

# Tropical Smoothie

A whole orange goes into this refreshing drink, making it nice and thick. It's healthy enough to make a great grab-and-go breakfast and delicious enough to be an anytime treat.



**Average Cost: \$9.21**



**Prep Time: 10 minutes**



**Average Cook Time: N/A**



**Average Servings: 2**

Recipe Source: [ChopChopFamily.org](https://www.chopchopfamily.org)

## Ingredients

- ¾ Cup plain yogurt
- 1 Large overripe banana, sliced (and frozen, if possible)
- 1 Orange, peeled and sectioned
- ½ Cup fresh, frozen, or canned pineapple chunks
- 2 Ice cubes (if using non-frozen fruit)
- 1 Tbsp almond or peanut butter
- 1 Tbsp shredded unsweetened coconut

## Directions

### Step 1

Put all the ingredients in the blender.

### Step 2

Put the top on tightly. Turn on the blender to medium speed and blend until the mixture is smooth, 30-60 seconds.

### Step 3

Divide the smoothie equally between the two glasses and serve right away, or cover and refrigerate up to 4 hours.

## Utensils Needed

- Cutting board
- Table knife
- Measuring cup
- Measuring spoons
- Blender
- 2 Glasses

## NUTRITION FACTS

### Serving Size: 1/2 Recipe

Nutrients	Amount
Calories	240
Total Fat	6.2 g
Saturated Fat	2.5 g
Cholesterol	6 mg
Sodium	102 mg
Total Carbohydrates	38.8 g
Dietary Fiber	6 g
Total Sugars	30.3 g
Added Sugars	0 g
Protein	9.2 g



# Pasta with Peas

What does “comfort food” mean to you? To us, it means this perfect, familiar dish that’s quick and easy to boot. You actually cook the peas just by draining the pasta over them in the colander!



**Average Cost: \$3.94**



**Prep Time: 5 minutes**



**Average Cook Time: 15 minutes**



**Average Servings: 6**

Recipe Source: [ChopChopFamily.org](https://ChopChopFamily.org)

## Ingredients

- 2 Cups (about 10 ounces) frozen peas (do not defrost them)
- 1 Pound small-size whole-wheat pasta shapes ( 16 oz.)
- 1 Tbsp olive oil
- 1 Tbsp unsalted butter
- ½ Cup grated parmesan cheese
- ½ Tsp kosher salt black pepper

## Directions

### Step 1

Put the peas in the colander and put the colander in the sink.

### Step 2

Fill the pot halfway with water and bring to a boil over high heat.

### Step 3

Add the pasta and cook until tender, about 12 minutes. Just before the pasta is done, use the mug to carefully scoop out 1/2 cup or so of cooking water and set it aside.

### Step 4

Drain the pasta in the colander with the peas. Put the pasta and peas in the bowl and add the oil, butter, salt, and pepper. Mix well. If the pasta seems dry, add some of the reserved cooking water, then mix again. Add the Parmesan cheese.

## Utensils Needed

- Colander
- Large pot
- Measuring spoons
- Measuring cup
- Pot holders
- Mug
- Large serving bowl

## NUTRITION FACTS

### Serving Size: 1 2/3 Cups

Nutrients	Amount
Calories	413
Total Fat	9.6 g
Saturated Fat	4.5 g
Cholesterol	18 mg
Sodium	396 mg
Total Carbohydrates	62.8 g
Dietary Fiber	10.1 g
Total Sugars	5.6 g
Added Sugars	0 g
Protein	19.2 g



# Roast Chicken with Oranges

To “chicken out” means to be scared. This easy, hearty meal is nothing to be afraid of.



