

The Center for Nutrition and Disability & Get FIT at the Family Resource Network present...

5 Ingredients or Less Cookbook

A Recipe Book for People of All Abilities



Jenna Bottiglieri, MA, CHES® and Dennis Helmer



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Cookbook

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About the Authors



Jenna Bottiglieri, MA, CHES® is the Health Promotion Coordinator at the Family Resource Network and oversees the Get FIT Initiative and the Center for Nutrition and Disability. She has a Bachelor of Science degree in Exercise Science and a Master of Arts degree in Wellness and Lifestyle Management, both obtained at Rowan University.

Jenna is a Certified Health Education Specialist and a Certified Personal Trainer. She has over six years of experience in improving the health of individuals with disabilities.



Dennis Helmer is a senior Nutrition major at Rowan University and a current intern at the Family Resource Network. He also has an Associate Degree in Food Service Management with a background in food-related education since 2013. Dennis also has over three years of experience in working with people with disabilities in training and coaching. His future plans include becoming a Registered Dietitian and to continue working with underserved communities.

A Note From The Family Resource Network

Dear Readers,

It is with great excitement and pride that we bring to you the ***5 Ingredients or Less Cookbook: A Recipe Book for People of All Abilities***.

The Family Resource Network (FRN) prioritizes the health and well-being of individuals with disabilities and their families. For decades, our organization has offered programs focused on improving fitness, nutrition, and overall health. This cookbook builds on FRN's legacy by balancing ease and simplicity with a focus on nutrient density, allowing more people to participate in cooking and display confidence in the kitchen.

Established in 2008, The Get FIT Initiative is a program for individuals with disabilities and their caregivers to exercise with and be trained by college students. The initiative addresses physical health as well as providing a social outlet for the participants to befriend and spend time with college students and other individuals their age. As a complement to Get FIT, FRN launched The Center on Nutrition and Disability (CND) in 2013 with the intention of encouraging healthy eating behaviors and increasing nutrition education. The ***5 Ingredients or Less Cookbook*** is the fourth cookbook to be published by Get FIT and CND, following ***The Nutritious Guide to Get FIT***, ***Get FIT Presents: Frugal Bites***, and ***Wheat Retreat: Gluten-Free Epilepsy Recipe Guide***. These titles are available free of charge on the CND website. To keep up to date on the latest at Get FIT and Center on Nutrition and Disability, check out our Instagram page @getfit_cnd, or our websites at www.getfitnj.org and www.nutritionanddisability.org.

From all of us at the Family Resource Network, we thank you for your support and hope this cookbook provides you and your family with the key ingredients to lead healthier lifestyles.

Be well,

Jenna Bottiglieri, Health Promotion Coordinator
Family Resource Network

Foreword

Eating a balanced and nutritious diet is a great first step to take in becoming healthy, but not everyone is readily able to take this step toward improving quality of life. Research shows that adults with disabilities are more prone to obesity and other health-related challenges than an adult without a disability. A variety of factors, including physical difficulties with chewing and digestion, sensory aversions to certain tastes, smells, and textures, lack of family support, and lack of access to healthy food due to mobility barriers, contribute to this disparity of outcomes. While one resource cannot change this nationwide trend, the Family Resource Network and the creators of this cookbook hope that the recipes and information presented may provide a small steppingstone for families and individuals with disabilities to introduce healthy eating as a regular part of their daily routine.

The recipes featured in this book have been selected for a variety of factors, including nutritional value of ingredients and simplicity of preparation. Additionally, these recipes are presented in an easy-to-understand format and are intended to be prepared independently by an adult with disabilities. As a person with disabilities myself, I have previously struggled with aspects of cooking such as organizing ingredients and completing more dangerous or difficult tasks such as cutting food. However, I have gradually been finding ways to do these tasks with more confidence and hopefully readers will be able to do the same. It is my and the authors' sincere hope and intentions that the recipes presented here will inspire readers to learn new skills and make healthy eating a fun and easy part of their daily routines.

These recipes are intended to promote healthy eating that is done willingly in pursuit of an individual's own health goals. Therefore, parents or other adults should refrain from comparing an individual with disability's weight or eating habits with those of a nondisabled person or a societal norm or standard. Cooking should be with a parent or other trusted adult, if needed. If an individual with disabilities or a family member is experiencing an unhealthy relationship with food, please reach out to a licensed mental health counselor, and, for any life-threatening emergencies in the kitchen, call 9-1-1 immediately.

Thank you and enjoy,
Richard Hood, Research Consultant

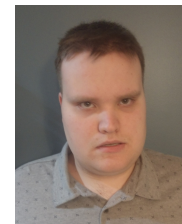




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Before You Eat

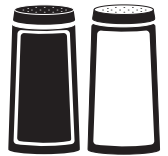
You may notice that some of the recipes use more than 5 ingredients.

That is because you probably have ingredients such as **water, oil, salt and pepper** in your kitchen already.



- **Water**-Can be retrieved from your sink, bottles, or filtered pitchers
- **Oil**-Any cooking oil is acceptable in these recipes. This includes olive, canola, avocado, and vegetable oils.
- **Salt**- Iodized salt is acceptable for any of these recipes.
- **Pepper**-Ground black pepper is acceptable for any of these recipes.

When a recipe says "salt and pepper to taste", that means a small pinch of each to balance the flavors of your dishes!



When you see one of these icons on the recipe, use the key below for the meaning of each.

| Vegan | Gluten Free | Hot Products | Hot Water | Knife Required |
|-------|-------------|--------------|-----------|----------------|
| | | | | |

Before You Prepare Your Food, Keep These In Mind:

- Always wash your hands with hot water and soap for at least 20 seconds before handling food and routinely throughout the process of handling food.
- Before you begin cooking, make sure you have everything you need! This is called *mise en place*.
- Keep raw and cooked foods separated!
- Wash produce under cool, running water for at least 20-30 seconds and let it air dry or use a towel to dry after!

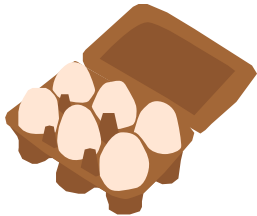
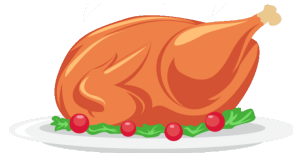


Knife Handling Tips:

- Make sure that the knife you are using is sharp; dull knives lead to more injuries than sharp knives!
- Place a damp paper towel under your cutting board to stabilize it.
- Make the first slice on any fruit or vegetable you place on the cutting board one that makes it lay flat. This will stabilize it and make the rest of the slices and cuts easier.
- Tuck the fingertips of your "*helping hand*" under your knuckles to prevent them from being cut by your knife. Your helping hand is the hand not holding the knife!

Food Temperature

When cooking any food from scratch, it is very important to cook it thoroughly. Foods that are not cooked to the proper temperature may make you or other people sick. Here is a quick reference guide for minimum cooking temperatures for foods featured in this cookbook!



| | |
|-----------------------------|--------|
| Ground Beef | 160° F |
| Poultry (Chicken or Turkey) | 165° F |
| Egg Dishes | 160° F |
| Leftovers | 165° F |
| Seafood | 145° F |
| Vegetables | 135° F |

Temperature Danger Zone

In order to avoid food from spoiling or making you sick, your food should avoid the temperature danger zone (TDZ). **The TDZ is 41°-135° Fahrenheit.**

How to Read a Nutrition Facts Label

| Nutrition Facts | |
|----------------------------------|-----------------------|
| 4 servings per container | |
| Serving size 1 cup (227g) | |
| Amount per serving | |
| Calories 280 | |
| | % Daily Value* |
| Total Fat 9g | 12% |
| Saturated Fat 4.5g | 23% |
| Trans Fat 0g | |
| Cholesterol 35mg | 12% |
| Sodium 850mg | 37% |
| Total Carbohydrate 34g | 12% |
| Dietary Fiber 4g | 14% |
| Total Sugars 6g | |
| Includes 0g Added Sugars | 0% |
| Protein 15g | |
| Vitamin D 0mcg | 0% |
| Calcium 320mg | 25% |
| Iron 1.6mg | 8% |
| Potassium 510mg | 10% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

4. Quick Guide to percent Daily Value (%DV)
 • 5% or less is **low**
 • 20% or more is **high**

Ingredients: Enriched Corn Meal (Corn Meal Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Sunflower Oil, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Whey, Maltodextrin (Made from Corn), Sea Salt, Natural Flavors, Sour Cream (Cultured Cream, Skim Milk), Torula Yeast, Lactic Acid, and Citric Acid.
CONTAINS MILK INGREDIENTS.

