

RECIPES



1 CHICKEN (Each Recipe Serves 2)

BBQ Chicken Baked Potatoes

Dessert: Fruit Salsa & Cinnamon Chips

Chicken & Vegetable Stir-Fry

Dessert: Mini No-Bake Fruit Tarts

Cajun Chicken Etouffee

Dessert: Frozen Chocolate
Banana–Berry Clusters

Chicken Meatball Sandwiches

Dessert: Homemade Applesauce

Strawberry Pecan Salad with Chicken

Dessert: Spiced Peaches & Pears

2 BEEF (Each Recipe Serves 2)

Beef Stroganoff Over Egg Noodles

Dessert: Spiced Peaches & Pears

Ground Beef Burrito Bowls

Dessert: Homemade Applesauce

Greek Burgers With Mediterranean Salad

Dessert: Hawaiian Fruit Salad

Beef Shepherd's Pie

Dessert: Mini Cookie Fruit "Pies"

Ground Beef Stuffed Peppers

Dessert: Pan-Seared Angel Food Cake
with Strawberries–Pineapples

3 PORK (Each Recipe Serves 2)

Asian-Style Pork Lettuce Wraps

Dessert: Pan Seared Angel Food Cake
with Strawberries–Pineapples

Mini Meatloaves with Balsamic Vegetables

Dessert: Mini Cookie Fruit "Pies"

Pork & Vegetable Chili Mac

Dessert: Frozen Mint Berry Yogurt Cups

Pork Loin & Vegetable Sandwiches

Dessert: Blackberry Rosemary Crumble

Sausage & Gnocchi Soup

Dessert: Fruit Salsa & Cinnamon Chips

4 VEGETARIAN (Each Recipe Serves 2)

Cheesy Vegetable & Rice Casserole

Dessert: Frozen Chocolate
Banana–Berry Clusters

Creamy One-Pot Vegetable Pasta

Dessert: Hawaiian Fruit Salad

Cheese Manicotti with Vegetable Marinara

Dessert: Frozen Mint Berry Yogurt Cups

Roasted Vegetable Nachos

Dessert: Mini No-Bake Fruit Tarts

Roasted Vegetable Flatbreads

Dessert: Blackberry Rosemary Crumble

Potential Allergies Listed on Each Recipe: Allergens listed are based on top 8 most common allergens only. Top 8 most common food allergens include: wheat, soy, dairy, eggs, fish, shellfish, tree nuts, and peanuts. All ingredients will be listed in each recipe for participants to determine if the recipe ordered is safe for consumption. Also note, some foods may be packaged in a facility that also packages potential allergens.

BARBEQUE CHICKEN BAKED POTATOES



INGREDIENTS

2 Medium Russet Potatoes
6 oz Boneless, Skinless Chicken Breasts
2 oz Oil
10 oz Chicken Broth
4 oz Green Onions (chopped)
8 oz Shredded Cabbage
2 Tbsp Salad Dressing
2 Tbsp Sour Cream
1 tsp Sugar
1 Tbsp Apple Cider Vinegar
Salt & Pepper (to taste)
4 oz Barbeque Sauce

BEFORE YOU START

Wash all vegetables. Cut white ends of green onions from the bottom and slice green onions. Cut chicken into bite sized pieces (no greater than 1"). Wash hands after handling meats.

DIRECTIONS

Step 1: Preheat oven to 450F. While oven is pre-heating, take a fork and poke holes all over both potatoes. Coat olive oil evenly over both potatoes. Once oven is ready, place potatoes in a foil-lined baking pan for 20 minutes. While potatoes are baking, begin cooking chicken (see step 3).

Step 2: Pull baked potatoes from oven and sprinkle in salt and pepper, then return to oven for an additional 20-25 minutes, or until potato feels soft when squeezed with oven mitt. While potatoes are cooking, begin making slaw (see step 4).

Step 3: In a medium sauce pan, bring can of chicken broth to a boil. Add chicken breast to broth. Continue to keep broth at a boil until chicken is completely cooked through, about 10 minutes. Once chicken is cooked through, remove from broth and put aside. Using two forks, pull and shred chicken. Add barbeque sauce and toss chicken until coated, set aside.

Step 4: In a separate bowl, combine slaw, salad dressing, sour cream, apple cider vinegar, sugar, salt, and pepper. Mix until slaw is completely coated.

Step 5: To serve, push on ends of baked potato toward its middle until it opens up. Add chicken to the middle of the baked potato, then top with slaw.

ALLERGENS

Dairy

CHICKEN & VEGETABLE STIR-FRY



INGREDIENTS

- 6 oz Boneless Skinless Chicken Breast (cut into bite-sized pieces)
- 1 Broccoli Crown (cut into florets)
- 8 oz Sugar Snap Peas
- ½ cup Cooked Brown Rice
- 1 Large Egg
- ¼ cup Low-Sodium Soy Sauce
- 1 Tbsp Brown Sugar
- 1 Tbsp Garlic (minced)
- 1 Tbsp Ground Ginger
- 4 Tbsp Sesame Oil

BEFORE YOU START

Wash all vegetables. Cut stalk from broccoli, then cut florets into halves or quarters. Florets should be bite sized pieces. Cut chicken into bite sized pieces (no greater than 1"). Wash hands after handling meats.

DIRECTIONS

Step 1: In a small saucepan, bring 1 cup of water to a boil. Add rice and cook for 5 minutes. Then remove rice from heat and set aside, covered for 10 minutes.

Step 2: In a large skillet, heat 2 Tbsp sesame oil over medium-high heat. Add 1 Tbsp garlic and chicken, cooking until chicken is golden brown on both sides and cooked through, about 5-7 minutes. Remove chicken from pan.

Step 3: In a small bowl, combine soy sauce, brown sugar, garlic, and ginger and stir until brown sugar is dissolved.

Step 4: Add remaining oil to pan and add broccoli florets and snap peas, cooking for 2-3 minutes and turning halfway through. Add rice and chicken to pan, stirring to combine evenly. Add sauce and combine until rice, chicken, and broccoli is coated.

Step 5: Make a small circle in middle of the pan and crack egg directly into pan. Allow egg to cook for 30 seconds to 1 minute, and then stir rice mixture to scrambled egg into dish. Cook additional 1-2 minutes or until sauce is thickened, then serve.