**Average Cost: \$8.20**



**Prep Time: 20 minutes**



**Average Cook Time: 60 minutes**



**Average Servings: 4**

Recipe Source: [ChopChopFamily.org](http://ChopChopFamily.org)

## Ingredients

- 4 Chicken thighs, trimmed of excess fat
- 1 Red onion, peeled and sliced (about 2 cups)
- 2 Small oranges, peeled, seeded, and sectioned
- ½ Tsp salt
- ½ Tsp black pepper
- 1 Lemon, peeled, seeded and cut into quarters

## Directions

### Step 1

Turn the oven on and set the heat to 450 degrees. Put the chicken, onion, and oranges on a baking sheet. Be sure nothing overlaps with anything else. Sprinkle the chicken with the salt and pepper.

### Step 2

Once the oven temperature has reached 450 degrees, put the baking sheet in the oven and cook until the chicken is browned on top and cooked inside and the onions and fruit have softened and darkened, 45 minutes to 1 hour. Chicken is done when you poke it with a knife and clear liquid runs out. Remove the chicken skin if you like.

### Step 3

Move the chicken to a large plate or platter. Squeeze the lemon juice over the fruit and onions and then top the chicken with the roasted fruit mixture.

## Utensils Needed

- Cutting board
- Sharp knife
- Large baking sheet with sides
- Measuring spoons
- Serving spoon

## NUTRITION FACTS

### Serving Size: 1 Chicken thigh

Nutrients	Amount
Calories	220
Total Fat	8.2 g
Saturated Fat	2.2 g
Cholesterol	89 mg
Sodium	379 mg
Total Carbohydrates	9.7 g
Dietary Fiber	2.2 g
Total Sugars	6 g
Added Sugars	0 g
Protein	26.6 g



# Green Sandwich

Looking to change up your school lunch? Try making this green sandwich! You can vary the ingredients, of course, according to what you like and have on hand. And you can make it even greener by using a spinach wrap instead of bread!



**Average Cost: \$6.87**



**Prep Time: 10 minutes**



**Average Cook Time: N/A**



**Average Servings: 1**

Recipe Source: [ChopChopFamily.org](http://ChopChopFamily.org)

## Ingredients

- 2 Slices whole-wheat or multigrain bread, toasted
- ¼ Ripe avocado, pit removed
- Salt
- Black pepper
- 4 Thin cucumber slices
- 2 Thin tomato slices
- 1 Large lettuce leaf
- 1 Slice cheese (any kind)

## Directions

### Step 1

Use the spoon to scoop the avocado out of the peel. Put the scooped avocado flesh on one piece of toast and use the fork to mash it gently and spread it so it covers the toast.

### Step 2

Sprinkle the avocado with a tiny bit of salt and pepper.

### Step 3

Arrange the cucumber slices over the avocado, then add the tomato slices, lettuce leaf, and cheese.

### Step 4

Top with the other slice of toast and gently press down to help the sandwich hold together. Cut the sandwich in half and serve right away.

## Utensils Needed

- Cutting board
- Sharp knife
- Toaster or oven
- Small spoon
- Fork

## NUTRITION FACTS

### Serving Size: 1 Sandwich

Nutrients	Amount
Calories	291
Total Fat	11 g
Saturated Fat	3 g
Cholesterol	6 mg
Sodium	472 mg
Total Carbohydrates	35 g
Dietary Fiber	10 g
Total Sugars	8 g
Added Sugars	0 g
Protein	17 g



# Spinach Frittata Muffins

An omelet is a French scrambled-egg dish, and a frittata is a kind of Italian omelet. Usually you make it in a big pan, but this recipe is for individual muffin-sized portions for a grab-and-go breakfast or lunch.



 **Average Cost: \$5.86**

 **Prep Time: 30 minutes**

 **Average Cook Time: 30 minutes**

 **Average Servings: 6-8**

Recipe Source: [ChopChopFamily.org](http://ChopChopFamily.org)

## Ingredients

- 1 Tsp vegetable oil
- 8 Large eggs
- 2 Cups (packed) spinach leaves, chopped
- ½ Cup shredded or crumbled cheese, such as cheddar, Swiss, feta, or Parmesan
- 4 Scallions (green onions), greens and whites, chopped
- ½ Tsp kosher salt
- ¼ Tsp black pepper

## Directions

### Step 1

Turn the oven on and set the heat to 350 degrees. Using your clean hand or a paper towel, use the oil to generously grease eight of the muffin tins.

