

Personalized Pasta Salad

This is a great salad to personalize with ingredients you love!



Average Cost: \$10.35



Prep Time: 10 minutes



Average Cook Time: 15 minutes



Average Servings: 8

Recipe Source: Nutrition Stripped

Ingredients

- 2 Cups uncooked pasta, such as macaroni or rotini
- 1/2 Cup reduced-fat salad dressing
- 2 Cups cooked, cubed chicken
- 1 Medium tomato, chopped
- 1 Medium red or green bell pepper, cut in 1 inch pieces
- 1/2 Medium red onion, diced
- 1 Can (4 ounces) sliced black olives

Directions

Step 1

Measure 6 cups of water into a (4 quart or larger) sauce pan. Bring water to a boil over high heat and add pasta. Cook until tender (about 8 to 10 minutes), stirring occasionally. Drain. Rinse with cold water to cool quickly; drain well.

Step 2

Add dressing; toss lightly. Add meat and vegetables, and toss again.

Step 3

Chill until ready to serve. Refrigerate leftovers within 2 hours.

Utensils Needed

- Knife for chopping vegetables
- Large sauce pan
- Colander
- Measuring cups and spoons

NUTRITION FACTS

Serving Size: 1/2 Cup

Nutrients	Amount
Calories	220
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	35 mg
Sodium	250 mg
Total Carbohydrates	26 g
Dietary Fiber	2 g
Total Sugars	2 g
Added Sugars	2 g
Protein	15 g



Baked Flaked Chicken

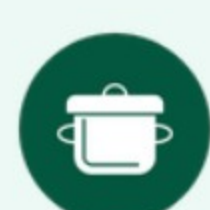
If you like fried chicken, you'll love this healthier version!



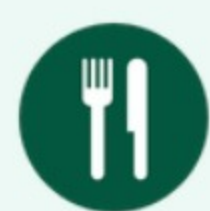
Average Cost: \$17.12



Prep Time: 15 minutes



Average Cook Time: 25 minutes



Average Servings: 9

Recipe Source: cookingmatters.org

Ingredients

- 2 Pounds boneless chicken pieces
- 3 Cups cornflakes cereal
- 1/3 Cup whole wheat flour
- 1/2 Teaspoon salt
- 1/4 Teaspoon ground black pepper
- 2 Large eggs
- 1/4 Cup nonfat milk
- Non-stick cooking spray

Directions

Step 1

Wash hands and sanitize prep area. Preheat oven to 375°F. Remove skin, if any, from chicken pieces. If working with large chicken breasts, cut in half lengthwise for faster cooking time. Trim any excess fat.

Step 2

In a medium bowl, crush cornflakes. In a second medium bowl, mix flour, salt, and black pepper. In a third medium bowl, add eggs and milk. Beat with a fork.

Step 3

Dip each chicken piece into flour, then egg mixture, then cornflakes. Each piece should be fully coated with flakes.

Step 4

Coat baking sheet with non-stick cooking spray. Place chicken pieces on sheet, evenly spaced. Spray pieces lightly with cooking spray.

Step 5

Bake for 20–25 minutes, or until internal temperature reaches 165°F.

Utensils Needed

- Cutting board
- Sharp knife
- 3 medium bowls
- Baking sheet
- Fork
- Measuring cups and spoons
- Food thermometer

NUTRITION FACTS

Serving Size: 4 oz of cooked chicken

Nutrients	Amount
Calories	210
Total Fat	7 g
Saturated Fat	2 g
Cholesterol	130 mg
Sodium	310 mg
Total Carbohydrates	13 g
Dietary Fiber	1 g
Total Sugars	2g
Added Sugars	0 g
Protein	24 g



Banana Berry Smoothie

This delicious smoothie is a healthy breakfast kids will love!



Average Cost: \$10.26



Prep Time: 5 minutes



Average Cook Time: N/A



Average Servings: 4

Recipe Source: FoodHero.org

Ingredients

- 1 Cup sliced banana
- 1 Cup unsweetened frozen berries
- 1 Cup nonfat or 1% milk
- 1 Cup 100% orange juice

Directions

Step 1

Place all ingredients in a blender. Put the lid on tightly.

Step 2

Blend until smooth. If too thick, add 1/2 cup cold water and blend again.

Step 3

Refrigerate leftovers within 2 hours.