ALLERGENS

Soy, Eggs

CAJUN CHICKEN ETOUFFEE



INGREDIENTS

- 6 oz Boneless Skinless Chicken Breast (cut into bite-sized pieces)
- ½ Small White Onion (diced)
- 3 Stalks Celery (chopped)
- 1 Small Green Pepper (diced)
- 3 Bay Leaves
- ¼ cup Flour
- 24 oz Chicken Broth
- 2 Tbsp Oil
- 1 Tbsp Garlic (minced)
- 1 cup Instant Brown Rice

Spice Blend:

- 1 tsp Paprika
- 1 tsp Black Pepper
- 1 tsp Onion Powder

BEFORE YOU START

Wash all vegetables. Cut off ends of the onion and peel the 1-2 outer layers. Next, slice the onion in half, then into quarters. With the flat surface against the cutting board, make lengthwise cuts down the onion. Keeping the slices together, turn the onion and make lengthwise cuts against the first set of cuts to dice.

Cut tops and bottoms off of celery stalks. Then, cut slices down the length of the celery stalks. Cut around the top of the pepper and remove the top to remove the seeds. Turn pepper upside down and shake to remove remaining seeds. Cut bottom off of the pepper and cut pepper in half. Lay sides inside-down on cutting board and make cuts from top to bottom, then turn and cut from side to side to dice pepper.

Cut chicken into bite sized pieces (no greater than 1"). Wash hands after handling meats.

DIRECTIONS

Step 1: In large skillet, heat oil on medium-high heat. Add chicken and cook until golden brown on all sides. Add onion, celery, green pepper, and garlic and cook additional 3-5 minutes. Remove chicken and vegetables from pan and reduce heat to medium.

Step 2: Add remaining oil and slowly add flour, stirring continuously until flour mixture is cooked to a caramel-colored brown, about 5 minutes. Add broth and cook additional 2-3 minutes. Add bay leaves and spice blend. Bring to a boil, stirring frequently. Cook for 10-12 minutes to allow Etouffee to reduce to a gravy-like consistency.

CAJUN CHICKEN ETOUFFEE, CONT.



Step 3: Return chicken and vegetables to Etouffee mixture and reduce heat to simmering.

Step 4: While etouffee is cooking, bring 2 cups water to a boil. Add instant rice and boil 5 minutes. Cover, reduce heat and cook additional 10 minutes. When Etouffee is a thin gravy-like consistency, serve over rice.

CHICKEN MEATBALL SANDWICHES WITH GREEN BEAN SALAD



INGREDIENTS

6 oz Ground Chicken
1 Egg
¼ cup Breadcrumbs
1 Tbsp Italian Seasoning
¼ cup Tomato Sauce
2 oz Provolone Cheese
2 Whole Grain Sandwich Rolls
1 cup Fresh Green Beans
¾ cup Cherry Tomatoes (halved)
¼ cup Red Onion (diced)
1 Tbsp Lemon Juice
1 Tbsp Oil
1 tsp Basil
1 Tbsp Garlic (minced)
Black Pepper (to taste)

ALLERGENS

Wheat, Dairy,
Eggs

BEFORE YOU START

Wash all vegetables. Rinse green beans and trim ends. You may also cut in half if needed for smaller bites. Cut cherry tomatoes in halves. Cut off ends of the onion and peel the 1-2 outer layers. Next, slice the onion in half, then into quarters. With the flat surface against the cutting board, make lengthwise cuts down the onion. Keeping the slices together, turn the onion and make lengthwise cuts against the first set of cuts to dice. Wash hands after handling meats.

DIRECTIONS

Step 1: Preheat oven to 400F. In a mixing bowl, combine chicken, egg, breadcrumbs, Italian seasoning, and combine. Divide chicken into 6 portions and roll into balls, about 1 oz each. Place on foil lined baking sheet and bake for 20 minutes.

Step 2: While chicken is in the oven, begin green bean salad. Trim ends from green beans and place in a small sauce pan on medium high heat with 1-2 Tbsp water. Cover and cook for 5-7 minutes.

Step 3: In a medium mixing bowl, combine garlic, basil, oil, lemon juice, and black pepper. Add onion, tomato and green beans and stir until vegetables are coated. Refrigerate until time to serve.

Step 4: Remove meatballs from oven. Place 3 meatballs on each open sandwich roll. Top with tomato sauce and cheese and place back in the oven for 1-2 minutes or until cheese is melted. Serve alongside salad.

STRAWBERRY PECAN SALAD WITH CHICKEN & TOASTED PITA WEDGES



INGREDIENTS

6 oz Boneless Skinless Chicken Breast (cut into bite-sized pieces)
1 cup Strawberries (sliced)
2 cups Mixed Greens
1 Small Red Pepper (diced)
¼ cup Chopped Pecans
¼ cup Feta Cheese Crumbles
2 Whole Grain Pita Rounds
2 Tbsp Balsamic Vinegar
2 Tbsp Honey
¼ cup Oil
1 tsp Dried Parsley

Spice Blend:

Salt & Pepper (to taste)
1 tsp Onion Powder
1 tsp Paprika

ALLERGENS

Wheat, Dairy,
Tree Nuts

BEFORE YOU START

Wash all vegetables. Cut green leafy tops from strawberries before slicing length-wise to create slices. Cut around top of pepper to remove seeds. Turn pepper upside down and shake to remove remaining seeds. Cut bottom off of pepper and cut pepper in half. Lay sides inside-down on cutting board and make cuts from top to bottom, then turn and cut from side to side to dice pepper.

Cut chicken into bite sized pieces (no greater than 1"). Wash hands after handling meats.

DIRECTIONS

Step 1: In a medium saucepan, heat 2 Tbsp olive oil on medium-high heat. Cover chicken pieces in spice blend and 1 tbsp of oil to coat chicken evenly and add to pan. Cook chicken for 8-10 minutes or until golden brown on all sides. Remove from heat.

Step 2: Preheat oven to 350F. Brush pita rounds on both sides with about 2-3 Tbsp olive oil. Sprinkle with dried parsley. Place on baking sheet and bake in oven for 5 minutes or until rounds are golden brown. Pull from oven and cut into triangles.

Step 3: In a small bowl, whisk together equal parts oil and balsamic vinegar, then stir in honey until completely blended.