- Serving Information**-This section shows how many servings are in the package and what the size of one serving is.
- Calories**-This shows the amount of calories that is within one serving.
- Nutrients**-This area shows the amount of each nutrient that is in each serving of the food product.
- Percent Daily Value**-These percentages shown on the label are all based on a 2,000 calorie per day diet and should only be used as an estimate for your needs!

Ingredients on labels are listed in order of abundance, which means that the first ingredient listed is of the greatest amount in the food.

At the end of the label, there will also be a list of major allergens found within the food.

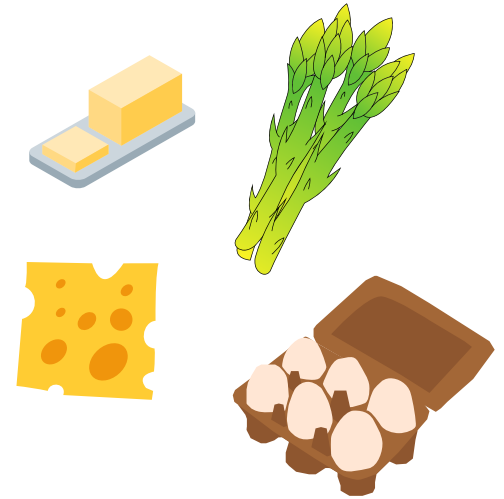
Breakfast

Asparagus Frittata

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Ingredients

- 1/2lb Trimmed Asparagus
- 3 Tbsp Butter
- 6 Eggs
- 3/4 Cup Shredded Cheddar Cheese
- Salt to taste



Instructions

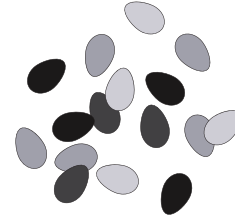
1. Preheat your oven to 350 degrees and bring a pot of salted water to a boil.
2. When the water begins to boil, add the asparagus and cook it until they become tender.
3. Once the asparagus is cooked, drain it and immediately add to a bowl of ice water to stop them from cooking.
4. When the asparagus is cool, cut the asparagus into 1/2 inch pieces.
5. In an oven safe skillet, melt the butter over medium heat.
6. In a large bowl, whisk eggs and add in cheese, asparagus, and salt.
7. Once butter is melted, add the eggs into the skillet and cook it on the stove top until the bottom is set, roughly 5-7 minutes.
8. After the bottom is set, transfer the skillet to the oven and bake until the top is set. Enjoy!



Overnight Oatmeal

Ingredients

- 1/2 Cup Rolled Oats
- 1/2 Cup Milk of Choice
- 1 Teaspoon Chia Seeds
- 1/2 Mashed Banana



Did you know?
Chia seeds can absorb up to 9 times their weight in liquid. This allows for the oatmeal to thicken!

Instructions

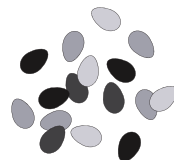
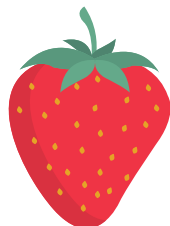
1. Stir together in a container.
2. Store in a covered container overnight or for at least 5 hours.
3. Top with your favorite fruit, nuts, or nut butter and enjoy!



Greek Yogurt and Berry Parfait

Ingredients

- 3/4 Cup Greek Yogurt
- 1 Teaspoon Chia Seeds
- 1/2 Cup Sliced Strawberries
- 1/3 Cup of Blueberries
- 1 Teaspoon of Honey



Did you know?

Greek Yogurt is a great source of probiotics which is bacteria that is great for gut health! It is also a great source of calcium.

Instructions

1. Wash and dry all produce.
2. Slice stems off of strawberries and then slice the strawberries in half, set them aside.
3. Scoop your Greek yogurt into a bowl, then place your berries on top.
4. Sprinkle your chia seeds and drizzle the honey on top, enjoy!



French Toast

Ingredients

- 4 slices of Whole Wheat Bread
- 1 teaspoon Cinnamon
- 1/2 teaspoon Nutmeg
- 3/4 cup Egg Whites
- Maple Syrup

Instructions

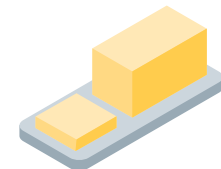
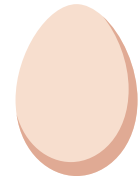
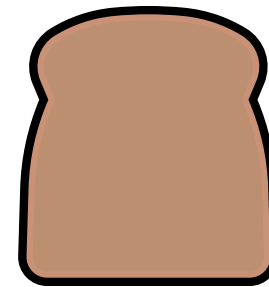
1. Place a flat pan on your stove top and turn the heat on medium while you prepare the egg mixture.
2. In a bowl whisk together the egg whites, cinnamon, and nutmeg.
3. Spray your pan with oil or use about 1 teaspoon to coat the pan.
4. Dip the bread in your egg white mixture for 3 seconds on both sides and place them on your warm pan. Do this piece by piece.
5. Let the bread cook until the side facing the pan is golden brown and once it is, flip them over. Once both sides of the bread are cooked, serve them on a plate. Top it with your favorite maple syrup and berries. Enjoy!



Egg in a Hole

Ingredients

- 1 Slice of Whole Wheat Bread
- 1 Egg
- 1 Tablespoon of Butter
- Salt and Pepper to taste



Instructions

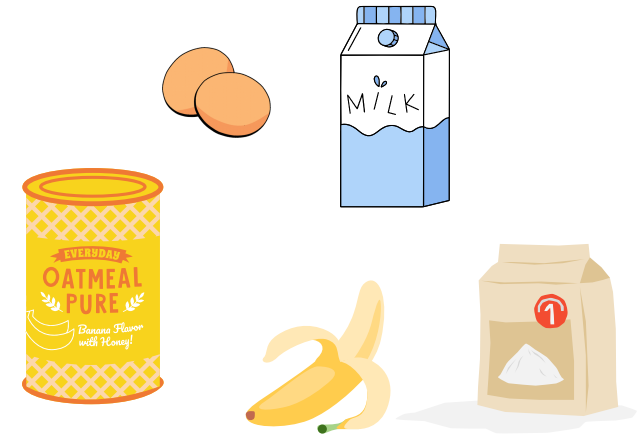
1. With the rim of a drinking cup press a hole in the middle of the slice of bread.
2. Heat a skillet over medium heat and add the butter.
3. Once the butter melts, add the slice of bread and crack the egg in the hole.
4. After the egg sets on the bottom, sprinkle salt some salt and pepper and after a minute or so flip the slice of bread.
5. Season the other side of the bread with salt and pepper and move the bread around the pan so it soaks up all of the butter, once both sides of the bread are golden brown remove it from the pan.
6. Add tomato or arugula on top and have berries on the side. Enjoy!



