

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



Baked Lentil Casserole

Baked lentils, vegetables, and cheese make a complete vegetarian dinner in one dish.



Average Cost: \$6.16



Prep Time: 10 minutes



Average Cook Time: 65 minutes



Average Servings: 5

Recipe Source: MyPlate.gov

Ingredients

- 1 Cup lentils (rinsed)
- 3/4 Cup water
- 1/2 Tsp salt
- 1/4 Tsp ground black pepper (optional)
- 1/2 Cup onion (chopped)
- 1/4 Tsp garlic powder
- 1 Can tomatoes
- 2 Carrots (thinly sliced)
- 1/2 Cup cheddar cheese (shredded)

Directions

Step 1

Combine lentils, water, seasonings, onion, and tomatoes. Place in a 2 quart casserole dish.

Step 2

Cover tightly with lid or foil. Bake at 350 degrees for 30 minutes.

Step 3

Remove from oven and add carrots. Stir. Cover and bake 30 minutes longer.

Step 4

Remove cover and sprinkle cheese on top. Bake, uncovered 5 minutes, until cheese melts.

Utensils Needed

- Cutting board
- Knife
- Casserole dish
- Measuring cups
- Measuring spoons
- Stirring spoon
- Casserole lid or aluminum foil

NUTRITION FACTS

Serving Size: 1/5 Recipe

Nutrients	Amount
Calories	200
Total Fat	4 g
Saturated Fat	2 g
Cholesterol	12 mg
Sodium	418 mg
Total Carbohydrates	29 g
Dietary Fiber	11 g
Total Sugars	6 g
Added Sugars	0 g
Protein	14 g



Barley Lentil Soup

All food groups are represented in this one dish. Also, this recipe is a great lunch option – a rich source of fiber and low in sodium.



Average Cost: \$18.31



Prep Time: 10 minutes



Average Cook Time: 1 hour and 10 minutes



Average Servings: 8

Recipe Source: [CookingMatters.org](https://www.cookingmatters.org)

Ingredients

- 3 Medium carrots, diced
- 2 Medium onions, diced
- 3 Large cloves garlic, minced
- 4 Cups fresh spinach, chopped
- ¾ Cup pearl barley
- 1 Tbsp canola oil
- 1 Tsp ground paprika
- ½ Tsp ground cayenne pepper
- 6 Cups water
- 4 Cups low-sodium chicken or vegetable broth
- 1 Cup dried lentils
- 1 (14.5 ounce) can diced tomatoes
- ¼ Tsp ground black pepper
- ¼ Cup grated Parmesan cheese or mozzarella (optional)

Directions

Step 1

In a colander, rinse barley with cold water. (This will eliminate the excess of starches and prevent stickiness)

Step 2

In a large pot heat oil over medium-high heat. Add carrots and onions to the pot- cook until slightly soft.

Step 3

Stir the garlic, paprika, and cayenne pepper into the mix. Add ¾ cups of barley, water, and 4 cups of vegetable broth to pot. Bring to a boil.

Step 4

Reduce heat to low. Partially cover with a lid and let simmer for 15 minutes.

Step 5

Rinse lentils with cold water and add to pot, along with tomatoes. Cover and simmer for 30 minutes.

Step 6

Add spinach and pepper to the soup. Cover the soup and let it simmer for 5 more minutes to concentrate the flavor. When serving, top with parmesan or mozzarella cheese if desired.

Utensils Needed

- Knife
- Cutting board
- Large pot
- Spoon
- Measuring utensils
- Colander

NUTRITION FACTS

Serving Size: 1 Cup

Nutrients	Amount
Calories	210
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	370 mg
Total Carbohydrates	38 g
Dietary Fiber	10 g
Total Sugars	5 g
Added Sugars	0 g
Protein	11 g



Cranberry Walnut Coleslaw

This new take on traditional coleslaw is loaded with fiber and flavor!



