

# Vegetable Lasagna

A healthy version of the classic all-time favorite!



**Average Cost: \$15.84**



**Prep Time: 1 hour, 15 minutes**



**Average Cook Time: 45 minutes**



**Average Servings: 8**

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

## Ingredient List

- 1 (8-Ounce) package whole wheat lasagna noodles
- 3 Cups fresh spinach
- 8 Ounces button mushrooms
- 1 Large zucchini
- 3 Cloves garlic
- 1 (6-Ounce) block mozzarella cheese
- 1/2 Tsp salt, divided
- 1 Tsp dried basil
- 1 Tsp dried oregano 1/4 teaspoon ground black pepper
- 1 (28-ounce) Can tomato sauce or crushed tomatoes, no salt added
- 1 Large egg
- 1 Cup low-fat cottage cheese
- Non-stick cooking spray

## Directions

### Step 1

Preheat oven to 350°F. Cook lasagna noodles following package directions. In a colander, drain and run under cold water until cool to the touch. Complete the below steps while noodles cook.

### Step 2

Rinse spinach, mushrooms, and zucchini. Peel garlic.

Chop spinach. Thinly slice mushrooms. Dice zucchini into ½-inch pieces. Mince garlic. Grate mozzarella cheese. Set aside ¼ cup grated cheese for topping lasagna.

### Step 3

In a medium bowl, add spinach, mushrooms, and zucchini. Stir in ¼ teaspoon of the salt. Set over a colander to drain.

When completely drained, pat veggies dry with paper towels. Stir garlic, basil, oregano, remaining ¼ teaspoon salt, and black pepper into canned tomatoes to make a sauce. Do this directly in the can.

### Step 4

In a medium bowl, crack egg and beat with a fork. Add cottage cheese and grated mozzarella. Mix. Lightly coat a 9-by-13-inch baking dish with non-stick cooking spray. Spread ½ cup tomato sauce on bottom of dish. Layer 3 noodles over sauce. Then, layer 1 cup cheese mixture, ½ cups veggies, and ⅓ cup tomato sauce. Repeat layers 2 more times, ending with 3 noodles. Cover with remaining tomato sauce. Sprinkle reserved ¼ cup grated mozzarella over top of lasagna.

### Step 5

Bake until cheese is melted and lightly browned on top and lasagna is bubbly, about 45 minutes. Remove from oven. Let cool 10 minutes before cutting.

## Utensils Needed

- 2 Medium bowls
- 9x13 Inch baking dish
- Box grater
- Can opener
- Colander cutting board Fork
- Large pot
- Measuring cups and spoons Sharp knife

## NUTRITION FACTS

### Serving Size: 1/8 of lasagna

Nutrients	Amount
Calories	260
Total Fat	7 g
Saturated Fat	3 g
Cholesterol	40 mg
Sodium	440 mg
Total Carbohydrates	6 g
Dietary Fiber	6 g
Total Sugars	0g
Added Sugars	0 g
Protein	17 g



# Baked Kale Frittata

This recipe is quick and easy to prepare, and is loaded with nutrients. Try it for breakfast, lunch, or dinner.



**Average Cost: \$9.50**



**Prep Time: 10 minutes**



**Average Cook Time: 30 minutes**



**Average Servings: 6**

Recipe Source: GET FRESH! Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 2001

## Ingredients

- Vegetable cooking spray
- 1 Bunch kale leaves (3 cups chopped)
- 1 Large onion (1 cup chopped)
- 1 Tsp vegetable oil
- 1/4 Cup water
- 5 Eggs
- 1/2 Cup skim milk
- 2 Ounces low-fat cheddar cheese (1/2 cup grated)
- 1/2 Tsp salt
- 1/4 Tsp pepper

## Directions

### Step 1

Preheat oven to 375° F. Coat 9-inch round baking pan with vegetable cooking spray. Wash and chop kale. Chop onion.

### Step 2

Heat oil in large frying pan on medium-high. Add onion. Sauté 3 to 5 minutes, until soft and brown. Stir in kale and water. Cover and cook 5 minutes. Remove pan from heat and allow mixture to cool.

### Step 3

In large bowl, combine eggs, milk, cheese, salt, and pepper. Blend in kale mixture. Pour mixture into baking pan. Bake 20 min.