### Step 2

Crack the eggs into the bowl, and beat them with the fork or whisk until pale yellow. Add the remaining ingredients and mix well.

### Step 3

Fill 6 to 8 muffin cups to the top and, once the oven temperature has reached 350 degrees, carefully move the tin into the oven.

### Step 4

Bake until the top is golden and the eggs are set, 20-25 minutes. (To see if the eggs are set, use pot holders to jiggle the tin back and forth: you should not see the eggs moving around as if they're still liquid in the center.) Remove the tin carefully from the oven and set it aside to cool.

### Step 5

Once the "muffins" have cooled a bit, tip them out of the tin onto the plate. Serve warm or at room temperature, or cover and refrigerate up to 2 days.

## Utensils Needed

- Cutting board
- Sharp knife
- Box grater
- Medium-sized bowl
- Fork or whisk
- Measuring cups
- Measuring spoons
- 1 (12-cup) muffin tin

## NUTRITION FACTS

### Serving Size: 1 Muffin

Nutrients	Amount
Calories	124
Total Fat	8 g
Saturated Fat	3 g
Cholesterol	250 mg
Sodium	354 mg
Total Carbohydrates	2 g
Dietary Fiber	1 g
Total Sugars	1 g
Added Sugars	0 g
Protein	11 g



# Mashed Avocado Toast

A ripe avocado is as easy to mash as butter! And it's rich, yummy, and filling — the perfect topper for a piece of toast. This makes a good breakfast, lunch, or snack.



**Average Cost: \$6.09**



**Prep Time: 10 minutes**



**Average Cook Time: N/A**



**Average Servings: 2**

Recipe Source: [ChopChopFamily.org](https://ChopChopFamily.org)

## Ingredients

- 2 Slices whole-wheat or whole-grain bread, lightly toasted
- ½ Ripe avocado, peeled, pitted, and sliced
- Lemon or lime wedges
- Pinch salt

## Directions

### Step 1

Put the toast on a plate or countertop and top each piece with half the avocado slices.

### Step 2

Use the fork to gently mash them.

### Step 3

Sprinkle with a pinch of salt and squeeze a lemon or lime wedge over each slice. Serve right away.

## Utensils Needed

- Cutting board
- Sharp knife
- Fork
- Butter knife

## NUTRITION FACTS

### Serving Size: 1/2 Recipe

Nutrients	Amount
Calories	172
Total Fat	10.7 g
Saturated Fat	2.3 g
Cholesterol	0 mg
Sodium	135 mg
Total Carbohydrates	16 g
Dietary Fiber	5.3 g
Total Sugars	1.8 g
Added Sugars	0 g
Protein	4.6 g



# Tropical Overnight Oatmeal

Breakfast is a snap with a quick step the night before. Mix oats with yogurt and refrigerate overnight. Add bananas and pineapple chunks in the morning!



**Average Cost: \$9.21**



**Prep Time: 5 minutes**



**Average Cook Time: N/A**



**Average Servings: 2**

Recipe Source: MyPlate.gov

## Ingredients

- 2/3 Cup old fashion oats (uncooked)
- 2/3 Cup non-fat milk
- 2/3 Cup non-fat Greek yogurt
- 1/8 Tsp ground allspice
- 1 Cup fresh pineapple chunks
- 1 Medium banana, sliced
- 2 Tbsp chopped walnuts

## Directions

### Step 1

Mix oats, milk, yogurt, and allspice in two bowls or glass jars.

### Step 2

Cover and refrigerate overnight.

### Step 3

Just before serving, add pineapple, banana, and walnuts

## Utensils Needed

- Cutting board
- Knife
- Measuring
- Cups/spoons
- 2 Small bowls/glass
- Jars

## NUTRITION FACTS

### Serving Size: 1/2 Recipe

Nutrients	Amount
Calories	338
Total Fat	7 g
Saturated Fat	1 g
Cholesterol	3 mg
Sodium	76 mg
Total Carbohydrates	54 g
Dietary Fiber	7 g
Total Sugars	23 g
Added Sugars	0 g
Protein	19 g



# Green and White Bean Salad

With its tender beans and tangy dressing, this is the perfect side dish for your picnic! Or, stir in a drained can of tuna and make it a main dish.



