

LivingWell Cookbook

Recipes for Babies and Toddlers



Volume 2

by

ucare

in partnership with

Chef Marshall O'Brien Group

LivingWell Cookbook
Recipes for Babies and Toddlers

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Table of Contents

Introduction: Nourishing is Different Than Eating at Every Age	1
How to Use This Book.....	1
Starting Baby on Solid Food.....	2
Tips for Making Baby Food.....	6
Recipes	8
<i>Baby Food</i>	
Butternut Squash.....	9
Asparagus, Apple & Carrot	10
Avocados, Peaches & Spinach.....	11
Avocado & Sweet Potato.....	12
Blueberries, Bananas, Quinoa & Flax Seed	13
Broccoli & Chicken	14
Broccoli & Parsnip	15
Carrots & Quinoa	16
Cauliflower & Peas.....	17
Chicken & Rice.....	18
Sweet Potatoes, Apples & Cinnamon	19
<i>Breakfast</i>	
Apple-Cinnamon Stuffed French Toast.....	20
Breakfast Burritos.....	21
Carrot Cake Oatmeal.....	22
Cinnamon Muffins	23
English Muffin Egg Sandwich.....	24
Ginger Granola.....	25
Golden Granola Bars	26
Ham & Veggie Frittata	27
Oatmeal Chocolate Chip Breakfast Treats.....	28
Veggie Omelet.....	29

Table of Contents *(continued)*

Snacks

American Flag Toast	30
Ants on a Spaceship	31
Apple Bread	32
Corn Salsa	33
Fresh Fruit Cones	34
Fruity Dippers	35
Mini Fruit Pizza	36
Pita Nachos	37
Turkey Mozzarella Swirls	38
Zucchini Mini Muffins	39

Lunch

Barbeque Sandwich	40
Broccoli Cheese Quesadillas	41
Cheese Enchiladas	42
Chicken Mozzarella Melt	43
Honey Mustard Chicken Salad	44
Humpty Dumpty Sandwich	45
On Top of Spaghetti	46
Pizza Soup	47
Veggie Lasagna	48
White Chicken Chili	49

Dinner Recipes

Cheddar & Ham Calzone	50
Fish Tacos	51
Honey Mustard Turkey Melt	52
Lentil Curry	53
Parmesan Chicken	54
Pizza Sandwich	55
Stuffed Zucchini Boats	56
Turkey Lettuce Wrap	57
Under the Sea Burger	58

Additional Information

Kitchen Essentials	61-63
Meal Planning	64-66
Food Safety and Sanitation	67-69
Batch Cooking	70
Food Storage	71-75
References	76



eat
Real
food



Nourishing is Different Than Eating at Every Age

We all must eat to survive, but nourishing is different than just eating. Nourishing involves eating foods that help us perform, look and feel our best and help our children develop, physically and mentally, to their full potential. Nourished children grow into thriving adults. Good nutrition is especially critical in the early years, when a child's body is developing and growing at an astonishing rate! During pregnancy and during the first year after birth, sixty percent of a child's nourishment goes toward brain development¹. Good nutrition allows your child to develop both physically and mentally to their full potential

This book was written to provide expectant and new parents with sound information and tasty, simple recipes to help them nourish their babies and toddlers as they progress from breastmilk and formula to the world of solid foods.

How to Use This Book

This book has helpful articles, five sections of recipes and additional information on setting up your kitchen in the final section:

Baby Food Recipes include a template recipe for single ingredient baby foods and multi-ingredient recipes designed to get babies used to different colors, flavors and textures.

Recipes for Breakfast, Lunch, Snacks and Dinner These easy-to-prepare recipes contain kid-friendly, nutritious ingredients that expose young tastebuds to a broad variety of foods that are tasty, while containing far less sugar and salt than commercially prepared foods. This will help train their taste buds to enjoy the flavors of real foods—a habit that will serve them well for a lifetime!

Additional Information This section contains helpful articles designed to make your kitchen experience easier: setting up your kitchen, meal planning, purchasing and storing food, and kitchen and food safety.





Starting Baby on Solid Food

It's been six months since your baby was born, and after many days (and nights!) of breastfeeding and/or formula feeding you are excited to get started introducing your little one to the wide world of solid foods. But how do you introduce your baby to foods safely? How do you make it tasty and fun? And what do you do when your little one smears more peas on their face than they actually put into their mouths?

This cookbook helps you start your little one on solids confidently and joyously, helps you introduce them to a world of flavors to set them up for a lifetime of adventurous eating, and helps your little one get off to a healthy start so they can develop to their full potential!