### Step 4

Remove from oven and let set for 2 to 3 minutes. Slice into 6 wedges.

## Utensils Needed

- Cutting board
- Sharp knife
- Measuring cups & spoons
- Large mixing bowl
- Large frying pan
- 9-inch round baking pan

## NUTRITION FACTS

### Serving Size: 1/6 of recipe

Nutrients	Amount
Calories	100
Total Fat	5 g
Saturated Fat	1.5 g
Cholesterol	140 mg
Sodium	340 mg
Total Carbohydrates	5 g
Dietary Fiber	1 g
Total Sugars	2g
Added Sugars	0 g
Protein	8 g



# Black Bean and Veggie Quesadilla

This delicious and nutritious recipe would be great with any veggies you have on hand.



 **Average Cost: \$15.25**

 **Prep Time: 10 minutes**

 **Average Cook Time: 20 minutes**

 **Average Servings: 6**

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

## Ingredients

- ½ (15½-Ounce) can black beans, no salt added
- 2 Medium zucchini
- 1 Bunch fresh spinach (about 4 cups)
- 1 Can corn
- 4 Ounces low-fat cheddar cheese
- 1 Tbsp canola oil
- Pinch ground cayenne pepper
- Pinch black pepper
- 1–2 tsp water
- 6 (8-Inch) whole wheat flour tortillas
- Non-stick cooking spray

## Directions

### Step 1

In a colander, drain and rinse black beans, set aside then drain and rinse corn. Rinse zucchini. Cut into thin slices or shred with a grater. Rinse and chop fresh spinach. Grate cheese.

### Step 2

In a large skillet over medium-high heat, heat oil. Add zucchini and cayenne pepper. Cook until zucchini is semi-soft, about 5 minutes.

### Step 3

Add corn and spinach. Cover and cook until tender, stirring a few times, about 5 minutes more. Remove from heat. Add black beans to the veggie mixture. Stir to combine. Smash beans lightly with a fork. Add 1–2 teaspoons water to make a bean-and-veggie paste.

### Step 4

Spread vegetable mixture evenly on half of each tortilla. Add grated cheese. Fold tortillas over. Press lightly with spatula to flatten. Spray skillet lightly with non-stick cooking spray. Heat over medium/high heat. Add one folded tortilla. Cook about 4 minutes per side, or until both sides of tortilla are golden brown. Repeat until all quesadillas are cooked.

### Step 5

Cut each quesadilla into 2 wedges. Serve while hot.

## Utensils Needed

- Box grater
- Can opener
- Colander
- Cutting board
- Fork
- Measuring spoons
- Medium bowl
- Rubber spatula
- Sharp knife
- Large skillet with lid

## NUTRITION FACTS

### Serving Size: 1 Folded quesadilla

Nutrients	Amount
Calories	250
Total Fat	7 g
Saturated Fat	2 g
Cholesterol	5 mg
Sodium	360 mg
Total Carbohydrates	36 g
Dietary Fiber	4 g
Total Sugars	5g
Added Sugars	0 g
Protein	12 g



# Mediterranean Chicken and White Bean Salad

This refreshing salad starts with cooked chicken, white beans, cucumber, and onion with a splash of fresh lemon juice, oil and seasonings!



**Average Cost: \$8.77**



**Prep Time: 15 minutes**



**Average Cook Time: N/A**



**Average Servings: 4**

Recipe Source: MyPlate

## Ingredients

- 1 Cup skinless cooked chicken (diced into 1/2 inch pieces)
- 1 Can 15.5 ounce low-sodium white beans (drained and rinsed with cold water)
- 1 Cucumber (peeled and diced into 1/2 inch pieces)
- 1/4 Red or white onion (peeled and chopped into 1/2 inch pieces)
- 2 Tbsp vegetable oil
- 1/4 Cup lemon juice
- 1 Tbsp dried basil or parsley leaves
- 1/4 Tsp salt
- 1/4 Tsp black pepper

## Directions

### Step 1

Put everything in the bowl and gently toss.

### Step 2

Serve right away, or cover and refrigerate up to 2 days.