Banana Oat Pancakes

Ingredients

- 2 Bananas
- 2 Cups Rolled Oats
- 2 Eggs
- 1 teaspoon baking powder
- 1 Cup milk of choice



Instructions

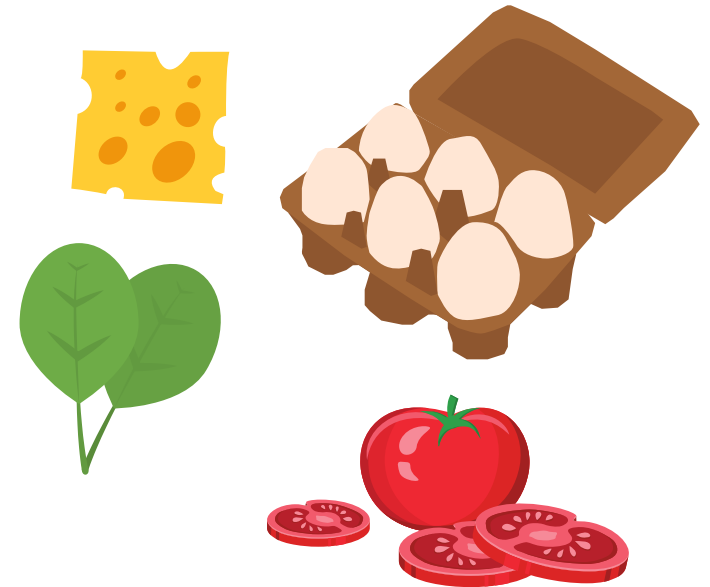
1. In a large bowl mash bananas and then mix in the eggs.
2. With a blender or food processor, blend oats together until a smooth flour forms, mix in baking powder.
3. Combine the wet mixture with the oat flour and baking powder, slowly mix in milk.
4. Heat up a large skillet to medium heat, grease the pan and use a ladle to scoop pancake batter onto the skillet to your desired size.
5. When bubbles start to form, after 3 or 4 minutes flip the pancakes and cook for another 2 minutes. After they are cooked, serve them on a plate with some butter and maple syrup and enjoy!



Baked Egg Bites

Ingredients

- 8 Large Eggs
- 1/3 Cup Milk
- 1/4 teaspoon Salt
- 1/4 teaspoon Ground Pepper
- 2/3 Cup Diced Tomatoes
- 1/2 Cup Chopped Baby Spinach
- 1 Cup Shredded Cheddar Cheese



Instructions

1. Take a paper towel and pour some oil on it, rub the towel in the wells of the muffin tins.
2. In a large bowl whisk together the eggs with milk, salt and pepper. Mix in the cheese.
3. Add sliced vegetables and fill the muffin tins about 3/4 full.
4. Bake for 15-18 minutes at 350 degrees or until the bites are set. After you take them out of the oven, gently remove the bites from the tin with a spatula and enjoy warm. Store any leftovers in the refrigerator.



No Bake Breakfast Cookies

Ingredients

- 3/4 Cup Peanut Butter or Nut Butter of Choice
- 2 Tablespoons Honey
- 1 teaspoon Vanilla Extract
- 3 Tablespoons Chia Seeds
- 3/4 Cup Old Fashioned Oats



Instructions

1. In a microwaveable bowl, place the peanut butter, honey, and vanilla and microwave for 20 seconds.
2. Stir the ingredients together and add the chia seeds and oats.
3. Roll the mixture into 8 balls and place onto a lined baking tray.
4. Press the balls flat and place in the fridge or freezer until it is set. Enjoy!

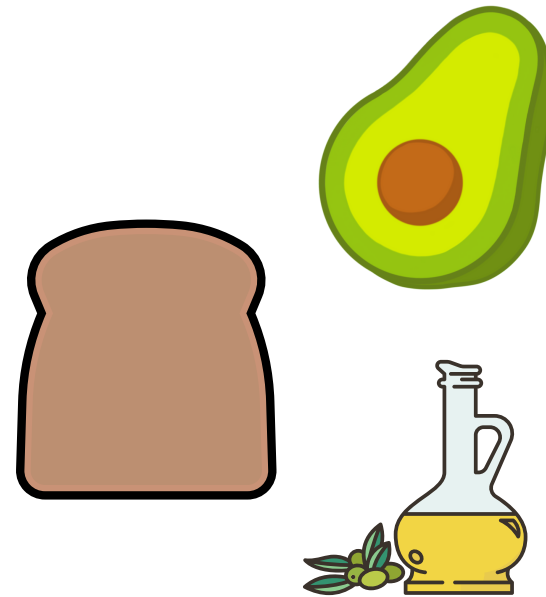


Avocado Toast

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Ingredients

- 1/2 Small Avocado
- 1/3 teaspoon Fresh Lemon Juice
- 1/8 teaspoon Salt
- 1/8 teaspoon Ground Black Pepper
- 1 slice of Whole Grain Bread, toasted
- 1/2 teaspoon Extra Virgin Olive Oil



Instructions

1. Combine avocado, lemon juice, salt and pepper in a small bowl, mash with a fork.
2. Top the toasted bread with the avocado mixture, drizzle olive oil on top and place desired toppings on top, such as tomatoes, arugula, or an egg. Enjoy!



Chocolate Chia Pudding

Ingredients

- 1/2 Cup Chia Seeds
- 1/4 Cup Unsweetened Cocoa Powder
- 1 1/2 Cups Milk of Choice
- 3 Tablespoon Maple Syrup
- 1/2 tsp Vanilla Extract
- 1 pinch of salt



Instructions

1. Sift the cocoa powder in a mixing bowl and combine with the maple syrup, salt, and vanilla extract with a whisk.
2. Add a little milk and whisk until a paste forms then add the remaining milk and whisk until it is smooth.
3. Add the chia seeds to the bowl and whisk to combine, cover the bowl and refrigerate for at least 4 hours or overnight.
4. After the time has passed enjoy in a smaller bowl with toppings such as nut butter, fresh fruit, or granola. Enjoy!

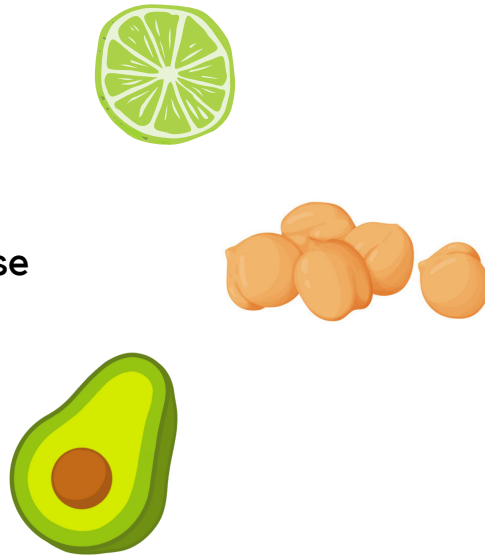


Lunch

22 Chickpea, Avocado, and Feta Salad

Ingredients

- 15 oz Canned Chickpeas
- 2 Avocados
- 2 Tablespoon Green Onion
- 1/3 Cup Crumbled Feta Cheese
- Juice of 1 Lime
- Salt and Pepper to taste



Did you know?

Chickpeas are a great plant-based protein option! They are also a great source of iron, calcium, and vitamin B6!

Instructions

1. Drain and rinse chickpeas in a colander. Set aside in a medium bowl.
2. On a cutting board, slice avocados in half (be careful of the pit in the middle) and chop the inside of the avocado into small pieces. Add to the bowl of chickpeas.
3. Slice the green onion into small pieces and add to the bowl.
4. Roll the lime on a flat surface to loosen up the juice, slice it in half and squeeze the lime over the bowl, add the feta cheese and season with salt and pepper. Stir everything together and serve cold. Enjoy!



Muffin Tin Lasagna

Ingredients

- 1 Large egg
- 15 oz part-skim ricotta cheese
- 2 Cup Shredded Mozzarella Cheese
- 1 Tablespoon Olive Oil
- 24 wonton wrappers
- 24oz Pasta Sauce



Instructions

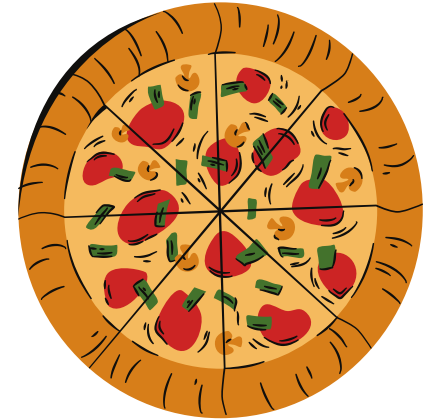
1. Preheat your oven to 375 degrees.
2. In a large bowl mix the egg, ricotta cheese and 1.25 cup of the Mozzarella Cheese. Grease muffin tins with oil and line each tin with a wonton wrapper. Fill with 1 tablespoon of the ricotta mixture and 1 tablespoon of the pasta sauce.
3. Add another wonton wrapper on top, press down on the corners of the wrap and the center to ensure there is no extra air between and add repeat with more ricotta and sauce layers, sprinkle the rest of the shredded cheese on top.
4. Bake until the cheese is melted, about 20-25 minutes and enjoy!