Signs Baby is Ready for Solid Food

According to the American Academy of Pediatrics, most babies are ready to start solid foods around 6 months of age.¹ Keep in mind, this is merely a guideline, as some may be ready at as early as four months. Look for signs of readiness in your baby before starting them on solids.

Your baby may be ready to start eating solid foods when they:

- can sit up mostly on her own
- can hold their head up for a long time
- are interested in mealtime (they may try to grab food off your plate)
- continue to be hungry between breast-feeding or bottle feeding

Remember, in their first year of life your baby continues to get most of their nutrition from breastmilk or formula. Think of starting solids as a joyful introduction to the world of eating and a way to introduce your baby to the many flavors, colors, and textures they will encounter throughout their life.

Basics: Introducing New Foods to Your Baby

Your baby is showing signs of readiness and you are excited to start introducing them to the wonderful world of solid foods. Follow these tips to do it safely and keep it a positive experience for everyone!

- Always feed your baby while they are sitting up in a highchair to avoid choking.
- Start with one single-ingredient food at a time.
- Start with foods that are mashed, strained, or pureed and smooth in texture. Thin out thicker foods with breastmilk or formula.

- It is normal for baby to cough, gag, or spit up when trying new textures – but stay away from potential choking hazards. To start, stick with foods that can be easily dissolved with saliva and don't require chewing, such as cooked cereal and unsalted scrambled eggs. If baby doesn't like a food, change the texture and try it again a few days later.
- Wait 3 to 5 days between each new food to watch for allergic reaction or other problems, like stomachache, diarrhea, skin rashes, or wheezing.
- Give your baby time and multiple tries to learn to like a new food. Offer a new food a few meals later and a few meals after that. Be patient - it can take up to 10 to 15 tries for your baby to accept a new food.

You don't need to give foods in any specific order. Many families start with rice cereal mixed with breastmilk or formula, but rice cereal can be high in arsenic – try oat, barley, and multi-grain cereals as well.

Let your baby be your guide. While some babies enjoy spoon feeding right away, transitioning smoothly to lumpier foods and on to solids over a month or two, others are slower to warm up. For more hesitant eaters, the process of moving to solid foods can take months. Others reject the spoon entirely and wait until they can feed themselves with their fingers. All of these are normal and okay.

Remember, your baby doesn't need solid foods at this point – it's all about learning. Think of this as practice and keep the introductions joyful and positive.

A Note About Allergies

You should introduce potentially allergenic foods, including eggs, fish, wheat, soy, sesame, and dairy products like yogurt (but no cow's milk before 12 months), when other foods are introduced.

Unless your baby has severe eczema or is at high-risk for allergy, you should introduce them to non-choking forms of peanut starting at 6 months of age.² This can significantly lower your baby's risk of developing a peanut allergy.

Once your baby has been introduced to peanuts and tolerates them well, continue to feed your baby peanut-containing foods regularly (about 3 times per week).

If your baby has severe eczema or an egg or milk allergy, they are considered high-risk for peanut allergy. Talk to your pediatrician about introducing peanuts in a safe, medically-supervised environment.





Beyond the Basics: Combining Foods, New Textures

By the time they are 7 to 8 months old, your baby can eat a variety of foods from different groups, including infant cereals, meat or other protein, fruits, vegetables, grains, yogurts, nuts, and cheeses. Now is the time to get creative with flavor combinations and thicker, lumpier textures when baby is ready for them.

Eventually, you can try serving small pieces of finger foods that your baby can feed herself and chew with her gums. Cut-up raw bananas or peaches, cooked veggies and fruits, whole wheat bread squares or toast strips, and small pieces of cooked ground meat are good choices.

Soon your baby will be eating everything you eat. Avoid small, sticky, or hard foods that may pose a choking hazard. These include corn kernels and popcorn, hard raw vegetables and fruit, spoonfuls of nut butter, whole nuts and seeds, large chunks of cheese, whole beans, and bones in meat or fish. And cut up foods like grapes, cherry tomatoes, and meat sticks.

Avoid These Foods

Introducing your baby to a variety of solid foods can help them be more adventurous eaters later in life. However, avoid these foods until your baby is at least 1 year old:

- **Honey** – Honey may cause a type of food poisoning called botulism. Before 12 months old, do not give your baby honey or any foods that contain honey, including yogurt, cereal, or crackers with honey.³
- **Unpasteurized foods or drinks** – These include unpasteurized juices, milks, yogurt, and cheese. Unpasteurized foods put your child at risk for harmful bacteria that can cause severe diarrhea.³
- **Foods with added sugars, low-calorie sweeteners, or no-calorie sweeteners** – These foods are not recommended for babies.
- **Foods high in salt** – These include some canned foods, processed meats, and frozen dinners. Check the Nutrition Facts Label to be sure the foods you feed your baby do not include added sodium.
- **Juice** – Do not serve any fruit or vegetable juice to your baby before they are 12 months old. Limit fruit and vegetable juices after 12 months old to no more than 4 ounces of 100% juice per day.³

- **Cow's milk** – Drinking cow's milk before 12 months of age may put your baby at risk for intestinal bleeding.⁴ It also has too many proteins and minerals for your baby's developing kidneys and does not offer the proper nutrition your baby needs.
- **Caffeinated drinks** – Avoid soft drinks, tea, coffee, and sports drinks containing caffeine for babies and children.