## Utensils Needed

- Large bowl
- Spoon or cooking tongs for tossing the salad
- Serving bowl or plate
- Fork

## NUTRITION FACTS

### Serving Size: 1 Cup

Nutrients	Amount
Calories	297
Total Fat	11 g
Saturated Fat	2 g
Cholesterol	32 mg
Sodium	288 mg
Total Carbohydrates	31 g
Dietary Fiber	8 g
Total Sugars	2g
Added Sugars	0 g
Protein	20 g



# Mediterranean Tuna Salad

Try this recipe served on lettuce leaves or make sandwiches with whole wheat or pocket (pita) bread.



 **Average Cost: \$9.57**

 **Prep Time: 5-10 minutes**

 **Average Cook Time: N/A**

 **Average Servings: 10**

Recipe Source: FoodHero.org

## Ingredients

- 3 Cans (5 ounces each) tuna in water, drained
- 1 Cup carrot, peeled and coarsely grated (about 2 Medium carrots if using whole carrots)
- 2 Cups diced cucumber
- 1 ½ Cups peas, canned and drained or thawed from frozen
- ¾ Cup low-fat Italian salad dressing

## Directions

### Step 1

Place drained tuna in a medium bowl. Use a fork to break apart chunks of tuna.

### Step 2

Add carrot, cucumber, peas and salad dressing. Mix well.

### Step 3

Serve immediately or make ahead, cover and refrigerate until ready to serve.

### Step 4

Refrigerate leftovers within 2 hours.

## Utensils Needed

- Fork
- Measuring cups and spoons
- Sharp knife
- Cutting board
- Medium bowl

## NUTRITION FACTS

### Serving Size: 1/2 Cup

Nutrients	Amount
Calories	100
Total Fat	2.5 g
Saturated Fat	0 g
Cholesterol	20 mg
Sodium	180 mg
Total Carbohydrates	25 g
Dietary Fiber	1 g
Total Sugars	1g
Added Sugars	2 g
Protein	11 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



# Roasted Chicken & Veggies

Root vegetables are great because they last a long time and they all taste so good together. Try mixing root vegetables you know that you like with new varieties you want to try!



 **Average Cost: \$13.36**

 **Prep Time: 15 minutes**

 **Average Cook Time: 40 minutes**

 **Average Servings: 9**

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

## Ingredients

- 1 Pound carrots (5 medium carrots)
- 1 Large onion
- 1 Clove garlic
- 1 Pound root vegetables, such as red potatoes, beets, turnips, rutabagas, or parsnips (2 1/2 cups chopped)
- 1 Large lemon
- 1/4 Cup water
- 1/4 Cup canola oil
- 1 Tsp dried oregano
- 1 Tsp dried basil
- 1/4 Tsp salt
- 1/4 Tsp ground black pepper
- 3 Pounds boneless, skinless chicken pieces (48 ounces of chicken, fresh or frozen)
- 1 Tsp fresh or 1/4 Tsp dried rosemary

## Directions

### Step 1

Preheat oven to 375°F.

### Step 2

Cut lemon in half and squeeze the juice into a large bowl. Discard seeds. Add vegetables, water, oil, Italian seasoning, salt, and pepper to the bowl. If using other herbs, add those as well. Toss to combine. Transfer vegetables to a pan. Leaving the leftover marinade in the bowl. Place pan with veggies in oven. Bake for 10 minutes.

### Step 3

While veggies bake, toss chicken in the remaining marinade. Let sit at room temperature for about 10 minutes.

### Step 4

Remove pan from oven. Add chicken pieces on top of veggies. Return to oven. Continue roasting until chicken is cooked through and a food thermometer reads 165°F, about 40 minutes more (when you cut into it there should be no pink). As the chicken roasts, use a mixing spoon to turn vegetables about every 15 minutes until cooked.

### Step 5

Serve immediately. Refrigerate leftovers within two hours.

## Utensils Needed

- Baking sheet
- Cutting board
- Large bowl
- Measuring cups
- Measuring spoons
- Mixing spoon
- Sharp knife
- Slotted spoon
- Vegetable peeler
- Food thermometer

## NUTRITION FACTS

**Serving Size: 3 Oz of chicken, and 1/2 cup of veggies**

Nutrients	Amount
Calories	280
Total Fat	12 g
Saturated Fat	2 g
Cholesterol	110 mg
Sodium	200 mg
Total Carbohydrates	12 g
Dietary Fiber	3 g
Total Sugars	5 g
Added Sugars	0 g
Protein	30 g