Average Cost: \$9.35



Prep Time: 15 minutes



Average Cook Time: N/A



Average Servings: 10

Recipe Source: CookingMatters.org

Ingredients

- 1 1-Pound head cabbage
- 3 Medium carrots
- 1 Cup walnuts
- 1/3 Cup cider vinegar
- 1/4 Cup canola oil
- 1 Tbsp sugar
- 1 Tsp celery seed
- 1/4 Tsp salt
- 1 Cup dried cranberries

Directions

Step 1

Rinse cabbage and carrots. slice cabbage. Peel and grate carrots. Chop walnuts.

Step 2

In a large bowl, use a fork to whisk together vinegar, oil, sugar, celery seed, and salt. Add cabbage, carrots, walnuts, and cranberries.

Step 3

Toss to mix well.

Utensils Needed

- Box grater
- Cutting board
- Fork
- Large bowl
- Measuring cups
- Measuring spoons
- Mixing spoon
- Sharp knife
- Vegetable peeler

NUTRITION FACTS

Serving Size: 3/4 Cup

Nutrients	Amount
Calories	200
Total Fat	14 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	80 mg
Total Carbohydrates	20 g
Dietary Fiber	3 g
Total Sugars	14 g
Added Sugars	0 g
Protein	3 g



Crunchy Berry Parfait

So quick, so easy, and so delicious! This parfait is a favorite among kids and adults alike.



Average Cost: \$8.99



Prep Time: 7 minutes



Average Cook Time: N/A



Average Servings: 1

Recipe Source: MyPlate.gov

Ingredients

- 1/2 Cup yogurt, non-fat vanilla
- 1/4 Cup blueberries or strawberries, fresh or frozen (thawed)
- Other berries/fruits of your choosing (optional) bananas (optional)
- 1/2 Cup low-fat granola or crunchy cerea

Directions

Step 1

Spoon yogurt into glass, then top with fruit and granola.

Step 2

Refrigerate leftovers within 2 hours.

Utensils Needed

- Glass or bowl
- Spoon
- Measuring cups

NUTRITION FACTS

Serving Size: 1 Parfait

Nutrients	Amount
Calories	396
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	2 mg
Sodium	197 mg
Total Carbohydrates	86 g
Dietary Fiber	7 g
Total Sugars	50 g
Added Sugars	26 g
Protein	11 g



Lentil Burgers

These yummy vegetarian burgers are made from lentils and are loaded with protein. Try dressing them up on a whole wheat bun with your favorite veggies and spreads.



Average Cost: \$10.42



Prep Time: 15 minutes



Average Cook Time: 45 minutes



Average Servings: 8

Recipe Source: [MyPlate.gov](https://www.myplate.gov)

Ingredients

- 1 1/4 Cup lentils
- 3 Cups water
- 1 Cup onion (chopped)
- 1 Cup carrot (grated)
- 3 Cups bread crumbs (fresh)
- 1 Tbsp canola oil
- 1 Egg
- 1 Tsp garlic powder
- 1/2 Tsp oregano (crumbled leaf)
- 1/2 Tsp salt
- 3 Tbsp butter
- 4 Ounces cheddar cheese

Directions

Step 1

Place lentils in a colander, rinse in cold water and drain.

Step 2

In a medium saucepan, bring water to a boil. Add lentils, reduce heat to low, cover and cook for 15 minutes.

Step 3

Add onions and carrots. Cook 15 minutes more or until lentils are tender. Remove from heat and cool slightly. Stir in bread crumbs, egg, garlic powder, oregano and salt.

Step 4

Melt butter in a large skillet. Drop lentil mixture by rounded 1/2 cupful into hot butter. Flatten mounds into patties and cook until firm and golden brown on both sides.

Step 5

Top each patty with a thin slice of cheese. Serve immediately. Refrigerate leftovers within two hours.

Utensils Needed

- Can opener
- Colander
- Cutting board
- Large pot
- Measuring cups
- Measuring spoons
- Sharp knife
- Vegetable peeler

NUTRITION FACTS

Serving Size: 1 Burger

Nutrients	Amount
Calories	378
Total Fat	12 g
Saturated Fat	4 g
Cholesterol	38 mg
Sodium	591 mg
Total Carbohydrates	50 g
Dietary Fiber	9 g
Total Sugars	6 g
Added Sugars	2 g
Protein	18 g



Oatmeal Zucchini Muffins

Enjoy these tasty muffins loaded with walnuts for a quick breakfast or snack on the go. Recipe can also be made in a loaf pan with adjusted cook time.