Nurturing Your Child's Joyful Relationship with Food

Once your toddler has gotten the hang of eating solid foods, they should be joining you for family meals, eating the same foods you are. Ellyn Satter, a registered dietitian, family therapist, and international authority on eating and feeding, has outlined a guide to help parents nurture their child's healthy, joyful relationship with food. As Satter states in her Division of Responsibility, your job as a parent is to:

- Choose and prepare the food
- Provide regular meals and snacks
- Make eating times pleasant
- Step-by-step, show your child by example how to behave at family mealtime
- Be considerate of your child's lack of food experience without catering to their likes and dislikes
- Don't let your child have food or beverages (except for water) between meal and snack times
- Let your child grow into the body that is right for them.



- Trust your child to eat the amount they need, learn to eat the food you eat, grow predictably in the way that is right for them, learn to behave well at mealtime

In short, you are responsible for *what, when and where*.

Your child is responsible for *how much and whether*.

First Bites in a Lifelong Journey

We hope the information and recipes in this cookbook help your little one have a delicious introduction to the world of solid foods. May their first bites be just the beginning of a lifetime of joyful, healthy eating that helps them thrive as children, adolescents, and adults!



Tips for Making Your Own Baby Food

Making baby food is not overly difficult since all recipes involve the same basic steps: cook raw ingredients till soft and then purée or blend the ingredients further so the texture is appropriate for the baby's swallowing capabilities. While there are high quality ready-made baby foods available, many parents like being able to feed their babies the same foods they are serving for their family's meals.

Use high quality fresh or frozen ingredients. Buy organic if your budget allows. Your baby is growing and developing and their bodies are more sensitive than an adult or older child to pesticides, additives and artificial ingredients.

Sanitation is important. Make sure your hands, equipment and work area are very clean when handling both the raw ingredients and the finished product.

- Feed baby from a dish, not from the food container, so you don't spread germs.
- Refrigerate or freeze foods promptly to prevent spoilage.
- Focus on textures and ingredients your baby is ready for:
 - Initially, baby foods should be made from one ingredient with a very smooth texture.
 - As baby becomes more adept at eating solids, combine several ingredients that have different textures, flavors and colors.

Use equipment that makes the job easier. Baby food for the youngest eaters needs to have a very smooth texture. Use a blender or food processor if you own one; another option is a hand-cranked baby food mill, which costs \$20-\$40.





Most baby food recipes require that you cook the ingredients till very soft, then purée, blend or mash with a fork. Do the initial cooking using a method that is easy for you: steaming vegetables on the stovetop is easiest for most people, but you can also use a skillet coated with a little cooking oil, steam them in a microwave oven, or roast them in a conventional oven. Use methods that are easy and familiar for you.

Batch cooking simplifies the process.

When you cook for adults, cook extra vegetables, chicken (as they get older), etc. and freeze them unseasoned in recipe quantities so they are available when you are ready to make baby food. Simply defrost and blend or puree the pre-cooked ingredients. This saves time when baby is hungry and ready to eat.

Cook in quantities you can use or freeze.

Make baby food in small batches that you can use before it spoils. Baby food keeps in the refrigerator for 2 days and can be frozen for up to 3 months. Freeze baby food in small portions, using containers such as ice cube trays. Once frozen, transfer to freezer bags, label and date. Most babies eat less than a tablespoon when they start eating solids so one recipe will last for multiple meals.

As you can see, learning to make baby food is not difficult and it won't be long before your baby will be eating the same food as the rest of the family, just in smaller pieces. Starting them out on baby foods that expose them to a variety of colors, flavors and textures will make them more eager to try new foods as they grow and expand their mealtime skills.



Recipes

[illegible]

Butternut Squash

A Single Ingredient Baby Food

Yield: approx. $\frac{3}{4}$ cup

This simple one ingredient baby food is ideal for starting babies on solid foods. It can be made with a variety of vegetables and fruits as you screen for allergies and intolerances and expose baby to different flavors. Do not add sugar or salt.