Pizza Muffins

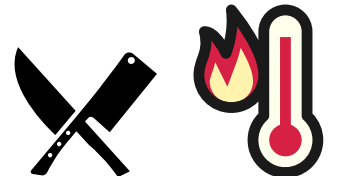
Ingredients

- 2 Whole Wheat English Muffins
- 2 Tbsp Pizza Sauce
- 1 Cup Shredded Mozzarella Cheese
- Fresh Vegetable Toppings of choice such as Mushrooms, Onions, Peppers, Spinach, or Broccoli



Instructions

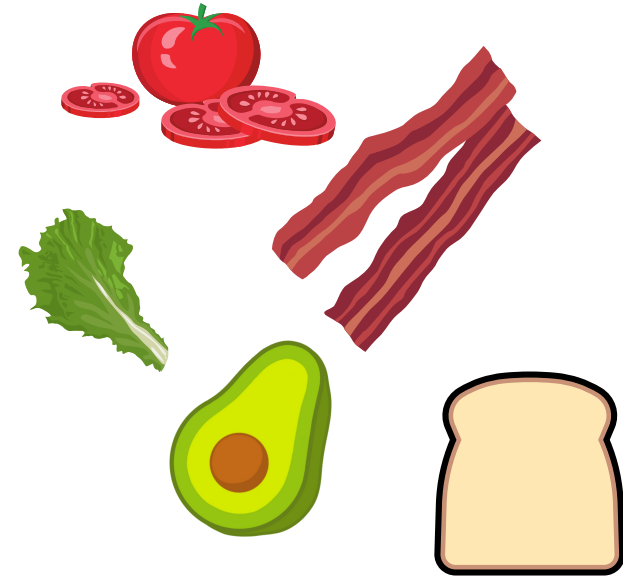
1. Preheat oven to 375 degrees.
2. Slice the English Muffins in half.
3. Spread the pizza sauce on each slice and top with cheese.
4. Add your favorite toppings and bake in the oven until the cheese is melted and brown on the edges, about 10 minutes and enjoy!



TBALT Sandwich

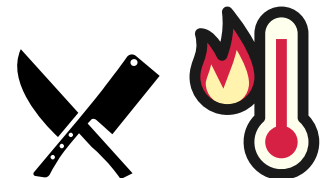
Ingredients

- 2 Slices of Whole Wheat Bread
- 4 slices of Cooked Turkey Bacon
- 2 slices of Tomato
- 1/2 Avocado, sliced
- 2 Leaves of Lettuce
- Salt and Pepper to taste



Instructions

1. Toast the bread to desired texture.
2. Lay lettuce on one slice of bread, place sliced tomatoes on top and sprinkle salt and pepper.
3. Top with the bacon then sliced avocado.
4. Assemble and enjoy!



Chicken Caesar Wrap

Ingredients

- 1 Whole Wheat Pita, Tortilla, or Flatbread of choice
- 1/2 Cup Chopped Romaine Lettuce
- 2 Tbsp Caesar Dressing
- 1/2 Cup Shredded Rotisserie Chicken
- 2 Tbsp Shaved Parmesan Cheese



Did you know?
Despite its popularity
in Italian cuisine,
Caesar salad actually
originates in Mexico!

Instructions

1. Slice lettuce.
2. Shred chicken with two forks.
3. Start assembling by placing the lettuce on the pita first, then drizzle the Caesar dressing, then place the chicken on top and sprinkle the Parmesan.
4. Fold the wrap in half or roll up as desired and enjoy!

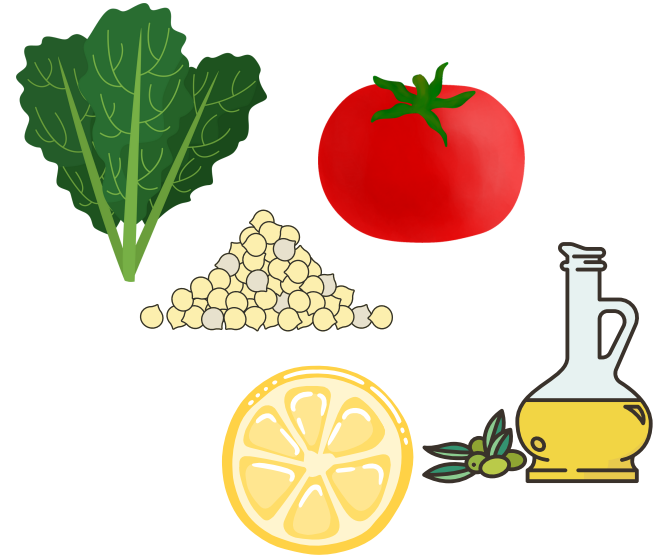


Kale and Quinoa Bowl

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Ingredients

- 1 Cup Cooked Quinoa
- 1 Bunch of Roughly Chopped and De-stemmed Kale
- 3 Tbsp Olive oil, divided into 1 tbsp portions
- 1 Cup Diced sun-dried tomatoes
- Juice from 1/2 lemon
- Salt and pepper to taste
- 2 Tbsp Crumbled Cheese of choice



Instructions

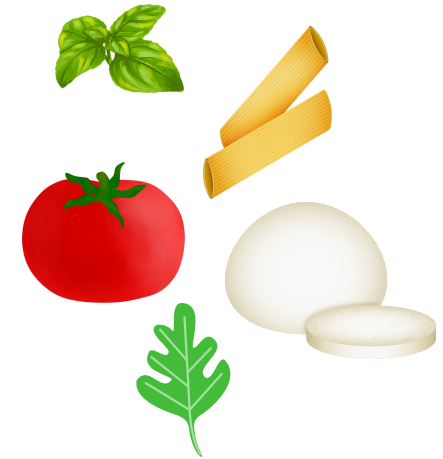
1. Heat 1 tablespoon of olive oil on medium heat in a large sauté pan, add kale and toss to coat.
2. Add 1/4 cup of water to the sauté pan and cover for 3-5 minutes to cook the kale.
3. Uncover the pan and stir the kale around. Turn the heat down to low and cook for another 10-15 minutes or until the kale is tender. Season with salt and pepper to taste.
4. Add the quinoa and tomatoes to the kale and remove from heat. Add lemon juice, the rest of the olive oil and cheese of choice. Enjoy!



Pesto Pasta Salad

Ingredients

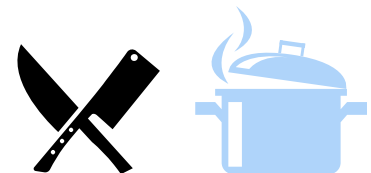
- 1 pound Whole Wheat Penne Pasta
- 3/4 Cup Pesto
- 1 Cup Grape Tomatoes
- 1 Ball Fresh Mozzarella
- 2 Cups Arugula



Instructions

1. Prepare a large pot full of salted water, heat to a boil.
2. While waiting for the water to boil, wash and dry the grape tomatoes.
3. Slice the tomatoes in half and set aside.
4. Once the water comes to a boil, add the pasta and cook the pasta until it is al dente, meaning "to the teeth".
5. After the pasta is cooked, drain the water and rinse the pasta under cold water until it is no longer hot.
6. Slice the mozzarella cheese into small chunks.
7. Once the ingredients are prepared, toss everything together and serve cold.

Enjoy!



Chicken Taquitos

Ingredients

- 1 Cup Cooked Chicken Breast, shredded
- 3 Tablespoons Cream Cheese
- 1/2 Cup Shredded Cheddar Cheese
- 1/4 Cup Salsa of choice,
- 4-6 Small Corn or Whole Wheat Tortillas



Instructions

1. Preheat an oven or air fryer to 375 degrees.
2. In a mixing bowl, combine the chicken, cheeses and salsa until there are no more cream cheese chunks.
3. Lay out the tortillas on a flat surface, use a spoon to portion the mixture into a line in the middle of the tortillas.
4. Once the chicken mixture is distributed, roll the tortillas up and set them on a baking sheet with the seam of the tortilla facing down.
5. Spray the tortillas with oil and bake or air fry for about 7 minutes or until the tortillas are crispy and golden brown.
6. Enjoy them warm by dipping in extra salsa, sour cream, or guacamole.