Average Cost: \$18.76



Prep Time: 10 minutes



Average Cook Time: 20 minutes



Average Servings: 24

Recipe Source: University of Rhode Island

Ingredients

- 1 Cup sugar
- 3 Eggs
- 2/3 Cup vegetable oil
- 1 Tsp vanilla
- 1 1/2 Cups all-purpose flour
- 1 Cup old fashioned oats, uncooked
- 1 Tbsp baking powder
- 1/2 Tsp salt
- 2 Tsp cinnamon
- 1 Tsp nutmeg
- 3 Cups shredded zucchini
- 1 Cup chopped walnuts (optional)

Directions

Step 1

Preheat oven to 350°F. Grease two muffin tins.

Step 2

In a large bowl, beat together sugar, eggs, oil, and vanilla. Add flour, oats, baking powder, salt, cinnamon, and nutmeg. Mix just until dry ingredients are moist.

Step 3

Squeeze excess liquid from shredded zucchini. Stir zucchini and walnuts, if using, into batter.

Step 4

Spoon batter into muffin tins to make 24 muffins. Bake 15 minutes or until inserted toothpick comes out clean. Cool completely before removing from pan.

Utensils Needed

- Large mixing bowl
- Medium mixing bowl
- Electric mixer
- Measuring utensils
- Muffin pan and cups
- Spatula

NUTRITION FACTS

Serving Size: 1 Muffin

Nutrients	Amount
Calories	130
Total Fat	1 g
Saturated Fat	7 g
Cholesterol	20 mg
Sodium	110 mg
Total Carbohydrates	15 g
Dietary Fiber	1 g
Total Sugars	7 g
Added Sugars	0 g
Protein	2 g



Southwest Tofu Scramble

Savory, Southwest-inspired tofu scramble with lots of veggies and a simple 5-ingredient sauce. Just 10 ingredients, 30 minutes, and 1 pan required!



Average Cost: \$4.85



Prep Time: 10 minutes



Average Cook Time: 20 minutes



Average Servings: 2

Recipe Source: minimalistbaker.com

Ingredient

- 8 Ounces extra-firm tofu
- 1-2 Tbsp olive oil
- 1/4 Red onion (thinly sliced)
- 1/2 Red pepper (thinly sliced)
- 2 Cups kale (loosely chopped)
- 1/2 Tsp sea salt (optional)
- 1/2 Tsp garlic powder
- 1/2 Tsp ground cumin
- 1/4 tsp chili powder
- Water (to thin)
- 1/4 tsp turmeric (optional)
- Salsa
- Cilantro
- Hot sauce
- Breakfast potatoes, toast, and/or fruit

Directions

Step 1

Pat tofu dry and roll in a clean, absorbent towel with something heavy on top, such as a cast-iron skillet, for 15 minutes.

Step 2

While tofu is draining, prepare sauce by adding dry spices to a small bowl and adding enough water to make a pourable sauce. Set aside.

Step 3

Prep veggies and warm a large skillet over medium heat. Once hot, add olive oil and the onion and red pepper. Season with a pinch each salt and pepper and stir. Cook until softened – about 5 minutes.

Step 4

Add kale, season with a bit more salt and pepper, and cover to steam for 2 minutes. In the meantime, unwrap tofu and use a fork to crumble into bite-sized pieces.

Step 5

Use a spatula to move the veggies to one side of the pan and add tofu. Sauté for 2 minutes, then add sauce, pouring it mostly over the tofu and a little over the veggies. Stir, evenly distributing the sauce. Cook for another 5-7 minutes until tofu is slightly browned.

Step 6

Serve immediately with the breakfast potatoes, toast, or fruit.