Utensils Needed

- Measuring cups
- Blender
- Knife
- Cutting board

NUTRITION FACTS

Serving Size: 1 Cup

Nutrients	Amount
Calories	100
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	5 mg
Sodium	35 mg
Total Carbohydrates	22 g
Dietary Fiber	2 g
Total Sugars	14 g
Added Sugars	0 g
Protein	3 g



Easy Cheesy Enchiladas

A versatile and tasty dish that comes together for a healthy dinner in just 30 minutes!



 **Average Cost: \$10.08**

 **Prep Time: 10 minutes**

 **Average Cook Time: 20 minutes**

 **Average Servings: 8**

Recipe Source: FoodHero.org

Ingredients

- 2 Cans (15 ounces each) pinto beans, drained and rinsed
- 1 Cup salsa
- 1 1/2 Cups corn (fresh or frozen, or a 15-ounce can drained and rinsed)
- 1/2 Cup chopped mild green chiles (4-ounce can)
- 1/2 Tsp garlic powder or 2 cloves garlic, finely chopped
- 1 1/2 Cups shredded cheese
- 8 Whole wheat flour tortillas (10-inches) or 12 corn tortillas (6-inches)
- 1 Can (15 ounces) enchilada sauce

Directions

Step 1

Preheat oven to 350 degrees. Lightly oil or spray a 9 x 13-inch baking dish.

Step 2

Mix beans, salsa, corn, chiles, garlic and half of the cheese together in a bowl.

Step 3

Warm each tortilla in a dry skillet and stack them on a plate. Spoon about 1/2 cup of the bean mixture onto each tortilla.

Step 4

Roll the tortilla and place seam-side down in the baking dish. Pour enchilada sauce over the tortillas and sprinkle with remaining cheese.

Step 5

Bake for 15 to 20 minutes, or until hot. Refrigerate leftovers within 2 hours.

Utensils Needed

- 9 x 13-Inch baking dish
- Medium bowl
- Skillet
- Mixing spoon
- Can opener
- Measuring cups
- Sharp knife
- Cutting board

NUTRITION FACTS

Serving Size: 1 Enchilada

Nutrients	Amount
Calories	210
Total Fat	6 g
Saturated Fat	2.5 g
Cholesterol	15 mg
Sodium	580 mg
Total Carbohydrates	30 g
Dietary Fiber	6 g
Total Sugars	4 g
Added Sugars	0 g
Protein	9 g



Fruit Pizza

This sweet treat is quick and easy to make with simple ingredients you may already have around! For variety, try combining fruits!



Average Cost: \$13.44



Prep Time: 10 minutes



Average Cook Time: 3-5 minutes



Average Servings: 2

Recipe Source: FoodHero.org

Ingredients

- English Muffin (try whole grain)
- 2 Tbsp reduced fat or fat-free cream cheese (see notes)
- 2 Tbsp sliced strawberries
- 2 Tbsp blueberries
- 2 Tbsp crushed pineapple

Directions

Step 1

Split open the English muffin and toast the halves until lightly browned.

Step 2

Spread cream cheese on both halves.

Step 3

Divide the fruit between the two muffin halves and arrange on top of cream cheese.

Step 4

These are best when served immediately. Refrigerate leftovers within 2 hours.

Utensils Needed

- Toaster/oven
- Knife
- Serving plate

NUTRITION FACTS

Serving Size: 1/2 muffin plus fruit

Nutrients	Amount
Calories	120
Total Fat	8 g
Saturated Fat	1.5 g
Cholesterol	10 mg
Sodium	170 mg
Total Carbohydrates	19 g
Dietary Fiber	2 g
Total Sugars	7 g
Added Sugars	0 g
Protein	4 g



Healthy Egg Burrito

Add more veggies to your breakfast with this healthy egg burrito!



Average Cost: \$6.16



Prep Time: 10 min



Average Cook Time: 10-15 min



Average Servings: 3-4

Recipe Source: "Good and Cheap" recipe book by Leanne Brown, pg. 17

Ingredients

- 3-4 Whole Grain Tortillas
- 1/2 A Sweet Red Pepper (diced)
- 1 Tbsp Fresh Cilantro or Dill (finely chopped)
- 2 Handfuls of Spinach (chopped)
- Small Red Onion (finely diced)
- 1/4 Cup Grated Cheese (optional)
- 4 Eggs
- 1 Tsp Canola oil for the pan
- Salt and Pepper (to taste)

Directions

Step 1

Crack eggs into a bowl and whisk (or use a fork) to mix well. Heat a skillet over medium heat on the stove, and add oil to the pan.