Step 4: To serve, place 1 cup mixed greens in a large bowl, top with diced red pepper and strawberries, then pecans and feta. Finally, top with chicken and drizzle balsamic vinaigrette. Serve alongside warm pita triangles.

BEEF STROGANOFF OVER EGG NOODLES



INGREDIENTS

6 oz Ground Beef
1 cup Mushrooms (sliced)
1 cup Canned Peas (drained)
8 oz Beef Broth
4 oz Egg Noodles
2 Tbsp Garlic (minced)
1 Tbsp Cornstarch
¼ cup Light Sour Cream
2 Tbsp Vegetable Oil
1 Tbsp Worcestershire Sauce

Spice Blend:

1 tsp Black Pepper
1 Tbsp Onion Powder
1 Tbsp Rosemary

ALLERGENS

Wheat, Soy,
Dairy

BEFORE YOU START

Wash mushrooms thoroughly. Remove stems from mushrooms. Place cap on cutting board and slice lengthwise down the cap, creating slices. Wash hands after handling ground beef.

DIRECTIONS

Step 1: In a small saucepan, bring 1 cup water to boil, add noodles and cook 5-8 minutes or until noodles are tender. Drain and set aside.

Step 2: While noodles are cooking, heat vegetable oil over medium-high heat in a medium skillet. Add garlic and cook 1-2 minutes until fragrant, stirring frequently to avoid burning.

Step 3: Add ground beef, cooking until beef begins to brown, about 5-7 minutes. Add peas and mushrooms, cooking for an additional 2-3 minutes.

Step 4: In a small container, whisk broth, spice blend, Worcestershire sauce, and cornstarch until cornstarch is completely blended. Add to pan and cook to boiling for 2-3 minutes.

Step 5: Reduce heat to a simmer, then cook additional 8-10 minutes, stirring occasionally. Add sour cream and cook additional 1-2 minutes. Serve over cooked egg noodles.

GROUND BEEF BURRITO BOWLS



INGREDIENTS

- 6 oz Lean Ground Beef
- 8 oz Canned Black Beans (rinsed)
- ½ cup Instant Brown Rice
- ½ Small Onion (diced)
- ½ Small Tomato (diced)
- 1 Lime
- 1 Small Bunch Cilantro (chopped)
- 2 Tbsp Sour Cream
- 2 oz Salsa
- 2 Tbsp Vegetable Oil

Spice Blend:

- 1 Tbsp Cumin
- 1 Tbsp Paprika
- Salt & Pepper (to taste)

ALLERGENS

Dairy

BEFORE YOU START

Wash all vegetables. Cut off ends of onion and peel 1-2 outer layers. Next, slice onion in half, then into quarters. With the flat surface against cutting board, make lengthwise cuts down the onion. Keeping slices together, turn the onion and make lengthwise cuts against the first set of cuts to dice.

Cut top and bottom off tomato, then cut in half. Place flat sides down against the cutting board and cut lengthwise down tomato, then turn and cut lengthwise again, creating dices. Cut lime in half, then into quarters as desired for wedges. Bunch cilantro and chop ends in rocking motion with knife.

DIRECTIONS

Step 1: In a small saucepan, bring 1 cup of water to a boil. Add rice, cook for 5 minutes, stirring occasionally. Remove from heat and cover for additional 10 minutes, fluff with a fork when ready to serve.

Step 2: In a medium skillet, heat oil on medium high heat. Add onion and cook 2-3 minutes, or until translucent.

Step 3: Add ground beef and cook until browned, about 5-7 minutes. Add spice blend and 1/2 cup water, stir till evenly coated. Add diced tomato and black beans, stirring frequently to prevent burning. Reduce heat and let simmer for 2 minutes to allow sauce to thicken.

Step 4: In a bowl, spoon out rice, then top with beef and vegetable mixture. Top with a squeeze of lime juice, chopped cilantro, a dollop of sour cream, and taco sauce. Serve.

GREEK BURGERS WITH MEDITERRANEAN SALAD



INGREDIENTS

6 oz Ground Beef
2 Rounds of Pita Bread
1 Small Cucumber (peeled & diced)
1 Small Tomato (diced)
½ Small White Onion (diced)
1 Tbsp White Vinegar
1 Tbsp Oil
1 Tbsp Sugar
Salt & Pepper (to taste)
2 oz Feta Cheese
4 oz Plain Greek Yogurt
1 tsp Lemon Juice
1 Tbsp Garlic (minced)
1 tsp Dried Dill

**Note: slices of tomato, onion, and cucumber may be reserved to top burger as a garnish before dicing for salad.*

ALLERGENS

Wheat, Dairy

BEFORE YOU START

Wash all vegetables. Cut off ends of onion and peel 1-2 outer layers. Next, slice the onion in half, then into quarters. With the flat surface against the cutting board, make lengthwise cuts down the onion. Keeping the slices together, turn the onion and make lengthwise cuts against the first set of cuts to dice.

Cut top and bottom off of tomato. Cut tomato in half. Place flat sides down against the cutting board and cut lengthwise down tomato, then turn and cut lengthwise again, creating dices.

Cut ends off cucumber and peel completely. Cut cucumber in half length-wise. Flat sides down, cut slices down the cucumber, creating semi-circle slices. Wash hands after handling ground beef.

DIRECTIONS

Step 1: Form ground beef into four thin, round patties. In a large skillet at medium-high heat, add patties and brown on both sides until cooked through, about 5-7 minutes, turning half-way. Once cooked through, remove from skillet and place on paper-towel lined plate to drain any grease.

Step 2: In a small bowl, combine yogurt, lemon juice, garlic, and dill until mixture is smooth.

Step 3: In another bowl, combine cucumber, tomato, white onion, oil, sugar, vinegar, salt and pepper, and mix thoroughly.

Step 4: Place two small patties side by side or slightly overlapping on one side of pita bread, top with yogurt sauce, feta cheese, and any sliced vegetables. Serve alongside cucumber salad.