Deli Meat Lettuce Wraps

Ingredients

- 6-7 Large Leaves of Romaine or Iceberg Lettuce
- 1 Tablespoon Mayonnaise or Mustard
- 6 slices of Deli Meat of Choice
- 2 Slices of Tomato
- 3 Slices of Cheese of Choice



Instructions

1. Layer the leaves of lettuce on top of each other.
2. Spread mayonnaise and mustard on the center of the lettuce.
3. Layer the deli meat, cheese and tomato as desired.
4. Gently roll the lettuce wraps up, halfway through rolling tuck the ends of the wrap in towards the middle.
5. Once the lettuce is all wrapped up, slice the wrap in half with a serrated knife. Stick a toothpick through each half to keep it from unrolling and enjoy!



Hummus Veggie Wraps

Ingredients

- 2 Tablespoons Hummus
- 1 Large Whole Wheat Tortilla
- 1/4 Cup Salad Greens (*your choice of lettuce, spinach, spring mix, etc.*)
- 5 slices of cucumber
- 1/4 Bell pepper sliced into strips



Instructions

1. Wash and dry produce.
2. On a cutting board, slice the cucumber into coin sized pieces and set aside.
3. Slice across the stem side of the bell pepper on the same cutting board, remove the stem and core of the pepper. With the sliced side of the pepper facing down, slice the pepper into 4 even slices. Keep one out for the wrap and store the other slices in a container in the refrigerator. Slice the piece of pepper into thin strips and set aside.
4. On a plate or flat surface, lay out your tortilla. Spread the hummus all over the tortilla with a spoon or spatula. Layer the salad greens, cucumber, and bell pepper in a line across the center.
5. Roll up the tortilla slightly and enjoy!

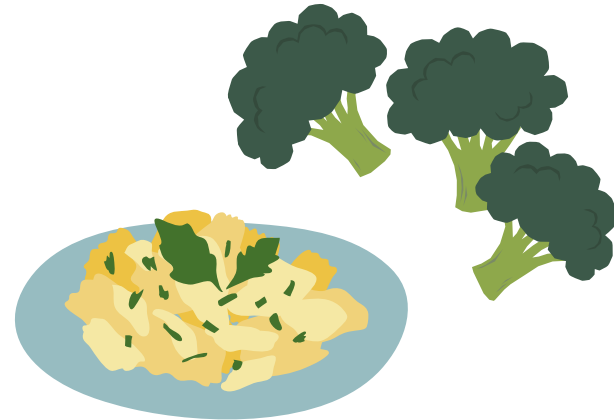


Dinner

Goat Cheese Pasta with Broccoli

Ingredients

- 4 ounces Chickpea pasta
- 2 Ounces goat cheese
- 2 cups broccoli florets
- Salt and Pepper to taste



Instructions

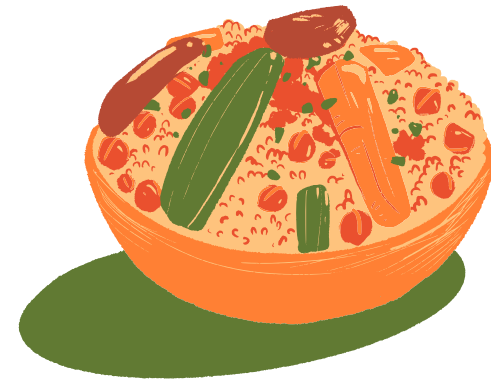
1. Prepare a large pot of salted water and heat to a boil. Also prepare a bowl of ice water.
2. Wash and dry the broccoli, and on a cutting board slice the florets into small bite sized pieces. Once the water is boiling, add the broccoli florets and cook for 2 minutes. Remove the broccoli from the water with a strainer or spatula and immediately place into the ice water. This stops the broccoli from cooking and keeps the color.
3. Use the same pot of boiling water to cook the pasta according to the directions on the package. Once it is cooked drain the water but keep 1/2 cup of it for later. Add the pasta back to the same pot and add the goat cheese. Stir until the cheese melts and coats the pasta, add a bit of the pasta water to make a thin sauce.
4. Remove the broccoli from the ice water and pat dry. Mix it into the pasta and season with salt and pepper. Enjoy!



Chicken and Vegetable Curry Couscous

Ingredients

- 1 Tablespoon Butter
- 1 lb boneless skinless chicken breasts
- 16 oz package of frozen vegetable blend
- 1 1/4 Cup Water
- 1 5.7 oz package Curry Flavored Couscous Mix
- 1/2 Cup Raisins



Instructions

1. On a cutting board, slice chicken breast into strips. Heat butter over medium-high heat in a cast iron or heavy skillet and add chicken and cook until no longer pink, about 15 to 20 minutes. Be sure to flip the chicken a few times.
2. Add vegetable blend, water, and couscous seasoning packet. Once the water begins to boil, stir in couscous and raisins. Remove from heat and let it stand until the water is absorbed, roughly 5 minutes.
3. Once all water is absorbed, fluff the couscous with a fork, serve warm and enjoy!



Ravioli Lasagna

Ingredients

- 1 lb ground beef
- 1 28oz jar of spaghetti sauce
- 25 oz package frozen cheese ravioli
- 1.5 Cup Shredded Mozzarella Cheese
- 1/3 Cup Minced Fresh Basil



Instructions

1. Preheat your oven to 400 degrees. Cook the ground beef in a large skillet over medium heat until it is no longer pink, about 5-7 minutes.
2. Drain excess grease using a colander.
3. In a greased baking dish layer spaghetti sauce, ravioli, ground beef, and cheese. Repeat the layers and top with the remaining sauce and cheese. Cover with aluminum foil and bake for 40-45 minutes, top with basil and serve.

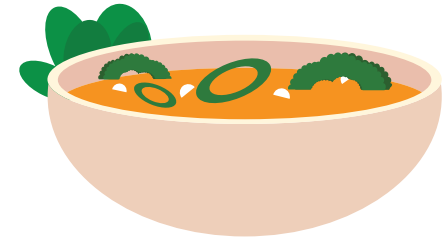


36

Turkey Sausage, Butternut Squash, and Kale Soup

Ingredients

- 1 Package (19.5oz) Italian Turkey Sausage links, with casings removed
- 1 Medium sized Butternut Squash
- 64 fluid ounces reduced-sodium chicken broth
- 1 bunch of kale
- 1/2 Cup shaved Parmesan cheese



Instructions

1. On a cutting board peel the squash and slice into smaller cubes. Wash and dry the bunch of kale. To slice, fold the leaves half lengthwise and cut away the stem. Once you have the stems separated from the leaves, discard the stems and slice the leaves into smaller pieces. Set the sliced leaves aside in a bowl.
2. In a stockpot, cook the turkey sausage with a little bit of oil over medium heat until it is no longer pink, around 8-10 minutes.
3. After the sausage is cooked, add the squash and broth, and bring it to a boil. Gradually stir in the kale, letting the leaves wilt slightly between additions. Once all kale is added bring the soup up to a boil, then reduce the heat and simmer uncovered until the squash is tender, about another 15-20 minutes.
4. Top servings with cheese and enjoy!

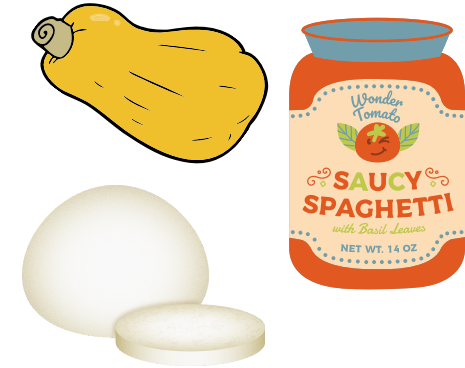


Twice Baked Spaghetti Squash

37

Ingredients

- 1 Spaghetti Squash
- 3/4 Cup Pasta Sauce
- 1/2 Cup Shredded Mozzarella Cheese
- Salt and Pepper to Taste



Instructions

1. Preheat your oven to 375 degrees, line a baking sheet with parchment paper and spray it with oil.
2. On a cutting board, slice the spaghetti squash in half lengthwise. Gently remove the seeds and discard them. Sprinkle with salt and pepper and place the sliced side down on the baking sheet. Bake for 45 minutes or until a fork can pierce the skin easily. Once the squash is fully baked, remove it from the oven.
3. After the squash has cooled lightly, use a fork to separate the spaghetti strands, empty them into a bowl. Reserve shells.
4. Mix the squash strands with the pasta sauce, salt and pepper, and any other seasonings you may like. Spoon the mixture back into the empty shells and sprinkle mozzarella cheese on top.
5. Bake for about 8 minutes, until the cheese is melted and slightly browned. Enjoy directly from the shell!