Ingredients

1 cup butternut squash, peeled and chopped

Directions

Steam butternut squash chunks until very soft. This depends on how big the chunks are and how dense the ingredient is. Cool slightly.

Blend or puree cooked squash until smooth.

A manually cranked baby food mill can also be used; you may need to repeat the process to ensure the mixture is free of lumps.

Add water or breast milk to thin the mixture if desired.

Store baby food in air-tight containers in the refrigerator for up to 2 days. The mixture can also be frozen in ice cube trays and transferred to freezer bags. It will keep for 3 months.

Note: This recipe can also be made with other single vegetables and fruits for baby's earliest solid foods. The process is the same. Avoid foods with large numbers of seeds, such as blackberries.

Try these foods:

Asparagus	Cauliflower
Avocado	Mango
Banana	Orange sweet potatoes or yams
Beets	Peas
Bell pepper	Potatoes
Blueberries	Spinach
Broccoli	Strawberries
Carrots	Summer yellow squash and zucchini
Winter squash (acorn, butternut, delicate, kabuchon, spaghetti)	



Nutritional Facts are not listed for baby foods because such small amounts are eaten that the values are not useful.

These recipes use wholesome ingredients and do not contain added salt and sugars.

Asparagus, Apple & Carrot Baby Food

Yield: 2 cups

Ingredients

½ cup carrots, peeled and sliced

2 cups asparagus, cut in ½-inch pieces

1½ cups apples, cored, peeled and chopped

Directions

Steam carrots until they begin to soften, about 5 minutes.

Add asparagus and apple chunks and continue cooking until very soft. Remove from heat and cool slightly.

Using a blender or food processor, blend or purée ingredients until smooth. Another option is to press the food through a baby food mill, repeating as necessary.

Add water or breast milk to thin the mixture, as desired.

Store in air-tight containers in the refrigerator for up to 2 days. Freeze larger quantities in ice cube trays and transfer to tightly sealed freezer bags; label, date and store for up to 3 months.



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These recipes use wholesome ingredients and do not contain added salt and sugars.

Avocado, Peach & Spinach Baby Food

Yield: 1½ cups

Ingredients

½ ripe avocado, about ½ cup

1 cup peaches, fresh or thawed if previously frozen

1 cup fresh spinach, loosely packed

Directions

If using fresh peaches, peel, pit and chop them.

Using a blender or food processor, blend or purée ingredients until smooth. Another option is to press the food through a baby food mill, repeating as necessary.

Add water or breast milk to thin the mixture, as desired.

Store in air-tight containers in the refrigerator for up to 2 days. Freeze larger quantities in ice cube trays and transfer to tightly sealed freezer bags; label, date and store for up to 3 months.



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These recipes use wholesome ingredients and do not contain added salt and sugars.

Avocado & Sweet Potato Baby Food

Yield: **1¼ cups**

1 orange sweet potato or yam, (about 1 cup)
peeled and cut in chunks

½ ripe avocado, about ½ cup, cut in chunks

Directions

Steam sweet potato until very soft, about 5-6 minutes. Cool slightly.

Using a blender or food processor, blend or purée sweet potato and avocado until smooth. Another option is to press the food through a baby food mill, repeating as necessary.

Add water or breast milk to thin the mixture, as desired.

Store in air-tight containers in the refrigerator for up to 2 days. Freeze larger quantities in ice cube trays and transfer to tightly sealed freezer bags; label, date and store for up to 3 months.



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These recipes use wholesome ingredients and do not contain added salt and sugars.

Blueberry, Banana, Quinoa & Flax Seed Baby Food

Yield: 1¼ cups

Ingredients

1 cup blueberries, fresh or thawed if previously frozen

1 medium ripe banana

½ cup cooked quinoa

2 tablespoons ground flax seeds

Directions

Using a blender or food processor, blend or purée all ingredients until smooth. Another option is to press the food through a baby food mill, repeating as necessary.

Add water or breast milk to thin the mixture, as desired.

Store in air-tight containers in the refrigerator for up to 2 days. Freeze larger quantities in ice cube trays and transfer to tightly sealed freezer bags; label, date and store for up to 3 months.



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These recipes use wholesome ingredients and do not contain added salt and sugars.

Broccoli & Chicken Baby Food

Yield: **1½ cups**

Ingredients:

1 cup broccoli, fresh or thawed if previously frozen, chopped

1 cup cooked boneless skinless chicken breast or thighs, chopped

Directions

Steam broccoli until very soft, about 4-5 minutes. Remove from heat and cool slightly.

Using a blender or food processor, blend or purée chicken and broccoli until smooth. Another option is to press the food through a baby food mill, repeating as necessary.

Add water or breast milk to thin the mixture, as desired.