BEEF SHEPHERD'S PIE



INGREDIENTS

6 oz Ground Beef
½ cup Canned Corn (drained)
½ cup Canned Peas (drained)
½ Onion (diced)
1 Large Russet Potato
(peeled & cut into small chunks)
2 Tbsp Oil
1 Tbsp Garlic (minced)
2 Tbsp Margarine
¼ cup Half & Half
2 oz Shredded Cheese
Salt & Pepper (to taste)

Gravy Blend:

1 Tbsp Onion Powder
1 Cube Beef Bouillon
1 Tbsp Rosemary
1 Tbsp Cornstarch

ALLERGENS

Dairy

BEFORE YOU START

Wash all vegetables. Cut off ends of the onion and peel the 1-2 outer layers. Slice the onion in half, then in quarters. With the flat surface against the cutting board, make lengthwise cuts down the onion. Keeping the slices together, turn the onion and make lengthwise cuts against the first set of cuts to dice. Peel potato. Cut into 1" cubes. Wash hands after handling ground beef.

DIRECTIONS

Step 1: In medium saucepan, bring 2 cups of water to a boil. Add potato chunks and continue to boil for 15 minutes or can easily be mashed by fork. Remove from heat and cover, set aside.

Step 2: In a large skillet, heat oil on medium high heat. Add diced onion and garlic, cook 2-3 minutes until onions are translucent, add ground beef and cook until browned, about 5-7 minutes.

Step 3: In small bowl, mix gravy blend with 10oz water, stirring until combined. Add to meat and vegetables until evenly coated. Cook for additional 2-3 minutes.

Step 4: Stir in corn and peas.

Step 5: Uncover potatoes and drain excess water. Add half and half and margarine, mashing potatoes with a fork until smooth.

Step 6: Reduce heat of skillet to medium low. Smooth beef and vegetable mixture until even in pan, top with mashed potatoes and smooth creating an even layer over top of beef.

Step 7: Top with cheese. Cover and cook on low for additional 1-2 minutes, or until cheese has melted. Serve.

GROUND BEEF STUFFED PEPPERS



INGREDIENTS

2 Large Green Bell Peppers
6 oz Ground Beef
½ Small Yellow Onion (diced)
½ Large Tomato (diced)
1 Tbsp Garlic (minced)
¼ cup Instant Brown Rice
4 oz Shredded Cheese
2 Tbsp Vegetable Oil
2 Tbsp Sour Cream

Spice Blend:

1 tsp Cumin
1 tsp Paprika
Salt & Pepper (to taste)

BEFORE YOU START

Wash all vegetables. Cut off ends of onion and peel 1-2 outer layers. Next, slice the onion in half, then into quarters. With the flat surface against the cutting board, make lengthwise cuts down onion. Keeping slices together, turn onion and make lengthwise cuts against the first set of cuts to dice.

Cut around top of pepper and remove top to remove seeds. Turn pepper upside down and shake to remove remaining seeds. Cut off bottom of pepper and then in half. Lay sides inside-down on cutting board and make cuts from top to bottom, then turn and cut from side to side to dice pepper. Cut top and bottom off tomato, and then in half. Place flat sides down against cutting board and cut lengthwise down tomato, then turn and cut lengthwise again, creating dices.

DIRECTIONS

Step 1: Preheat oven to 375F. Remove tops from bell peppers and remove any seeds.

Step 2: In a small saucepan, bring 1/2 cup water to a boil. Add rice and continue boiling for 5 minutes, stirring frequently. Remove from heat and cover. Leave covered for 10 minutes. Fluff rice with a fork and set aside.

Step 3: In medium skillet, heat 1 Tbsp oil on medium heat. Add onions and garlic and cook until translucent, about 2-3 minutes. Add beef, spice blend, and 1/4 cup water and stir until beef and onions are coated. Cook until beef has browned, about 5-7 minutes.

ALLERGENS

Dairy

GROUND BEEF STUFFED PEPPERS, CONT.



Step 4: Place bell peppers in small foil-lined baking dish and coat peppers in remaining olive oil. Add 2-3 Tbsp water to the bottom of the dish. Form foil around bottom of peppers to prevent them from falling over in the oven.

Step 5: Spoon the following layers evenly into each pepper: rice, then meat and onion mixture. Cover pan with foil and bake for 10 minutes.

Step 6: Uncover peppers, top with cheese and bake uncovered for additional 10 minutes. Top with diced tomato and sour cream. Serve.

ASIAN-STYLE PORK LETTUCE WRAPS WITH CUCUMBER SALAD



INGREDIENTS

6 oz Ground Pork
1 cup Slaw Mix
1 Large Cucumber
(peeled & sliced)
4 Large Romaine Leaves
1 Tbsp Garlic (minced)
½ cup Brown Rice (cooked)
2 Tbsp Sesame Oil
1 Tbsp Rice Vinegar
1 Tbsp Sugar
2 Tbsp Low Sodium Soy Sauce
1 Lime

Spice Blend:

1 tsp Ground Ginger
1 tsp Onion Powder
Sugar (to taste)
Salt & Pepper (to taste)

ALLERGENS

Soy

BEFORE YOU START

Wash all vegetables. Cut ends from cucumber, peel and cut into slices. Cut bottom off of head of romaine lettuce. Set aside at least 4 leaves that have a “cup” shape or are at least large enough to wrap filling.

DIRECTIONS

Step 1: In a small saucepan, bring 1 cup of water to a boil. Add rice and cook for additional 10 minutes. Remove from heat and let sit, covered, for additional 5 minutes.

Step 2: While rice is cooking, in a small bowl, add cucumber, mix 1 Tbsp sesame oil, 1 Tbsp rice vinegar, 1 Tbsp sugar, and 1/2 lime. Add salt and pepper to taste if you wish. Cover and refrigerate until ready to serve.

Step 3: In a medium skillet, heat oil and cook ground pork, for about 5 minutes or till browned. Add minced garlic, slaw mix, soy sauce, and spice blend, stirring until meat and vegetables are coated in sauce.

Step 4: Cut lime in half and squeeze over pan, stirring in lime juice as you cook. Continue to cook an additional 3-5 minutes, stirring frequently. Save other half of lime to cut into wedges for garnish.

Step 5: Add brown rice to skillet, mix for 1-2 minutes.

Step 6: Spoon rice, meat, and vegetable mixture into lettuce cups, evenly distributing among the 4 lettuce leaves. Serve alongside cucumber salad.