Step 2

Add chopped onions to the pan. Use a spatula to saute onions until they are translucent. Add red bell pepper and saute for about 5 minutes. Add spinach and cook until just slightly wilted.

Step 3

Pour eggs over all veggies in the pan and swirl around to coat the entire bottom of the pan. Cook by scrambling with a spatula or fold over for an omelet.

Step 4

Turn off heat and add cilantro, cheese, and salt and pepper to taste.

Step 5

Fill heated tortillas with mix and fold into a burrito. Serve immediately.

Utensils Needed

- Knife
- Cutting board
- Mixing bowl
- Measuring cups and spoons
- Skillet/saute pan
- Whisk/fork
- Serving plate

NUTRITION FACTS

Serving Size: 1 burrito

Nutrients	Amount
Calories	280
Total Fat	16 g
Saturated Fat	6 g
Cholesterol	n/a
Sodium	520 mg
Total Carbohydrates	21 g
Dietary Fiber	0 g
Total Sugars	n/a
Added Sugars	n/a
Protein	16 g



One-Pot Chicken Alfredo

This easy dish requires only one pan, making it great for a quick dinner with easy clean-up. Try with any veggies you like!



Average Cost: \$15.53



Prep Time: 10 minutes



Average Cook Time: 30 minutes



Average Servings: 8

Recipe Source: FoodHero.org

Ingredients

- 1 Large chicken breast, cubed (about one cup)
- 2 Tbsp oil
- 2 Tbsp flour
- 1 ¾ Cups chicken broth
- 1 ¾ Cups nonfat or 1% milk
- 1 Tsp garlic powder
- ½ Tsp onion powder
- ½ Tsp dried basil
- 3 Cups dry penne pasta
- 2 Cups broccoli, chopped (fresh or frozen)
- 1 Cup grated parmesan cheese

Directions

Step 1

In a skillet over medium-high heat, brown chicken in oil.

Step 2

Add flour, broth, milk, spices and pasta to skillet and stir well.

Step 3

Bring to a boil; cover; reduce heat; simmer until pasta is almost tender, stirring occasionally.

Step 4

Add broccoli, cover, and cook until broccoli is tender. Remove from heat and stir in cheese.

Step 5

Refrigerate leftovers within 2 hours.

Utensils Needed

- Large skillet
- Cutting board
- Knife
- Spoon
- Measuring utensils

NUTRITION FACTS

Serving Size: 3/4 cup (1/8 of recipe)

Nutrients	Amount
Calories	220
Total Fat	8 g
Saturated Fat	2.5 g
Cholesterol	30 mg
Sodium	320 mg
Total Carbohydrates	22 g
Dietary Fiber	1 g
Total Sugars	4 g
Added Sugars	0 g
Protein	15 g



Overnight Oats

This recipe is easy and delicious. Great for breakfast on the go. Flavored yogurt could be substituted for extra sweetness.



Average Cost: \$5.75



Prep Time: 15 minutes



Average Cook Time: 8 hours to chill



Average Servings: 1

Recipe Source: ChooseMyPlate

Ingredients

- 1 Cup uncooked old fashioned rolled oats
- 1 Cup low-fat yogurt
- ½ Cup nonfat or 1% milk
- ½ Cup berries, fresh or frozen
- ½ Cup chopped apple (about 1/3 a medium apple [3" diameter])

Directions

Step 1

In a medium bowl, mix oats, yogurt and milk.

Step 2

Add the fruit now or add just before eating.

Step 3

Cover and refrigerate oatmeal mixture for 6-12 hours. (For grab-and-go breakfasts, place scoops of mixture in small dishes or spoon into small jars with lids.)

Step 4

Refrigerate leftovers within 2 hours.

Utensils Needed

- Glass jar with a lid
- Spoon
- Liquid measuring cup
- Measuring spoons
- Measuring cups

NUTRITION FACTS

Serving Size: 1 Cup

Nutrients	Amount
Calories	160
Total Fat	1 g
Saturated Fat	1 g
Cholesterol	5 mg
Sodium	55 mg
Total Carbohydrates	27 g
Dietary Fiber	3 g
Total Sugars	9 g
Added Sugars	0 g
Protein	8 g



Personal Pizza

Try topping with a variety of fruits and vegetables such as onions, bell peppers, mushrooms, pineapple, and tomato. Add cut up cooked meat!