Store in air-tight containers in the refrigerator for up to 2 days. Freeze larger quantities in ice cube trays and transfer to tightly sealed freezer bags; label, date and store for up to 3 months.



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These recipes use wholesome ingredients and do not contain added salt and sugars.

Broccoli & Parsnip Baby Food

Yield: 1¼ cups

Ingredients

1 cup broccoli, fresh or frozen/thawed, chopped, steamed, or baked until very soft

1 cup parsnips, peeled, sliced, steamed, sautéed, slow-cooked, or baked until very soft

Directions

Steam parsnips till partially cooked, 3-4 minutes. Add broccoli and parsnips until very soft, about 4-5 additional minutes. Remove from heat and cool slightly.

Using a blender or food processor, blend or purée cooked vegetables until smooth. Another option is to press the food through a baby food mill, repeating as necessary.

Add water or breast milk to thin the mixture, as desired.

Store in air-tight containers in the refrigerator for up to 2 days. Freeze larger quantities in ice cube trays and transfer to tightly sealed freezer bags; label, date and store for up to 3 months.



Nutritional Facts are not listed for baby foods because such small amounts are eaten that the values are not useful.

These recipes use wholesome ingredients and do not contain added salt and sugars.

Carrot & Quinoa Baby Food

Yield: **1½ cups**

Ingredients

1 cup carrots, peeled and sliced

1 cup cooked quinoa

Directions

Steam carrots until very soft, about 6-7 minutes. Remove from heat and cool slightly.

Using a blender or food processor, blend or purée all ingredients until smooth. Another option is to press the food through a baby food mill, repeating as necessary.

Add water or breast milk to thin the mixture, as desired.

Store in air-tight containers in the refrigerator for up to 2 days. Freeze larger quantities in ice cube trays and transfer to tightly sealed freezer bags; label, date and store for up to 3 months.



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These recipes use wholesome ingredients and do not contain added salt and sugars.

Cauliflower & Pea Baby Food

Yield: 1½ cups

Ingredients

1 cup cauliflower, fresh or thawed if previously frozen, chopped

1 cup frozen peas, thawed

Directions

Steam cauliflower until partially cooked, about 3-4 minutes. Add peas and cook until vegetables are very soft, an additional 2-3 minutes. Remove from heat and cool slightly.

Using a blender or food processor, blend or purée cooked vegetables until smooth. Another option is to press the food through a baby food mill, repeating as necessary.

Add water or breast milk to thin the mixture, as desired.

Store in air-tight containers in the refrigerator for up to 2 days. Freeze larger quantities in ice cube trays and transfer to tightly sealed freezer bags; label, date and store for up to 3 months.



Nutritional Facts are not listed for baby foods because such small amounts are eaten that the values are not useful.

These recipes use wholesome ingredients and do not contain added salt and sugars.

Chicken & Rice Baby Food

Yield: **1¾ cups**

Ingredients

1 cup cooked boneless, skinless chicken breast or thighs

1 cup cooked brown rice

Directions

Using a blender or food processor, blend or purée ingredients until smooth. Another option is to press the food through a baby food mill, repeating as necessary.

Add water or breast milk to thin the mixture, as desired.

Store in air-tight containers in the refrigerator for up to 2 days. Freeze larger quantities in ice cube trays and transfer to tightly sealed freezer bags; label, date and store for up to 3 months.



Nutritional Facts are not listed for baby foods because such small amounts are eaten that the values are not useful.

These recipes use wholesome ingredients and do not contain added salt and sugars.

Sweet Potatoes, Apples & Cinnamon Baby Food

Yield: 1½ cups

Ingredients

1 orange sweet potato, (about 1 cup), peeled and cut in chunks

1 medium apple, (about 1 cup) cored, peeled and chopped

¼ teaspoon ground cinnamon

Directions

Steam sweet potatoes until partially cooked, about 4-5 minutes. Add apples and cook until very soft, an additional 3 minutes. Remove from heat and cool slightly.

Blend or purée all ingredients until smooth using a blender or food processor. Another option is to press the food through a baby food mill, repeating as necessary.

Add water or breast milk to thin the mixture, as desired.

Store in air-tight containers in the refrigerator for up to 2 days. Freeze larger quantities in ice cube trays and transfer to tightly sealed freezer bags; label, date and store for up to 3 months.



Nutritional Facts are not listed for baby foods because such small amounts are eaten that the values are not useful.

These recipes use whole-some ingredients and do not contain added salt and sugars.