PORK MINI-MEATLOAVES WITH HONEY BALSAMIC VEGETABLES



INGREDIENTS

6 oz Ground Pork
1 Egg
¼ cup Breadcrumbs
¼ cup Ketchup
¼ cup Brown Sugar
1 Tbsp Onion Powder
1 tsp Worcestershire Sauce
1 large Sweet Potato (peeled & cubed)
1 cup Brussels Sprouts (halved)
Salt & Pepper (to taste)
1 Tbsp Balsamic Vinegar
1 Tbsp Honey
2 Tbsp Olive Oil

BEFORE YOU START

Wash all vegetables. Cut both ends off of the sweet potato. Peel potato, then cut sweet potato into cubes, about the size of a quarter. Cut ends off of brussel sprouts then cut them in half lengthwise.

DIRECTIONS

Step 1: Preheat oven to 450F.

Step 2: In a large bowl, mix ground pork, egg, breadcrumbs, onion powder, Worcestershire sauce, and half brown sugar and ketchup.

Step 3: Form into two loaves and place into a greased, foil lined 8x8" baking pan. In a small bowl, mix remaining ketchup and brown sugar. Top with remaining ketchup and brown sugar and bake for 35 minutes or until no longer pink in the center.

Step 4: In a medium saucepan, heat 1 Tbsp oil over medium high heat. Add cubed sweet potatoes, Brussels sprouts, salt, and pepper and stir until vegetables are evenly coated.

Step 5: In a small bowl, stir balsamic vinegar, any remaining olive oil, and honey until combined evenly and drizzle over vegetables. Continue to cook over medium heat, stirring occasionally to avoid burning, about 15 minutes. Serve alongside mini meatloaves.

ALLERGENS

Wheat, Soy,
Eggs

PORK & VEGETABLE CHILI MAC



INGREDIENTS

6 oz Ground Pork
1 large Tomato (diced)
8 oz Canned Chili Beans (rinsed)
12 oz Vegetable Juice (V8)
1 Tbsp Garlic (minced)
½ Small Onion (peeled & diced)
1 Tbsp Oil
Salt & Pepper (to taste)
8 oz Elbow Pasta
2 Tbsp Sour Cream
2 oz Shredded Cheese

Spice Blend:

1 tsp Paprika
1 tsp Cumin

ALLERGENS

Wheat, Dairy

BEFORE YOU START

Wash all vegetables. Cut off ends of the onion and peel the 1-2 outer layers. Next, slice the onion in half, then into quarters. With the flat surface against the cutting board, make lengthwise cuts down the onion. Keeping the slices together, turn the onion and make lengthwise cuts against the first set of cuts to dice.

Cut the top and bottom off of the tomato. Make lengthwise cuts across the top of the tomato, then rotate to make lengthwise cuts again to make a cross section. Turn tomato on its side and cut down the tomato in slices, creating diced cubes from the tomato.

DIRECTIONS

Step 1: In a medium pot, bring 2 cups of water to a boil. Once boiling, add elbow pasta and cook until desired tenderness, about 6-7 minutes. Drain and set aside.

Step 2: In a stockpot, heat oil on medium high heat. Add ground pork and cook until browned, about 5-7 minutes, stirring frequently.

Step 3: Add onion, garlic, and spice blend and cook for an additional 2-3 minutes, until onions are tender.

Step 4: Add beans, diced tomato, and stir until combined. Let it cook for about 2-3 minutes. Add vegetable juice and get to boil.

Step 5: Serve over elbow pasta. Top with sour cream and shredded cheese.

PORK LOIN & VEGETABLE SANDWICH



INGREDIENTS

6 oz Pork Loin
(Cut into 1" pieces)
1 Zucchini (cut into slices)
1 Red Bell Pepper (diced)
½ Small Yellow Onion (diced)
2 oz Provolone Cheese
1 Tbsp Olive Oil
2 Whole Grain Sandwich Rolls
Salt & Pepper (to taste)

Include:

Mustard, Mayonnaise
in Package

BEFORE YOU START

Wash all vegetables. Cut off ends of onion and peel the 1-2 outer layers. Next, slice onion in half, then into quarters. With the flat surface against the cutting board, make lengthwise cuts down the onion. Keeping the slices together, turn the onion and make lengthwise cuts against the first set of cuts to dice.

Cut ends off of zucchini. Cut in half lengthwise and set flat sides down against cutting board. Cut along the zucchini halves, making small half-circle slices.

Cut the top off of the bell pepper and remove all seeds. Cut bottom off of bell pepper. Cut bell pepper in half and lay flat sides down on cutting board. Cut bell pepper into strips, then again into small diced pieces.

DIRECTIONS

Step 1: Preheat oven to 425F.

Step 2: Spread out zucchini, bell pepper, onion, and pork loin evenly on a foil-lined cookie sheet.

Step 3: Drizzle vegetables and pork with oil and sprinkle with salt and pepper. Stir vegetables and pork until evenly coated with oil and seasoning.

Step 4: Bake for 25 minutes. Remove pan from oven.

Step 5: Using tongs, remove vegetables and sausage from pan and place onto two, open-faced sandwich rolls. Remove foil from pan and re-line pan with new foil.

Step 6: Top sandwiches with cheese and put sandwiches back into oven for 1-2 minutes or until cheese is melted. Any additional vegetables can be served alongside the sandwich.

ALLERGENS

Wheat, Dairy

SAUSAGE & GNOCCHI SOUP



INGREDIENTS

16 oz Chicken Broth
6 oz Ground Sausage
½ Small Onion (peeled & diced)
1 Tbsp Garlic (minced)
2 cups Fresh Spinach
8 oz Potato Gnocchi
½ cup Half & Half
1 Tbsp Vegetable Oil

Spice Blend:

1 tsp Italian Seasoning
1 tsp Parsley

BEFORE YOU START

Wash all vegetables. Cut off ends of the onion and peel the 1-2 outer layers. Next, slice the onion in half, then into quarters. With the flat surface against the cutting board, make lengthwise cuts down the onion. Keeping the slices together, turn the onion and make lengthwise cuts against the first set of cuts to dice.

DIRECTIONS

Step 1: In a large pot (5 quarts or larger), heat oil on medium-high heat. Add sausage and onion and cook until browned, about 7-10 minutes.

Step 2: Add chicken broth. Stir till evenly coated. Add garlic and spice blend, cooking for an additional 2-3 minutes bringing it to a boil.

Step 3: Bring soup to a simmer, then add gnocchi and reduce heat to medium-low. Cook until gnocchi floats to the top, about 2-3 minutes.

