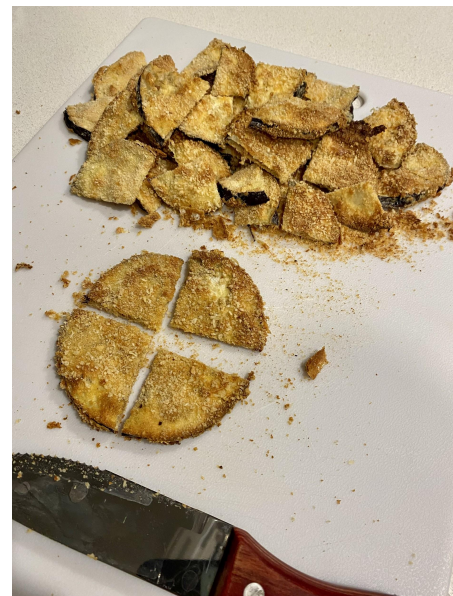
7. Bake the breaded slices until crispy (about 30 min) in the oven. While the slices are baking, cook the pasta



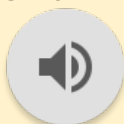
8. Cook pasta by following packaging (boil water and add pasta, cook for 10 min). Drain the pasta, return it to the pot and add marinara sauce



9. Take eggplant out of oven after 30 min. Cut eggplant slices into squares and stir into pasta



10. Pour the pasta, sauce, and eggplant into a casserole dish then top with 1 cup shredded mozzarella



11. Bake the casserole in the oven until cheese is melted and dish is heated through (10-15 min). Eat and Enjoy!



Curried Red Lentil and Pumpkin Soup

Total Cost: about \$5.89 recipe/ \$.98 per servings

Prep Time: 5 minutes

Cook Time: 25 minutes

Total Time: 30 minutes

Servings: 6 (1.33 cups each)



Ingredients you will need:

- 1 Tbsp olive oil
- 1 yellow onion
- 2 cloves garlic
- 1 Tbsp grated fresh ginger
- 15 oz. can pumpkin puree
- 1 cup dry red lentils
- 6 cups vegetable or chicken broth
- 1 Tbsp curry powder (or to taste)

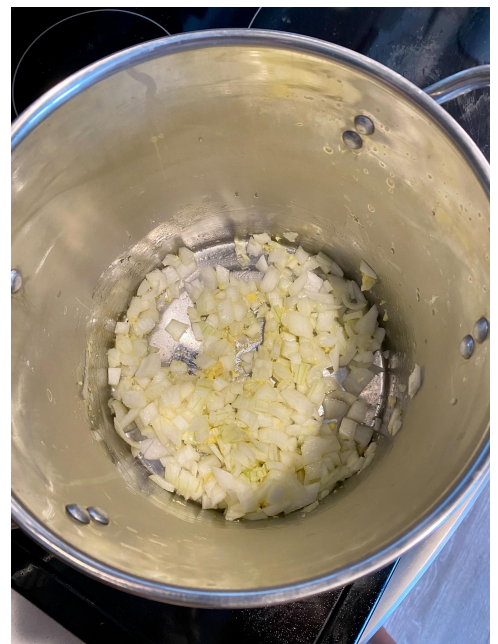
Curried Red Lentil and Pumpkin Soup

REMEMBER
TO FIRST
WASH
HANDS!

1. Dice 1 yellow onion. Mince 2 cloves garlic. Grate 1 Tbsp of fresh ginger (peel ginger first then use a small hole cheese grater)



2. Sauté the onion, garlic, and ginger in a large pot with 1 Tbsp of olive oil over medium heat until the onions are soft and transparent



3. Add 15 oz can pumpkin puree, 1 cup dry red lentils, 6 cups of vegetable or chicken broth, and 1 Tbsp curry powder to the large pot and stir



4. Place a lid on the pot, turn the heat up to medium-high heat and allow it to come to a boil. Once it reaches a boil, turn the heat down and simmer on low for 20 min, stirring occasionally.



5. After 20 min the lentils should be soft and the soup slightly thickened. Taste and add more curry powder or salt if needed. Serve in a bowl and add crackers if desired. Eat!



The background of the entire page is a repeating pattern of squares in two shades of purple and white, creating a checkered or gingham effect.

DESSERT RECIPES

Pumpkin Cheesecake Mousse

Total Cost: about \$2.28 recipe/ \$.57 per serving

Prep Time: 15 minutes

Servings: 4- 1 cup each



Ingredients you will need:

- 1 cup heavy whipping cream
- ½ tsp vanilla extract
- 4 Tbsp sugar
- 4 oz. cream cheese, room temperature
- 1 cup pumpkin puree
- ½ tsp cinnamon
- ⅛ tsp ground nutmeg

Pumpkin Cheesecake Mousse

REMEMBER
TO FIRST
WASH
HANDS!

1. Add 1 cup of whipping heavy cream to a mixing bowl and whip with a stand mixer or whisk until it begins to leave a trail in the cream (I used a hand-held electric mixer)