Utensils Needed

- Small bowl
- Measuring spoons
- Large skillet w/lid
- Sharp knife
- Cutting board
- Fork
- Spatula

NUTRITION FACTS

Serving Size: 1/2 of recipe

Nutrients	Amount
Calories	250
Total Fat	17 g
Saturated Fat	2.1 g
Cholesterol	0 mg
Sodium	45 mg
Total Carbohydrates	14 g
Dietary Fiber	2 g
Total Sugars	3 g
Added Sugars	0 g
Protein	14 g



Spring Vegetable Soup

Enjoy this tasty soup with your favorite whole grain bread sandwich. The recipe doubles easily if you need to accommodate a large family or group.



Average Cost: \$10.70



Prep Time: 10 minutes



Average Cook Time: 30 minutes



Average Servings: 4

Recipe Source: MyPlate.gov

Ingredients

- 1 Tbsp extra virgin olive oil
- 1/4 Red cabbage (medium head, about 2 cups, finely shredded)
- 2 Ripe tomatoes (medium, seededandchopped)
- 1/2 Cup canned artichoke hearts (drained and chopped)
- 1 Cup green peas (frozen or fresh)
- 2 1/2 Cups vegetable juice (low-sodium)
- 1 Cup water
- 2 Tsp dried basil
- Salt and pepper (to taste, optional)

Directions

Step 1

In a large soup pot, heat oil over medium heat. Sautee cabbage, tomatoes, artichoke hearts and peas for 10 minutes.

Step 2

Add vegetable juice and water. Bring to a boil.

Step 3

Reduce heat, add basil and simmer for 10 minutes, or until all vegetables are tender and soup is piping hot. Add salt and pepper to taste.

Step 4

Serve in individual serving bowls. Refrigerate leftovers within 2 hours.

Utensils Needed

- Cutting board
- Knife
- Soup pot
- Measuring cups
- Measuring spoons
- Stirring spoon
- Vegetable grater

NUTRITION FACTS

Serving Size: 1/4 Recipe

Nutrients	Amount
Calories	136
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	73 mg
Total Carbohydrates	20 g
Dietary Fiber	6 g
Total Sugars	11 g
Added Sugars	0 g
Protein	5 g



Tofu with Broccoli

Tofu cooked until golden brown, and broccoli sautéed in a soy and scallion sauce make up this one-skillet meal. Serve with a side of brown rice for a quick meal.



Average Cost: \$6.78



Prep Time: 20 minutes



Average Cook Time: 35 minutes



Average Servings: 4

Recipe Source: [MyPlate.gov](#)

Ingredients

- 1 Pound firm tofu
- 4 Tsp vegetable oil
- 2 Cloves garlic (peeled and minced)
- 2 Scallions (green and whites portions chopped)
- 1 Head broccoli (broken into florets, stems chopped)
- 1/4 Cup water
- 1 Tbsp low-sodium soy sauce
- 1/2 Tsp crushed red pepper flakes
- 1 Tbsp chopped fresh cilantro (or basil leaf)

Directions

Step 1

Put the tofu on a cutting board and cut it in half and then cut each half into 4 equal pieces (8 pieces total).

Step 2

Put 2 layers of paper towels on a cutting board and put the tofu on top. Let drain at least 20 minutes (and up to 2 hours).

Step 3

Place a skillet over medium heat and when hot, add 2 teaspoons of oil. Add the tofu, one piece at a time, cook until golden, about 3 minutes per side. Remove the tofu to a plate and set aside.

Step 4

Reheat the skillet and when it is hot, add remaining 2 teaspoons oil. Add garlic and scallions and cook just until golden, about 2 minutes. Add the broccoli, soy sauce, and water and raise the heat to high. Cook until the broccoli is tender, about 4 minutes. Gently toss in the cooked tofu and turn off the heat.

Step 5

Sprinkle with red pepper flakes and cilantro. Serve with a side of brown rice. Refrigerate leftovers within 2 hours.

Utensils Needed

- Cutting board
- Knife
- Skillet
- Measuring cups
- Measuring spoons
- Spatula

NUTRITION FACTS

Serving Size: 1/2 Cup

Nutrients	Amount
Calories	151
Total Fat	10 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	173 mg
Total Carbohydrates	8 g
Dietary Fiber	3 g
Total Sugars	2 g
Added Sugars	0 g
Protein	12 g