Buffalo Chicken Stuffed Zucchini

Ingredients

- 4 Zucchini
- 2 Cups Shredded Cooked Chicken
- ½ oz Softened Cream Cheese
- 1 Cup Shredded Cheddar Cheese
- ¼ Cup Buffalo Sauce
- Salt and Pepper to taste



Did you know?
The world's
largest zucchini
weighed 65lbs!

Instructions

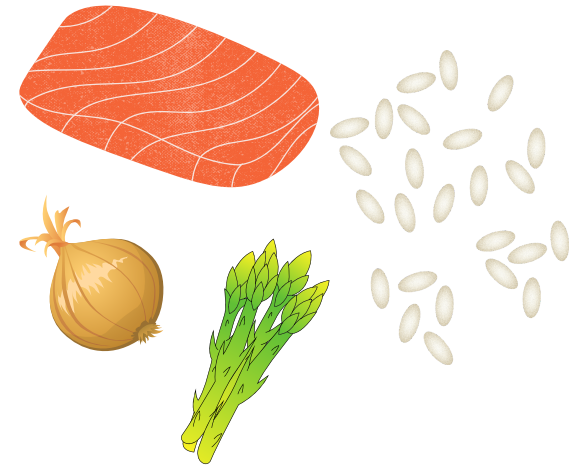
1. Preheat oven to 350 degrees. On a cutting board, slice the zucchini in half lengthwise. Gently slice the inside of the zucchini to loosen up the inner contents but be sure to not cut all of the way through to the skin. Scoop out the insides with a spoon.
2. In a large bowl, combine the chicken, cream cheese, ¾ Cup of the cheddar cheese, buffalo sauce, and salt and pepper.
3. Spoon the mixture into the zucchini boats and sprinkle with the rest of the cheese. Bake until the cheese is melted and the zucchini can be pierced through with a fork. Enjoy!



Salmon and Asparagus Brown Rice Pilaf 39

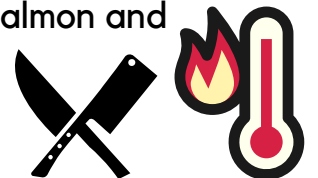
Ingredients

- 1 lb Skinless Salmon Filet
- 1 Yellow Onion
- 1 microwavable Brown Rice packet
- 2 Cups Chicken Stock
- 1 Bunch Asparagus
- Salt and Pepper to taste



Instructions

1. Wash and dry asparagus. On a cutting board, trim the bottom ends of the asparagus and discard. Slice the asparagus in half and set aside.
2. Slice the stem end of the onion on both ends. Now that you have two flat surfaces, lay one end on the cutting board and slice the onion in half from top to bottom. Peel back the onion skin and discard. Make lengthwise cuts on the onion at an angle toward the onion almost all of the way to the end, making sure the onion shape stays intact. Once you finish making shallow cuts, slice the onion crosswise. This should create fine chunks. Repeat for the second half of the onion and set aside.
3. Place a sauté pan over medium heat and add a 1/2 Tablespoon of oil. Once the oil is warmed up, add the salmon and cook for 3 minutes on each side. After it is fully cooked, transfer the salmon to a plate and cover it with foil to keep it warm.
4. Cook the brown rice packet in the microwave according to its instructions.
5. Heat a large sauté pan with another 1/2 Tablespoon of oil. Add the onion to the pan and cook them until they are soft, about 3-4 minutes. Add a pinch of salt and pepper and add the rice. Add 1/2 Cup of chicken stock and stir it until the liquid is absorbed. Slowly add the rest of the stock in batches, letting the rice absorb the stock before adding any more.
6. Add the asparagus to the rice and cook for 2 minutes or until the asparagus is tender. Add the salmon and enjoy!



Broccoli and Sweet Potato Soup

Ingredients

- 1 Yellow Onion
- 1 lb Broccoli
- 1lb Sweet Potato
- 4 Cups Vegetable stock
- 1/2 Cup Greek Yogurt



Instructions

1. Wash and dry the sweet potato and broccoli.
2. On a cutting board, separate the broccoli florets from the stems, slice the florets into small pieces and set aside. Separate the florets into coarse pieces and keep in a separate bowl.
3. Slice the stem off of the onion on both ends. Now that you have two flat surfaces, lay one end on the cutting board and slice the onion in half from top to bottom. Peel back the onion skin and discard. Make lengthwise cuts on the onion at an angle toward the onion almost all of the way to the end, making sure the onion shape stays intact. Once you finish making shallow cuts, slice the onion crosswise. This should create fine chunks. Repeat for the second half of the onion and set aside.
4. Peel the skin off of the sweet potato with a peeler or gently with a knife and slice into small pieces.
5. Heat a saucepan over medium heat with a 1/2 Tablespoon of oil and add the onion, broccoli stems, and sweet potato. Cook until the onion softens. Add the stock and 2 cups of water and bring to a boil. Add the broccoli florets and reduce the heat to a low simmer, cook for another 15 minutes or until the sweet potato is tender.
6. Use a stick blender or add the contents of the pot to a blender and blend the soup until it is smooth. Serve in bowls and garnish with the yogurt. Enjoy!



Black Bean Quesadillas

Ingredients

- 15 oz Can Black Beans
- 1/2 Cup Shredded Monterey Jack Cheese
- 1/2 Cup Fresh Salsa
- 4-8 inch whole wheat tortillas

Instructions

1. Open the can of black beans and rinse them in a strainer with water. Shake the excess water off and place in a medium sized bowl.
2. Add the shredded cheese and salsa to the bowl and mix together.
3. Heat 1 teaspoon of oil in a large skillet over medium heat.
4. Lay tortillas out on a flat, clean surface and spread 1/2 cup of the mixture on to one half of the tortilla. Fold the other half over and gently press it flat. Add two quesadillas at a time to the warmed skillet and cook the tortilla shell until golden brown.
5. Once they are golden brown on one side, flip to the other side and cook until golden brown again.
6. Once both sides are cooked, transfer the quesadillas to a cutting board and slice them in half or in quarters.
7. Try dipping in sour cream, guacamole, or salsa. Enjoy!

Did you know?
One cup of black beans contains 16 grams of protein!

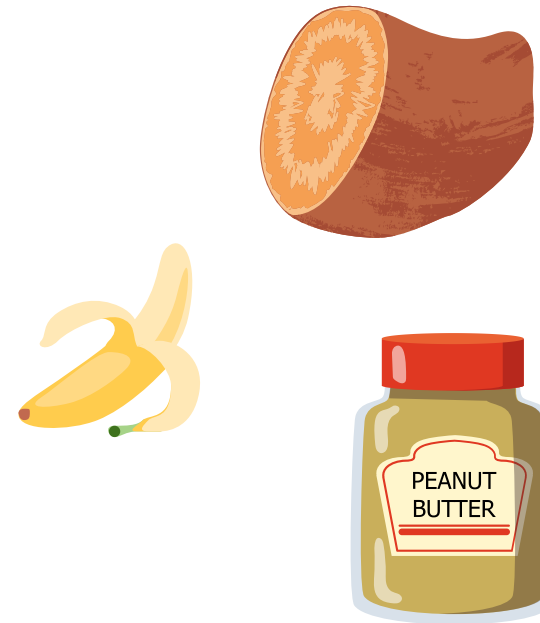


Desserts

Baked Sweet Potato Bites

Ingredients

- ½ Cup cooked Sweet Potato
- ½ Cup mashed Banana
- ¼ Cup Nut Butter
- 2 Eggs
- 1 ½ teaspoon Cinnamon



Instructions

1. Preheat your oven to 375 degrees. Remove skin from potato and smash with and banana in a small bowl.
2. Add the peanut butter, eggs, and cinnamon and mix together.
3. Grease a muffin pan and fill the pans 1/2 of the way and bake for about 18 minutes.
4. Remove the bites from the oven and let them cool before removing them from the muffin pans. Enjoy!