**Average Cost: \$6.84**



**Prep Time: 30 minutes**



**Average Cook Time: N/A**



**Average Servings: 4**

Recipe Source: [ChopChopFamily.org](http://ChopChopFamily.org)

## Ingredients

- 2 Cups fresh green beans, the stem ends trimmed off, chopped into 1-inch pieces
- 1- 15 Oz can, white beans, drained and rinsed
- 1 Cup cherry or grape tomatoes, halved
- 1 Celery stalk, thinly sliced
- 1/3 Cup Creamy Vinaigrette

## Directions

### Step 1

Put all the ingredients in the bowl and mix gently. Taste a bean. Does the salad need more dressing or a pinch of salt? If so, add it and taste again.

## Utensils Needed

- Cutting board
- Sharp knife
- Can opener
- Colander or strainer
- Medium-sized bowl
- Measuring cup
- Large spoon

## NUTRITION FACTS

**Serving Size: 1 1/3 Cup**

Nutrients	Amount
Calories	139
Total Fat	0.2 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	57 mg
Total Carbohydrates	26.3 g
Dietary Fiber	10.8 g
Total Sugars	4.9 g
Added Sugars	0 g
Protein	8 g





# Every Shade of Green Salad

The combination of green fruits and vegetables makes for a nutritious addition to any meal!



**Average Cost: \$14.43**



**Prep Time: 15 minutes**



**Average Cook Time: N/A**



**Average Servings: 4**

Recipe Source: [ChopChopFamily.org](http://ChopChopFamily.org)

## Ingredients

- 1 Head romaine lettuce, washed and torn
- 1 Bunch flat leaf spinach, washed and torn (or 1 5-ounce bag of fresh baby lettuce)
- 1 Bmall cucumber, scrubbed and diced
- ½ Bup green beans
- ¼ Bup diced celery
- ½ Avocado, diced
- 16 Green grapes
- ¼ Cup ranch dressing

## Directions

### Step 1

Put the lettuce, spinach, cucumber, green beans, celery, avocado, and grapes in the salad bowl and toss well.

### Step 2

Add Ranch Dressing and toss again.

### Step 3

Serve right away.

## Utensils Needed

- Cutting board
- Sharp knife
- Large salad bowl
- Measuring cups
- Tongs (or spoon and fork to toss)

## NUTRITION FACTS

### Serving Size: 1/4 Recipe

Nutrients	Amount
Calories	129
Total Fat	7 g
Saturated Fat	1 g
Cholesterol	5 mg
Sodium	176 mg
Total Carbohydrates	14 g
Dietary Fiber	4 g
Total Sugars	5 g
Added Sugars	0 g
Protein	3 g



# Garbanzo Bonanza Salad

Garbanzo beans add just the right sturdy texture to pair with the crunchy and juicy ingredients in this salad.



**Average Cost: \$3.34**



**Prep Time: 20 minutes**



**Average Cook Time: 1 hour or more for chill time**



**Average Servings: 4**

Recipe Source: [ChopChopFamily.org](https://ChopChopFamily.org)

## Ingredient

- 1 (15-Ounce) can garbanzo beans (chickpeas), drained and rinsed with cold water
- 1 Small cucumber, diced (about 1 cup)
- 1 Cup cherry or grape tomatoes, halved
- 2 Tbsp olive oil
- 1 Tbsp red wine vinegar or fresh lemon juice
- 1 Tsp dried oregano
- ½ Tsp salt
- Optional: Feta cheese, black olives

## Directions

### Step 1

Put all the ingredients in the bowl and stir well.

### Step 2

Now taste the salad. Does it need more vinegar or lemon juice or a pinch more salt? If so, add it and taste again.