Average Cost: \$8.72



Prep Time: 5 minutes



Average Cook Time: 10 minutes



Average Servings: 1

Recipe Source: FoodHero.org

Ingredient

- 1/2 English muffin
- 1 1/2 Tbsp spaghetti or pizza sauce
- 1 Tbsp grated cheese
- 4 Tbsp chopped vegetables, fruits, and/or cooked meat

Directions

Step 1

Preheat oven to 400 degrees. Lightly toast English muffin.

Step 2

Spread with spaghetti sauce or pizza sauce. Add cheese and pizza toppings of your choice.

Step 3

Bake 5-7 minutes until muffin is lightly browned and cheese is melted.

Step 4

Allow to cool slightly before eating. Refrigerate leftovers within 2 hours.

Utensils Needed

- Spoon for spreading sauce
- Oven
- Cutting board
- Knife
- Serving plate

NUTRITION FACTS

Serving Size: 1 Personal pizza

Nutrients	Amount
Calories	110
Total Fat	2 g
Saturated Fat	1 g
Cholesterol	5 mg
Sodium	260 mg
Total Carbohydrates	18 g
Dietary Fiber	1 g
Total Sugars	2 g
Added Sugars	0 g
Protein	5 g



Potato Wedges

Baked until crispy, these potato wedges make a perfect side or snack!



Average Cost: \$2.07



Prep Time: 10 minutes



Average Cook Time: 30 minutes



Average Servings: 8

Recipe Source: FoodHero.org

Ingredients

- 3 Large baking potatoes
- 3 Tbsp vegetable oil
- 1 ½ Tsp paprika
- 1 ½ Tsp garlic powder
- 1 ½ Tsp chili powder
- 1 ½ Tsp onion powder

Directions

Step 1

Wash hands and sanitize prep area. Preheat oven to 450 degrees F. Lightly grease a baking sheet.

Step 2

Scrub potatoes under running water, but do not peel. Cut each potato into 8 wedges, lengthwise.

Step 3

In a small bowl, mix together the rest of the ingredients. Spread the mixture on the sides of each potato wedge.

Step 4

Place wedges on the baking sheet, leaving space between each one. Bake for 30 minutes.

Step 5

Refrigerate leftovers within 2 hours.

Utensils Needed

- Cutting board
- Sharp knife
- Measuring spoons
- Baking sheet
- Small bowl
- Whisk or spoon

NUTRITION FACTS

Serving Size: 3 Wedges

Nutrients	Amount
Calories	150
Total Fat	5 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	30 mg
Total Carbohydrates	25 g
Dietary Fiber	3 g
Total Sugars	1 g
Added Sugars	0 g
Protein	3 g



Sunshine Chicken Roll-Ups

These yummy fruity chicken wraps are quick and easy to prepare!



Average Cost: \$16.55



Prep Time: 20 minutes



Average Cook Time: N/A



Average Servings: 4

Recipe Source: FoodHero.org

Ingredients

- 1 Cup cooked, diced chicken
- ½ Cup finely chopped celery
- ⅔ Cup canned, drained mandarin oranges
- ¼ Cup minced onion (green, red, or yellow)
- 2 Tbsp mayonnaise
- 1 Tsp soy sauce
- ½ Tsp garlic powder or 2 cloves garlic
- ¼ Tsp pepper
- 1 Large whole wheat tortilla
- 4 Medium lettuce leaves, washed and patted dry

Directions

Step 1

In medium bowl, mix chicken, celery, oranges, and onions. Add mayonnaise, soy sauce, garlic, and pepper. Mix gently until chicken mixture is coated.

Step 2

Lay tortilla on clean cutting board or large plate. With a knife or clean scissors, cut tortilla into four quarters.

Step 3

Place 1 lettuce leaf on each tortilla quarter, trimming leaf so it doesn't hang over edge of tortilla. Place 1/4 of chicken mixture in the middle of each lettuce leaf.

Step 4

Roll tortillas up into a cone, with the two straight edges coming together and the curved edge creating the opening of the cone. Eat like a sandwich! Refrigerate leftovers within 2 hours

Utensils Needed

- Can opener
- Measuring cups
- Measuring spoons
- Cutting board
- Sharp knife

NUTRITION FACTS

Serving Size: 1 Wrap

Nutrients	Amount
Calories	170
Total Fat	6 g
Saturated Fat	1.5 g
Cholesterol	25 mg
Sodium	550 mg
Total Carbohydrates	2 g
Dietary Fiber	4 g
Total Sugars	1 g
Added Sugars	0 g
Protein	13 g