Apple-Cinnamon Stuffed French Toast

Yield: **3 French toast sandwiches**

Ingredients

- 2 tablespoons butter
- 5 cups apples, cored and diced
- 2 tablespoons brown sugar
- ¼ cup water
- 2 eggs
- ½ cup milk
- ½ teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- 6 slices whole grain bread, at least 1½ ounces each

Directions

Preheat oven to 375 degrees. Line baking sheet with foil or parchment paper, or coat with cooking spray.

Heat butter in skillet over medium heat. Sauté apples and sugar, stirring frequently, about 5 minutes.

Add water, cover and reduce heat to medium-low. Cook apples until tender, 5-10 minutes; set aside.

Whisk eggs, milk, vanilla and cinnamon in a wide, shallow bowl until well combined.

Dip bread in egg mixture, moistening both sides.

Lay 3 slices of the dipped bread on baking sheet, leaving a small space between slices. Top each with one-third of the cooked apples, followed by another slice of dipped bread.

Bake until golden brown, 20-25 minutes. Rotate pan about halfway through baking. French toast is done when a toothpick inserted into the center comes out clean.



Nutrition Facts

Apple-Cinnamon Stuffed French Toast

Amount per Serving
Calories 413

	% Daily Value*
Fat 14g	22%
Saturated Fat 7g	44%
Trans Fat 1g	
Cholesterol 133mg	44%
Sodium 355mg	15%
Potassium 471mg	13%
Carbohydrates 62g	21%
Fiber 9g	38%
Sugar 35g	39%
Protein 13g	26%
Vitamin A 573IU	11%
Vitamin C 10mg	12%
Calcium 148mg	15%
Iron 2mg	11%

* Percent Daily Values are based on a 2000 calorie diet.

Breakfast Burritos

Yield: **3 burritos**

Ingredients

- 6 eggs
- 1 tablespoon butter
- 2 cups black beans, rinsed and drained
- 3 8-inch whole wheat tortillas
- $\frac{3}{4}$ cup (1½ ounces) shredded mozzarella cheese
- 1 cup salsa

Directions

In a bowl, whisk eggs.

Heat butter in a large skillet over medium heat. When butter foams, add eggs and cook until firm to the touch, about 5 minutes.

When eggs are done, turn heat to low and stir in the black beans. Heat through, stirring occasionally, about 5 minutes.

Lay tortillas on work surface. Sprinkle each with 2 tablespoons of cheese. Then place $\frac{3}{4}$ cup of the eggs and $\frac{1}{3}$ cup salsa down the middle of each tortilla.

Roll tortillas over the filling.

To serve, cut each burrito in half.



Nutrition Facts

Breakfast Burritos

Amount per Serving
Calories 267
% Daily Value*

Fat 10g	15%
Saturated Fat 4g	25%
Trans Fat 1g	
Cholesterol 176mg	59%
Sodium 604mg	26%
Potassium 402mg	11%
Carbohydrates 28g	9%
Fiber 7g	29%
Sugar 3g	3%
Protein 17g	34%
Vitamin A 560IU	11%
Vitamin C 1mg	1%
Calcium 211mg	21%
Iron 3mg	17%

* Percent Daily Values are based on a 2000 calorie diet.

Carrot Cake Baked Oatmeal

Yield: **24 squares**

Ingredients

2¼ cups rolled oats

½ cup raisins

1½ teaspoons pumpkin pie spice

1 teaspoon baking powder

¼ teaspoon salt

2½ cups milk

3 tablespoons brown sugar

2 tablespoons melted butter

2½ cups carrots, shredded

Directions

Preheat oven to 375 degrees. Grease an 8x11-inch oven-proof casserole dish or coat with cooking spray.

In a large bowl, stir together the rolled oats, raisins, pumpkin pie spice, baking powder and salt.

In a separate bowl, whisk together the milk, brown sugar and melted butter. Stir in the shredded carrots.

Add the wet ingredients to the dry ingredients and stir until combined. Pour mixture into casserole dish and smooth the top surface.

Bake, uncovered, until lightly golden along the edge, about 30-35 minutes.

Remove from heat and set aside to cool. The oatmeal will firm up as it cools. Cut into 24 squares.



Nutrition Facts

Carrot Cake Baked Oatmeal

Amount per Serving
Calories 73

	% Daily Value*
Fat 2g	3%
Saturated Fat 1g	6%
Trans Fat 1g	
Cholesterol 5mg	2%
Sodium 72mg	3%
Potassium 132mg	4%
Carbohydrates 12g	4%
Fiber 1g	4%
Sugar 3g	3%
Protein 2g	4%
Vitamin A 2298IU	46%
Vitamin C 1mg	1%
Calcium 50mg	5%
Iron 1mg	6%

* Percent Daily Values are based on a 2000 calorie diet.