2. Add ½ tsp vanilla extract and 2 Tbsp of white granulated sugar and whisk



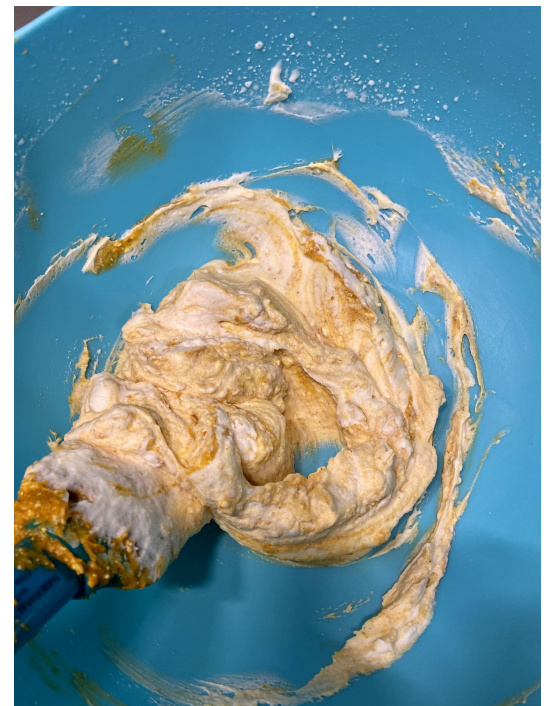
3. In a separate bowl, beat together 4 oz cream cheese, 1 cup pumpkin puree, $\frac{1}{2}$ tsp cinnamon, $\frac{1}{8}$ tsp ground nutmeg, and 2 Tbsp white granulated sugar until smooth. Make sure cream cheese has softened at room temperature or you may get chunks.



4. Transfer a large scoop of the whipped cream into the bowl with the pumpkin mixture and fold together softly



5. Transfer $\frac{1}{3}$ of the pumpkin mixture back to the bowl with whipped cream and gently fold together



6. Add the second $\frac{1}{3}$ of whipped cream mixture and once again fold into the pumpkin mixture. Then repeat for the final third until all the mixture have been fully incorporated and smooth



7. Add whipped cream if you wish! Eat and Enjoy!
You can chill the mousse in the refrigerator if you want it cooler or when ready to eat



Blueberry Buttermilk Coffee Cake

Total Cost: about \$3.30 recipe/ \$.41 per serving

Prep Time: 15 minutes

Cook Time: 45 minutes

Total Time: 1 hour

Servings: 8



Ingredients you will need:

Streusel Topping

- ¼ cup all-purpose flour
- ¼ cup brown sugar
- 2 Tbsp softened butter
- ½ tsp cinnamon

Coffee Cake

- 2 cups all-purpose flour
- 1 Tbsp baking powder
- ¾ tsp baking soda
- ¼ tsp salt
- ½ cup white sugar
- 2 large eggs
- 1 cup buttermilk

Blueberry Buttermilk Coffee Cake

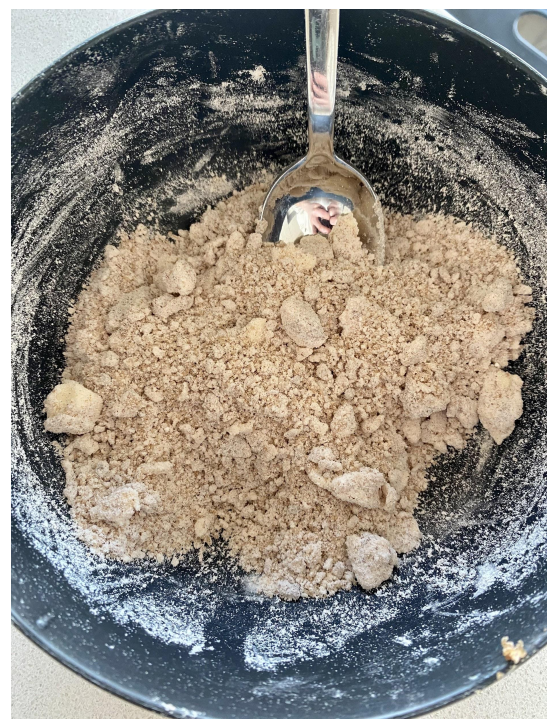
1. Preheat oven
to 350°



REMEMBER
TO FIRST
WASH
HANDS!

2. Streusel

Topping: In a small bowl, combine $\frac{1}{4}$ cup all-purpose flour, $\frac{1}{4}$ cup brown sugar, 2 Tbsp softened butter, and $\frac{1}{2}$ tsp cinnamon. Stir until they create a crumbly topping

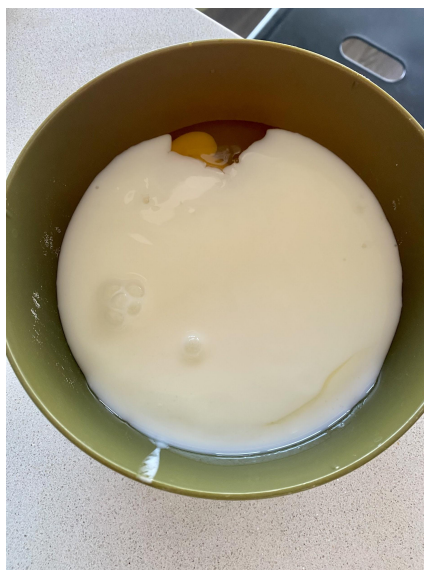


3. Coffee Cake:

In a large bowl, stir together 2 cups all-purpose flour, 1 Tbsp baking powder, $\frac{3}{4}$ tsp baking soda, and $\frac{1}{4}$ tsp salt



4. Coffee Cake: In a separate bowl, whisk together $\frac{1}{2}$ cup white sugar, 1 large egg, and 1 cup buttermilk until smooth.



5. Coffee Cake: Pour the bowl of wet ingredients into the bowl of dry ingredients and stir until a thick, fluffy batter forms



6. Coat a baking dish with nonstick spray (or grease the bottom and sides with butter). Spread the batter into the dish and sprinkle 1 cup of blueberries on top.



7. Gently push the blueberries down into the batter with your fingers. Then sprinkle the streusel topping over the top.



8. Bake the coffee cake in the oven for 40-45 min or until golden brown. Slice into 8 pieces and serve. Top with extra blueberries if desired and eat!