### Step 3

Refrigerate for 1-24 hours to allow flavors to blend before serving.

## Utensils Needed

- Cutting board
- Sharp knife
- Can opener
- Colander or strainer
- Medium-sized bowl
- Measuring cup
- Measuring spoons
- Large spoon

## NUTRITION FACTS

### Serving Size: 1 Cup

Nutrients	Amount
Calories	459
Total Fat	13.6 g
Saturated Fat	1.7 g
Cholesterol	0 mg
Sodium	319 mg
Total Carbohydrates	67 g
Dietary Fiber	19.3 g
Total Sugars	12.9 g
Added Sugars	0 g
Protein	21.1 g



# Mexican Chicken Salad

This Mexican chicken salad is jam packed with fresh, vibrant flavors, big, creamy chunks of avocado and leftover chicken



**Average Cost: \$10.23**



**Prep Time: 30 minutes**



**Average Cook Time: N/A**



**Average Servings: 4**

Recipe Source: [ChopChopFamily.org](https://www.chopchopfamily.org)

## Ingredients

- 2 Cups leftover diced or shredded chicken (2–3 pieces, depending on the size)
- 2 Medium tomatoes, diced (about 1 1/2 cups)
- 2 Ripe avocados, peeled, pitted, and diced (about 2 1/2 cups)
- 1 Cup corn kernels, either frozen and thawed or cut from a leftover boiled, steamed, or grilled cob
- 2 Scallions, greens and whites, chopped or 2 tablespoons chopped red onion
- 3 Tbsp olive oil
- 2 Tbsp fresh lime juice
- Salt and black pepper to taste

## Directions

### Step 1

Put all the ingredients in the bowl and mix gently.

### Step 2

Add salt and pepper to taste.

## Utensils Needed

- Cutting board
- Sharp knife
- Measuring cup
- 2 forks, for shredding chicken
- Measuring spoons
- Large bowl
- Spoon

## NUTRITION FACTS

### Serving Size: 1 Cup

Nutrients	Amount
Calories	430
Total Fat	32.5 g
Saturated Fat	6.3 g
Cholesterol	54 mg
Sodium	55 mg
Total Carbohydrates	15.3 g
Dietary Fiber	8.1 g
Total Sugars	2.9 g
Added Sugars	0 g
Protein	23.3 g



# Our Favorite Egg Salad

This creamy, crunchy, comforting classic, goes nicely in a sandwich or wrap, inside a lettuce leaf, or scooped on top of a green salad.



**Average Cost: \$3.46**



**Prep Time: 20 minutes**



**Average Cook Time: 15 minutes (for the eggs)**



**Average Servings: 9**

Recipe Source: [ChopChopFamily.org](https://ChopChopFamily.org)

## Ingredients

- 2 Tbsp plain Greek yogurt
- 1 Tbsp olive oil
- 1 Tsp mustard (any kind you like)
- ½ Tsp salt
- 1 Celery stalk, chopped
- 4 Large eggs, hard-cooked and peeled

## Directions

### Step 1

Put the yogurt, olive oil, mustard, herbs, and salt in the bowl and mix well.

### Step 2

Add the celery and mix well.

### Step 3

Cut the eggs in half lengthwise and then cut them back and forth a few more times (they don't need to be evenly cut and they don't need to be cut into tiny pieces).

### Step 4

Add the eggs to the bowl and, using the fork or spoon, mix well. Now taste the egg salad. Does it need a pinch more salt? If so, add it and taste again.

## Utensils Needed

- Cutting board
- Sharp knife
- Measuring spoons
- Small bowl
- Fork or spoon, for mixing

## NUTRITION FACTS

### Serving Size: 1/2 Cup

Nutrients	Amount
Calories	110
Total Fat	8.7 g
Saturated Fat	2.1 g
Cholesterol	186 mg
Sodium	367 mg
Total Carbohydrates	1 g
Dietary Fiber	0.2 g
Total Sugars	0.7 g
Added Sugars	0 g
Protein	7.3 g