Cinnamon Muffins

Serves **24** Yield: **12 muffins**

Ingredients

- 2 cups whole wheat flour
- 1 tablespoon baking powder
- 1 teaspoon ground cinnamon
- ½ teaspoon salt
- ¼ cup sugar
- 1 egg
- 1 cup milk
- ¼ cup vegetable oil

Directions

Preheat oven to 375 degrees. Grease muffin pans or use paper liners.

In a bowl, mix the flour, baking powder, cinnamon, salt and sugar.

In another bowl, whisk together the egg, milk and oil.

Add the egg mixture to the flour mixture, stirring until flour is just moistened. Batter should be lumpy.

Spoon batter into the muffin cups, filling each two-thirds full. Bake for 20 to 25 minutes, until muffins spring back when lightly pressed.



Nutrition Facts	
Cinnamon Muffin	
Amount per Serving	
Calories	142
	% Daily Value*
Fat 6g	9%
Saturated Fat 4g	25%
Trans Fat 1g	
Cholesterol 16mg	5%
Sodium 217mg	9%
Potassium 106mg	3%
Carbohydrates 20g	7%
Fiber 2g	8%
Sugar 5g	6%
Protein 4g	8%
Vitamin A 55IU	1%
Vitamin C 1mg	1%
Calcium 92mg	9%
Iron 1mg	6%
* Percent Daily Values are based on a 2000 calorie diet.	

English Muffin Egg Sandwich

Yield: **6 open-faced sandwiches**

Ingredients

3 whole wheat pita rounds, at least 1½ ounces each

1 tablespoon vegetable oil

1 tablespoon sugar

¾ teaspoon ground cinnamon

Directions

Preheat oven to 400 degrees. Line a baking sheet with foil or parchment paper.

Brush one side of each pita with oil.

In a small bowl, combine sugar and cinnamon; sprinkle evenly on the oiled side of each pita round.

Cut each pita into 6 triangles and place on baking sheet, cinnamon side up. Bake until triangles are crispy, 5-8 minutes.

Serve with Fruit Salsa.

Fruit Salsa

Ingredients

1 cup fresh strawberries, finely chopped

1 cup fresh navel oranges, peeled and finely chopped

3 medium kiwi fruit, peeled and finely chopped

1 cup unsweetened crushed pineapple, drained

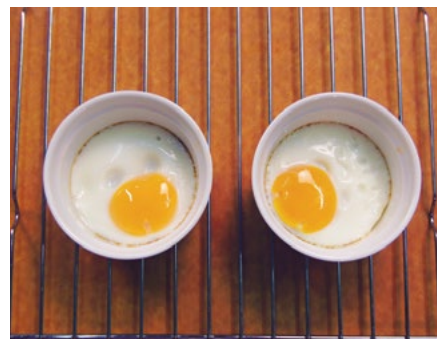
1 tablespoon lemon juice

1½ teaspoons sugar

Directions

In a small bowl, combine all ingredients.

Cover and refrigerate until serving time.



Nutrition Facts

English Muffin Egg Sandwich

Amount per Serving
Calories 178

	% Daily Value*
Fat 8g	12%
Saturated Fat 3g	19%
Trans Fat 1g	
Cholesterol 186mg	62%
Sodium 281mg	12%
Potassium 173mg	5%
Carbohydrates 12g	4%
Fiber 2g	8%
Sugar 3g	3%
Protein 14g	28%

Vitamin A 321IU	6%
Calcium 154mg	15%
Iron 2mg	11%

* Percent Daily Values are based on a 2000 calorie diet.

Ginger Granola

Yield: **1¼ cups**

Ingredients

- 1 cup rolled oats
- ¼ cup walnuts, chopped
- ¼ teaspoon ground ginger
- ¼ teaspoon ground cinnamon
- 2 tablespoons brown sugar
- 2 tablespoons melted butter
- ⅛ teaspoon salt

Directions

Preheat oven to 350 degrees. Line a baking sheet with parchment paper or foil.

In a medium bowl, thoroughly combine all the ingredients.

Spread the granola in a single layer on baking sheet.

Bake for 30 minutes, stirring halfway through baking. Remove from oven and cool.



Nutrition Facts	
Ginger Granola	
Amount per Serving	
Calories	159
	% Daily Value*
Fat 9g	14%
Saturated Fat 3g	19%
Trans Fat 1g	
Cholesterol 12mg	4%
Sodium 101mg	4%
Potassium 94mg	3%
Carbohydrates 17g	6%
Fiber 2g	8%
Sugar 5g	6%
Protein 3g	6%
Vitamin A 141IU	3%
Vitamin C 1mg	1%
Calcium 21mg	2%
Iron 1mg	6%
* Percent Daily Values are based on a 2000 calorie diet.	