Final Step: Remove pan from heat. Add half and half and continue stirring. Serve.

ALLERGENS

Dairy

CHEESY VEGETABLE & RICE CASSEROLE



INGREDIENTS

- 1 Broccoli Crowns (cut into florets)
- ½ Small Yellow Squash (halved & sliced)
- 1 Large Tomato (diced)
- ½ White Onion (diced)
- ½ cup Instant Brown Rice
- 4 oz Half & Half
- 8 oz Chicken Broth
- 4 oz Colby Jack Cheese (shredded)
- 2 Tbsp Oil
- Salt & Pepper (to taste)

Spice Blend:

- 1 Tbsp Garlic (minced)
- 1 tsp Onion Powder
- 1 tsp Basil
- 1 tsp Paprika

BEFORE YOU START

Wash all vegetables. Cut off ends of the onion and peel the 1-2 outer layers. Next, slice the onion in half, then into quarters. With the flat surface against cutting board, make lengthwise cuts down the onion. Keeping the slices together, turn the onion and make lengthwise cuts against the first set of cuts to dice.

Cut top and bottom off of tomato, then in half. Place flat sides down against the cutting board and cut lengthwise down tomato, then turn and cut lengthwise again, creating dices. Cut stalk from broccoli, then cut off florets into bite sized pieces. Cut ends off yellow squash, then in half length-wise. Make slices down the length of yellow squash halves.

DIRECTIONS

Step 1: In a large stockpot, heat oil over medium-high heat. Add all vegetables and cook for 3-5 minutes, stirring frequently to prevent burning.

Step 2: Add chicken broth and spice blend and bring to a boil.

Step 3: Add rice and cook 10-15 minutes or until rice is cooked completely. Add salt and pepper.

Step 4: Add half and half and cheese and allow 2-3 minutes to cool and thicken. Serve.

ALLERGENS

Dairy

CREAMY ONE-POT VEGETABLE PASTA



INGREDIENTS

2 cups Fresh Spinach
1 cup Mushrooms (sliced)
½ Small Onion (diced)
2 Tbsp Garlic (minced)
10 oz Vegetable Broth
4 oz Half & Half
4 oz Parmesan (shredded)
4 oz Elbow Macaroni
1 Tbsp Vegetable Oil

Spice Blend:

1 tsp Basil
1 tsp Parsley
1 tsp Black Pepper

BEFORE YOU START

Wash all vegetables. Remove stems from mushrooms. Slice mushroom caps. Cut off ends of onion and peel the 1-2 outer layers. Next, slice onion in half, then into quarters. With the flat surface against cutting board, make lengthwise cuts down onion. Keeping slices together, turn onion and make lengthwise cuts against first set of cuts to dice.

DIRECTIONS

Step 1: In a large stockpot, heat 1 tbsp oil on medium-high heat. Add diced onion and mushrooms, stirring frequently. Cook 2-3 minutes.

Step 2: Add spinach and cook until spinach is wilted, stirring frequently.

Step 3: Add vegetable broth and bring to a boil. Add pasta, minced garlic, and spice blend. Cook 5-7 minutes or until noodles are soft, stirring occasionally to prevent noodles from sticking to the bottom of the pan and burning.

Step 4: Add half and half, continuing to stir. Cook for additional 1-2 minutes, allowing half and half to evaporate.

Step 5: Remove from heat and add cheese. Sauce will thicken as it cools, so let sit for 1-2 minutes to thicken, stirring occasionally.

ALLERGENS

Wheat, Dairy

CHEESE MANICOTTI WITH VEGETABLE MARINARA



INGREDIENTS

- 4 oz Manicotti Shells (about 7)
 - ¼ cup Part-Skim Ricotta
 - ¼ cup Shredded Mozzarella
 - ¼ cup Shredded Parmesan
 - 1 Egg
 - ¼ Cup Breadcrumbs
 - 14 oz Diced Canned Tomatoes
 - 1 Zucchini (halved & sliced)
 - ½ Small White Onion (diced)
 - 1 Tbsp Garlic (minced)
 - 3 Tbsp Oil
 - Salt & pepper (to taste)
- Spice Blend:**
- 1 tsp Dried Parsley
 - 1 tsp Basil
 - 1 tsp Oregano

ALLERGENS

Wheat, Dairy,
Eggs

BEFORE YOU START

Wash all vegetables. Cut off ends of the onion and peel the 1-2 outer layers. Next, slice the onion in half, then into quarters. With the flat surface against the cutting board, make lengthwise cuts down the onion. Keeping the slices together, turn the onion and make lengthwise cuts against the first set of cuts to dice.

Cut ends off of zucchini, then in half length-wise. Make slices down the length of zucchini halves.

DIRECTIONS

Step 1: Preheat oven to 400F. In a small saucepan, bring 2 cups of water to a boil. Cook manicotti shells until soft, about 7 minutes. Drain and set aside to cool.

Step 2: To make the Manicotti filling, in a small bowl, combine ricotta, mozzarella, parmesan, egg, and breadcrumbs. Add 1 Tbsp of oil for a softer and thinner filling. Set aside.

Step 3: In a skillet, heat 1 Tbsp of oil on medium high heat, add onion, and zucchini. Cook 2-3 minutes or until onion is translucent. Add canned tomatoes, minced garlic, and spice blend, and 1/2 cup water and let simmer for 5-7 minutes, stirring occasionally.

Step 4: Use remaining 1 Tbsp oil to evenly coat the inside of an 8x8 baking dish, then spoon one layer of sauce into the pan to coat the bottom. Spoon manicotti filling into cooled shells and place filled shells in baking dish. Top with remaining sauce. Cover and bake for 10 minutes or until sauce is bubbling.

ROASTED VEGETABLE NACHOS



INGREDIENTS

6 oz Canned Black Beans (rinsed)
1 Zucchini (halved & sliced)
2 Roma Tomatoes (diced)
½ Small Onion (diced)
4 oz Shredded Colby Jack
2 Tbsp Sour Cream
1 Lime (halved)
1 Bunch Cilantro (chopped)
4 oz Whole Grain Tortilla Chips
1 Tbsp Oil

Spice Blend:

1 tsp Cumin
1 tsp Paprika
1 Tbsp Garlic (minced)
Salt & Pepper (to taste)

BEFORE YOU START

Wash all vegetables. Cut off ends of onion and peel the 1-2 outer layers. Next, slice onion in half, then into quarters. With the flat surface against the cutting board, make lengthwise cuts down onion. Keeping slices together, turn onion and make lengthwise cuts against the first set of cuts to dice.