Peanut Butter Cups

Ingredients

- 12 oz Dark Chocolate Chips
- 3/4 Cup Milk of choice
- 3/4 Cup Peanut Butter



Did you know?
It takes 3.2 gallons
of water to
produce 1 ounce of
peanuts!

Instructions

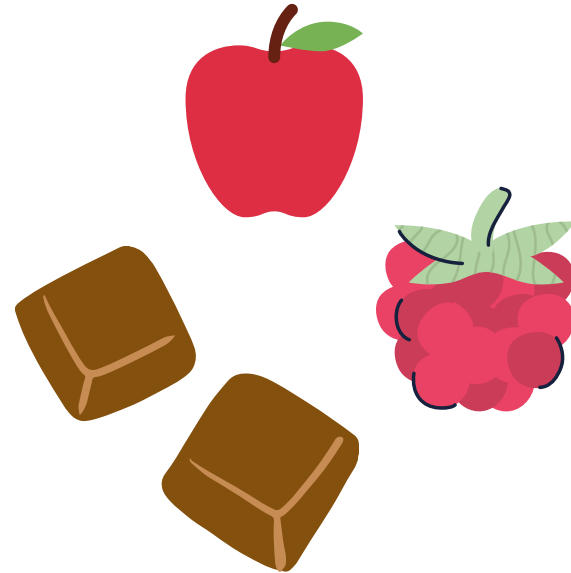
1. Heat water to a boil in a medium sized pot. Using a metal or glass bowl that is large enough to sit on top of the pot of water, add the chocolate chips and milk to melt. Make sure you are constantly stirring the chocolate because it can burn very quick! Line muffin tins with cupcake papers or foils.
2. Once the chocolate is fully melted and smooth, pour a tiny amount of chocolate in each of the muffin pans and place them in the freezer to set, about 20 minutes.
3. After the bottom layer of chocolate sets, place a tiny dollop of peanut butter on top and then add enough chocolate in each cup to cover the peanut butter.
4. Repeat until all of the cups are filled. Place back in the freezer or fridge until they set.
Enjoy!



Apple Berry Dump Cake

Ingredients

- 2 Apples
- 1 1/2 Cups Frozen Raspberries
- 1 Packet of Boxed Cake Mix of Choice
- 1/4 C Chocolate Chips
- 1/2 Cup Butter



Instructions

1. Preheat your oven to 350 degrees.
2. Wash and dry apples. On a cutting board, place an apple upright and slice it in half. Slice the pieces in half again. Stand each piece up, slice out the middle core, then lay it back down and cut them into thin slices. Repeat these steps for the second apple.
3. After the apples are sliced, combine them with the raspberries and place them into a large roasting pan.
4. Sprinkle the cake mix evenly on top.
5. Slice the butter into small chunks and scatter them evenly throughout the pan.
6. Once all of the ingredients are added, bake for 40 to 45 minutes or until the top is golden. Enjoy!

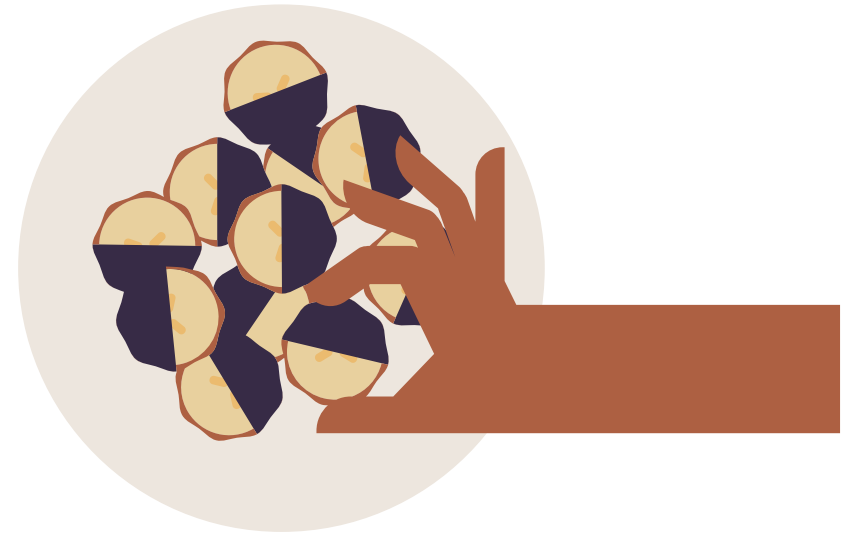


Chocolate Peanut Butter Banana Bites

Ingredients

- 3 Ripe Bananas
- 1/3 Cup Peanut Butter
- 1/2 Cup Chocolate Chips
- 2 teaspoon Coconut Oil

Instructions



1. Peel bananas and slice into even pieces. Line a baking sheet with parchment paper and place the bananas on the paper. On every other banana slice, place about a 1/2 teaspoon of peanut butter and use the other banana slices to sandwich the peanut butter. Once you have enough sandwiches, place them in the freezer for an hour.
2. In a microwave safe bowl, melt the chocolate and coconut oil for one minute. If it is still not melted, stir the chocolate and the oil and microwave for another 30 seconds.
3. Once the chocolate is melted, remove the bananas from the freezer and dip the frozen banana pieces into the melted chocolate so that one half of each bite is coated in chocolate. Place the coated pieces onto a sheet pan lined with parchment paper. Once they are all coated, place the bites into the freezer for 15 minutes.
4. These can be stored in the refrigerator, freezer, or enjoyed right away!



Chocolate Mousse

Ingredients

- 1/4 Cup Chocolate Chips
- 1 Tablespoon Water
- 1 Egg Yolk
- 1.5 tsp Vanilla Extract
- 1/2 Cup Heavy Cream
- 1 Tablespoon Sugar



Instructions

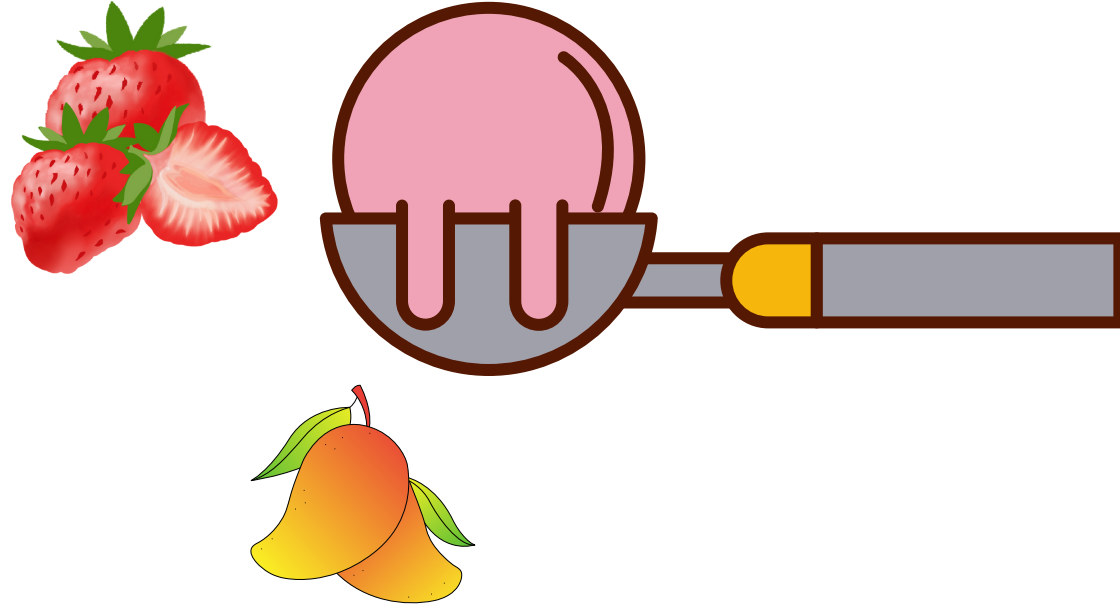
1. Heat water to a boil in a medium sized pot. Using a metal or glass bowl that is large enough to sit on top of the pot of water, add the chocolate chips and milk to melt. Make sure you are constantly stirring the chocolate because it can burn very quick!
2. In a separate bowl, beat the egg yolk with a fork. Add a small amount of the hot chocolate mixture. Once it is mixed together, add it back to the bowl with the rest of the chocolate. Cook the chocolate and yolk for about 2 minutes or until it is slightly thickened. Remember to constantly stir.
3. Remove the chocolate and yolk from heat and add the vanilla extract. Transfer into a small bowl and stir occasionally until completely cooled.
4. In another bowl whisk the heavy cream until it begins to thicken. Add in the sugar and beat until soft peaks form. This means that the heavy cream should be coating the whisk and it should be a little stiff. With a rubber spatula, fold the whipped cream into the chocolate mixture. Cover the container and refrigerate for 2 hours. Serve with fresh berries, nuts, or whipped cream and enjoy!