Cut ends off zucchini, then in half, length-wise and begin making slices down the length of both zucchini halves. Rinse black beans if beans have noticeable juice.

DIRECTIONS

Step 1: Preheat oven to 425F. On a baking pan, spread black beans, zucchini, and onion evenly. Dice tomatoes and set aside for topping later.

Step 2: Drizzle olive oil and spice blend over vegetables and mix vegetables so oil and spices are dispersed evenly. Bake for 12 minutes.

Step 3: In a small bowl, combine sour cream, juice of 1 half of lime, and chopped cilantro to your preference until smooth. If you prefer a runnier sauce to drizzle, you may add 1 Tbsp of water at a time until sauce is to desired thickness.

Step 4: Once vegetables are removed from the oven, spread vegetables evenly onto tortilla chips.

Step 5: Top nachos with cheese evenly and drizzle sauce over top of nachos. Garnish with tomatoes, lime wedges, and any remaining cilantro as desired.

ALLERGENS

Dairy

ROASTED VEGETABLE FLATBREADS



INGREDIENTS

- ½ Small Zucchini (halved & sliced)
- 1 Roma Tomato (halved & sliced)
- 1 Yellow Squash (halved & sliced)
- ¼ Small Onion (diced)
- 2 Tbsp Oil
- 2 Small Flatbreads
- ⅓ cup Ricotta
- ⅓ cup Shredded Mozzarella
- 2 Tbsp Garlic (minced)

Spice Blend:

- 1 tsp Basil
- 1 tsp Oregano
- 1 tsp Dried Parsley
- Salt & Pepper (to taste)

ALLERGENS

Wheat, Dairy

BEFORE YOU START

Wash all vegetables. Cut off ends of onion and peel the 1-2 outer layers. Next, slice the onion in half, then into quarters. With flat surface against the cutting board, make lengthwise cuts down onion. Keeping slices together, turn onion and make lengthwise cuts against the first set of cuts to dice.

Cut ends off of zucchini, then in half length-wise. Make slices down the length of zucchini halves. Use same technique for yellow squash. Cut top and bottom off tomato. Cut tomato in half. Place flat sides down against cutting board and cut lengthwise down tomato, then turn and cut lengthwise again, creating dices.

DIRECTIONS

Step 1: Preheat oven to 425F. Place flatbreads on a foil lined baking sheet and drizzle each with 2 tsp olive oil.

Step 2: Spread all vegetables evenly over both flatbreads.

Step 3: In a small bowl, mix ricotta and mozzarella cheese with remaining oil. Using a spoon, top flatbread of with dollops of the cheese mixture. Sprinkle vegetables and cheese with minced garlic and spice blend.

Step 4: Place on center rack of oven and bake for 10-12 minutes or until flatbreads are crisp and cheese is bubbly. Remove from oven and allow to cool for 2-3 minutes before cutting into slices or squares. Serve.

SPICED PEACHES & PEARS



INGREDIENTS

½ cup Sliced Peaches (drained)
½ cup Sliced Pears (drained)
¼ cup Instant Oatmeal
2 oz Margarine (divided)

Spice Blend:

1 Tbsp Brown Sugar
1 tsp Cinnamon
1 tsp Nutmeg

BEFORE YOU START

Drain juice/syrup from fruit.

DIRECTIONS

Step 1: Preheat oven to 400F. In a small baking pan (a loaf pan or an 8" x 8" pan) place ½ margarine in bottom of the pan and spread so bottom is evenly coated. Add peaches and pears and combine until well blended.

Step 2: Sprinkle oatmeal and spice blend on top. Top with remaining margarine. Bake for 10 minutes or until oatmeal is crisp and golden brown. Remove from oven and allow to cool before serving.

ALLERGENS

Soy

BLACKBERRY ROSEMARY CRUMBLE



INGREDIENTS

- 1 cup Blackberries
- 1 Lemon
- 1 tsp Rosemary
- 1 Whole Grain Cookie
(sugar or oatmeal)
- 1 Tbsp Sugar

BEFORE YOU START

Drain juice/syrup from fruit.

DIRECTIONS

Step 1: Preheat oven to 350F. In a small saucepan, combine blackberries, sugar, juice from lemon, rosemary, and 1/3 cup water over medium high heat.

Step 2: Stir fruit mixture continuously while cooking for 7-8 minutes, or until mixture has turned into a slurry.

Step 3: Place in greased 8"x 8" baking pan and top with crumbled cookies. Bake for 8-10 minutes or until filling is bubbly at the edges of the pan. Cool for 2-3 minutes before serving.

ALLERGENS

Wheat

HOMEMADE APPLESAUCE



INGREDIENTS

- 2 Red Apples
(peeled, cored, & diced)
- 2 Tbsp Brown Sugar
- 1 tsp Cinnamon
- 1 tsp Lemon Juice

BEFORE YOU START

Wash all fruit. Peel apple and slice apple into slices, removing core and seeds or use an apple corer to remove core and seeds.

DIRECTIONS

Step 1: In a medium saucepan, combine all ingredients. Add $\frac{3}{4}$ cup water. Cook on medium-high heat, covered, for at least 15 minutes or until the apples are soft. Stir frequently to prevent burning.

Step 2: Remove from heat and mash apples with a fork until smooth.

Step 3: Cool for 2-3 minutes and serve, or refrigerate for 2-4 hours for a traditional applesauce.

FROZEN BERRY MINT YOGURT CUPS



INGREDIENTS

1/2 cup Blackberries
1/2 cup Blueberries
8 oz Vanilla Yogurt
2 Tbsp Honey
1 tsp Dried Mint or 2 tsp
Fresh Mint Leaves

BEFORE YOU START

Wash all fruit. If using fresh mint, roll mint leaves in hand to release oils from plant.

DIRECTIONS

Step 1: In a bowl, combine yogurt, berries, mint, and honey until well combined. Spoon into cups and place in the freezer until solid, at least 2 hours. Serve frozen.

ALLERGENS

Dairy

FROZEN CHOCOLATE BANANA-BERRY CLUSTERS



INGREDIENTS

1 Banana (sliced)
1 cup Blueberries
½ cup Chocolate Chips
1 Tbsp Oil

You'll Need:

Parchment Paper

BEFORE YOU START

Wash fruit. Peel and slice banana.