Strawberry Mango Sorbet

Ingredients

- 12 oz Frozen Mango
- 8 oz Frozen Strawberries
- 1 Tbsp Lime Juice
- *May require 1/2 Cup of Water*



Instructions

1. Add the frozen mango, strawberries, and lime juice to a food processor or blender. Let it blend for about 2 minutes. Scrape down the sides and continue to mix until the mixture is smooth.
2. Add up to 1/2 cup water to make sure it blends smoothly, if necessary.
3. If you prefer, add honey to sweeten the sorbet.
4. Store in a sealed container in the freezer or enjoy right away!

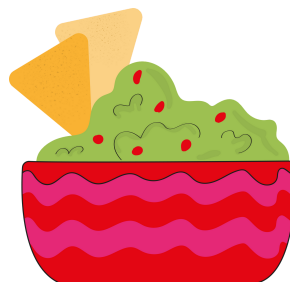


Snacks

Guacamole

Ingredients

- 2 Ripe Avocados
- 1 Tablespoon Lime juice
- 1/4 Cup Chunky Salsa
- 1/4 teaspoon salt
- 1/2 tsp garlic powder



Did you know?

Avocados are actually a fruit and they contain 7 grams of fiber which is roughly 30% of what the body needs each day!

Instructions

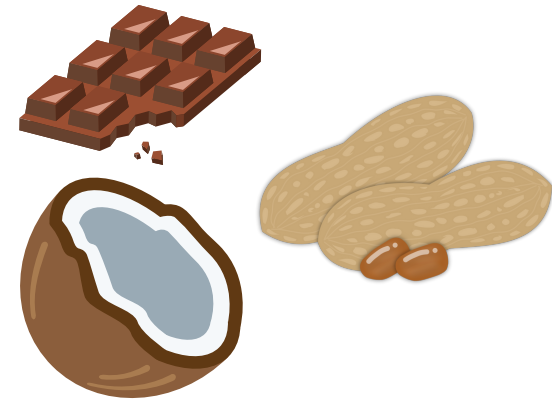
1. Slice the avocado in half (be careful of the pit in the middle!) Empty the insides into a small bowl.
2. Sprinkle with lemon juice and add salsa, salt, and garlic.
3. Mash together with a fork until it is a smooth mixture.
4. Refrigerate until serving. Enjoy with fresh vegetables, spread on a sandwich, or with tortilla chips!



Chocolate Coconut Energy Bites

Ingredients

- 1 ½ Cups Peanuts
- 1 Cup Dark Chocolate Chips
- ½ Cup Unsweetened Shredded Coconut
- 2 Tbsp Water



Instructions

1. Combine all of the ingredients except for the water in a blender or food processor for two minutes or until smooth.
2. Slowly add the water until the dough becomes sticky.
3. Refrigerate the mixture for at least 30 minutes. Remove from the fridge and use an ice cream scoop to divide the dough, roll them into balls, and store in the refrigerator.
4. Enjoy!



Hummus Stuffed Peppers

Ingredients

- 1/4 Cup Hummus
- 5 Sweet Mini Peppers
- 4 Grape Tomatoes
- 1 Tablespoon Crumbled Feta Cheese



Instructions

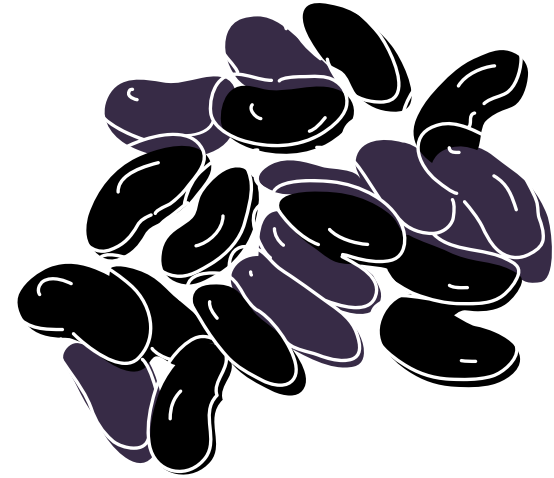
1. Wash and dry produce. On a cutting board, slice the top of the peppers off. Slice the peppers in half lengthwise and remove the seeds in the middle.
2. Slice the grape tomatoes into quarters and set aside.
3. Fill the peppers with hummus, then sprinkle the cheese and tomatoes on top.
4. Enjoy!



Black Bean Dip

Ingredients

- 1 clove Garlic
- 1 can Black Beans
- 1 Tablespoon Olive oil
- Juice of 1/2 Lime
- 10 Tablespoons of Water
- Salt and Pepper to taste



Instructions

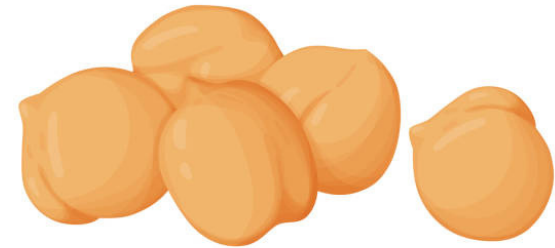
1. Heat a large saucepan over medium heat with the olive oil.
2. Chop the garlic into small pieces and add to the saucepan, cook for about a minute or two and be sure to not let it melt.
3. Use a colander to rinse the black beans with water. Add them to the saucepan and fry them for a few more minutes. Add a few tablespoons of water throughout cooking.
4. Remove from the heat. Add salt, pepper, and lime juice. In a large bowl, use a fork or a potato masher to mash up the beans until it becomes a smooth paste.
5. Enjoy by dipping fresh vegetables, spreading it on crackers, or on bread warm or cold!



Roasted Chickpeas

Ingredients

- 2 cans of Chickpeas (Garbanzo beans)
- 2 Tablespoon Oil
- 2 Teaspoon Smoked Paprika
- 1 Teaspoon Powdered Garlic
- Salt and Pepper to taste



Instructions

1. Preheat oven to 425 degrees.
 2. Use a colander to rinse the chickpeas with water. Line a baking sheet with paper towels and pour the chickpeas on top, use more paper towels on top to dry them off if needed. Remove the paper towels and add the chickpeas to a large mixing bowl, toss with the oil and spices.
 3. Place the chickpeas onto a baking sheet. Set a timer for 30 minutes. Be sure to shake the pan halfway through at 15 minutes. After the timer goes off, gently shake the pan and turn the oven off. Leave the pan in the oven for 3-4 hours.
 4. Be sure the pan is cooled completely and transfer the chickpeas into a storage container.
- Enjoy!



Kale Chips

Ingredients

- 1 Bunch Kale
- 1 Tablespoon Olive Oil
- 1 Teaspoon Flaked Sea Salt



Instructions

1. Wash and dry the kale. *If it is not fully dry before you bake it, the kale will not be crispy.* Preheat oven to 300 degrees. Line a baking sheet of parchment paper.
2. Use a knife or kitchen shears to remove the kale leaves from the stem down the middle. Tear the leaves into bite sized pieces. Drizzle the kale with olive oil and massage to combine.
3. Spread the kale on a baking sheet and sprinkle with salt. Be sure the leaves are not overlapping; use a second sheet pan if necessary.
4. Bake the kale for about 20-30 minutes or until the edges are brown. Let the chips cool and enjoy!

Did you know?

One cup of kale provides more Vitamin A and Vitamin K than you need in a day!



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