DIRECTIONS

Step 1: Melt your chocolate. This can be done in a microwave by combining chocolate chips and oil in a bowl and microwaving for 30 seconds at a time, stirring frequently to avoid burning. If not using a microwave, you can create a double boiler by bringing 1 cup of water to a boil in a small saucepan and placing chocolate chips and oil in a glass bowl to sit on top of the pan. Stir frequently to avoid burning.

Step 2: On a cookie sheet lined with parchment paper, place blueberries and banana slices in small clusters on parchment.

Step 3: Using a spoon or fork, drizzle melted chocolate over fruit clusters, covering well to ensure fruit sticks together in clusters. Place cookie sheet in freezer for 30 minutes.

ALLERGENS

Soy

FRUIT SALSA & CINNAMON CHIPS



INGREDIENTS

½ cup Strawberries (sliced)
½ cup Diced Pineapple
1 Lime
3 Tbsp Sugar (divided)
4 6" Whole Grain Tortillas
2 Tbsp Margarine (melted)
1 Tbsp Cinnamon

BEFORE YOU START

Wash fruit. Remove tops from strawberries and slice down the length of strawberry. Cut pineapple into smaller pieces as desired.

DIRECTIONS

Step 1: Preheat oven to 350F. In a small bowl, mix cinnamon and 2 Tbsp sugar. Cut tortillas into wedges (about 6 wedges per tortilla). In a small pan or microwave, melt margarine. Place tortilla wedges in pan or bowl with melted margarine and mix until all wedges are coated. Sprinkle cinnamon and sugar mixture over wedges until evenly coated. Place wedges in an even layer on a baking sheet and bake for 8-10 minutes or until wedges are crisp and golden brown. Remove from oven and allow 2-3 minutes to cool.

Step 2: In a separate bowl, combine strawberries and pineapple. Note: pineapple and strawberries may be cut into smaller pieces to best scoop with a chip if desired. Cut lime into wedges and squeeze to add lime juice to fruit mixture as desired. Sprinkle with remaining 1 Tbsp of sugar and mix until combined.

Step 3: Refrigerate until ready to serve. Remove wedges from oven when ready and serve alongside fruit salsa.

ALLERGENS

Wheat, Soy

HAWAIIAN FRUIT SALAD



INGREDIENTS

- ½ cup Diced Pineapple
- ½ cup Mandarin Oranges (drained)
- ½ cup Vanilla Yogurt
- 2 Tbsp Shredded Coconut

Optional Toppings:

- Sliced or Chopped Nuts
- Strawberries
- Cherries
- Whipped Topping
- 1 Tbsp Lime Juice

BEFORE YOU START

Cut pineapple into smaller pieces as desired. Drain juice/syrup from fruit.

DIRECTIONS

Step 1: In a medium mixing bowl, mix fruit and yogurt until well combined. Top with shredded coconut. Refrigerate until ready to serve.

ALLERGENS

Dairy

MINI COOKIE FRUIT “PIES”



INGREDIENTS

- 1 Whole Banana (sliced)
- ½ cup Blueberries
- 4 oz Cream Cheese (softened)
- 1 Tbsp Sugar
- 1 tsp Vanilla
- 4 Whole Grain Cookies (sugar or oatmeal)

BEFORE YOU START

Wash fruit. Peel and slice banana. Set cream cheese out to soften at room temperature, preferably at least an hour before you start this recipe.

DIRECTIONS

Step 1: In a bowl, combine cream cheese, sugar, and vanilla until cream cheese mixture is smooth.

Step 2: Peel and slice banana into ½” slices.

Step 3: Using a knife or spatula, ice tops of cookies with cream cheese frosting. Top with blueberries and banana, pressing fruit into frosting if needed to help keep them on the cookies.

Step 4: Serve remaining fruit alongside cookies. Extra cream cheese mixture can be used as a fruit dip for remaining fruit.

ALLERGENS

Wheat, Dairy

MINI NO-BAKE FRUIT TARTS



INGREDIENTS

½ cup Blueberries
½ cup Strawberries
4 oz Cream Cheese (softened)
2 Tbsp Brown Sugar
1 Tbsp Lemon Juice
8 Graham Crackers
2 Tbsp Margarine

BEFORE YOU START

Wash all fruit. Remove tops from strawberries and slice down the length of the strawberry.

DIRECTIONS

Step 1: In a small pan or in the microwave, melt margarine until it is completely liquid.

Step 2: Using your hands or a rolling pin, crush graham crackers until they are finely ground. Mix with melted margarine and pat mixture into the bottom of two cupcake liners set in a muffin pan or in two small bowls or in the bottom of two cups.

Step 3: In a small bowl, mix cream cheese, brown sugar, and lemon juice until cream cheese mixture is smooth. Spoon cream cheese mixture into cups on top of the graham cracker crust.

Step 4: Top with ¼ cup each of berries. Refrigerate until ready to serve.

ALLERGENS

Wheat, Soy,
Dairy

PAN-SEARED ANGEL FOOD CAKE WITH PINEAPPLE-STRAWBERRY TOPPING



INGREDIENTS

- 2 oz Angel Food Cake
- 1 Tbsp Margarine
(divided in half)
- 1 cup Diced Pineapple
(drained)
- 1 cup Sliced Strawberries
- 1 Tbsp Honey

BEFORE YOU START

Wash all fruit. Remove tops from strawberries and slice down the length of the strawberry. Cut pineapple chunks into smaller pieces as desired.

DIRECTIONS

Step 1: In a small saucepan, heat strawberries, pineapple, honey, and $\frac{1}{2}$ cup water on medium high heat, stirring frequently to avoid burning. Cook for 8-10 minutes, or until fruit mixture begins to thicken.

Step 2: Spread margarine evenly on both sides of each piece of angel food cake. Heat small or medium skillet on medium high heat. While fruit mixture is cooking, lay cake pieces margarine-side down in hot skillet. Cook on one side for 1-2 minutes, then flip and cook additional 1-2 minutes, or until both sides are grilled and crispy.

Step 3: Remove cake pieces from pan and place in a bowl. Top with pineapple strawberry mixture.

ALLERGENS

Wheat, Soy