Golden Granola Bars

Yield: **16 bars**

Ingredients

$\frac{3}{4}$ cup butter, softened
 $\frac{1}{2}$ cup brown sugar, packed
2 teaspoons vanilla extract
1 egg
2 teaspoons ground cinnamon
4 cups quick-cooking oats
1 teaspoon baking powder

Directions

Preheat oven to 375 degrees. Line a 9x13-inch baking pan with foil or parchment paper.

In a medium bowl, cream the butter, sugar, vanilla and egg until fluffy.

In a separate bowl, combine the cinnamon, oats and baking powder. Add to the butter mixture and combine thoroughly.

Press mixture evenly into the lined baking pan.

Bake until lightly browned, about 20-25 minutes. Rotate pan about halfway through baking time.

Remove from oven and flatten bars again, using the bottom of a measuring cup or similar tool.

Cut into 16 pieces while hot, but let cool before removing from baking dish.



Nutrition Facts

Golden Granola Bars

Amount per Serving
Calories 148

	% Daily Value*
Fat 10g	15%
Saturated Fat 6g	38%
Trans Fat 1g	
Cholesterol 33mg	11%
Sodium 137mg	6%
Potassium 53mg	2%
Carbohydrates 14g	5%
Fiber 1g	4%
Sugar 7g	8%
Protein 2g	4%
Vitamin A 534IU	11%
Vitamin C 1mg	1%
Calcium 74mg	7%
Iron 4mg	22%

* Percent Daily Values are based on a 2000 calorie diet.

Ham & Veggie Frittata

Yield: **6 wedges**

Ingredients

3 eggs

2 tablespoons vegetable oil

6 ounces turkey ham, diced

½ cup onions, diced

½ cup green peppers, diced

Directions

Position rack at top of oven and preheat to 450 degrees.

Whisk eggs and set aside.

Heat oil in a large, ovenproof skillet over medium heat. Sauté turkey ham, onions and peppers until peppers are tender, about 5 minutes.

Pour egg mixture over the sautéed vegetables and place pan in oven.

Bake until lightly browned and firm to the touch, about 10-15 minutes. Cut into 6 wedges.



Nutrition Facts	
Ham & Veggie Frittata	
Amount per Serving	
Calories	108
	% Daily Value*
Fat 8g	12%
Saturated Fat 5g	31%
Trans Fat 1g	
Cholesterol 96mg	32%
Sodium 55mg	2%
Potassium 117mg	3%
Carbohydrates 2g	1%
Fiber 1g	4%
Sugar 1g	1%
Protein 7g	14%
Vitamin A 176IU	4%
Vitamin C 11mg	13%
Calcium 19mg	2%
Iron 1mg	6%
* Percent Daily Values are based on a 2000 calorie diet.	

Oatmeal Chocolate Chip Breakfast Treats

Serves **6** Yield: **18** treats

Ingredients

2 medium ripe bananas

1¼ cups quick-cooking oats

¼ cup mini chocolate chips

Directions

Preheat oven to 375 degrees. Grease a baking sheet or coat with cooking spray.

In a bowl, mash the bananas.

Add the oats and chocolate chips and combine well.

Drop one heaping tablespoon of batter on the baking sheet for each treat.

Bake for 15 minutes.



Nutrition Facts	
Oatmeal Chocolate Chip Breakfast Treats	
Amount per Serving	
Calories	106
	% Daily Value*
Fat 3g	5%
Saturated Fat 1g	6%
Trans Fat 1g	
Cholesterol 1mg	0%
Sodium 29mg	1%
Potassium 170mg	5%
Carbohydrates 20g	7%
Fiber 2g	8%
Sugar 10g	11%
Protein 2g	4%
Vitamin A 252IU	5%
Vitamin C 3mg	4%
Calcium 50mg	5%
Iron 3mg	17%
* Percent Daily Values are based on a 2000 calorie diet.	

Veggie Omelet

Yield: **6 omelet slices**

Ingredients

2 tablespoons vegetable oil, divided
 ½ cup onions, diced
 3 cups green peppers, diced
 1½ cups tomatoes, diced
 3 eggs
 ⅛ teaspoon salt
 ⅛ teaspoon pepper
 1½ cups (6 ounces) shredded sharp cheddar cheese

Directions

Heat 1 tablespoon of the oil in a large skillet over medium heat.

Add green peppers and onions and cook 2 minutes. Add the tomatoes and sauté until peppers are tender, about 3 minutes. Remove from heat and place in a bowl.

In another bowl, whisk eggs with the salt and pepper.

Starting with a clean skillet, heat remaining oil over medium heat, tilting pan to coat evenly. Once oil is hot, add eggs. As eggs cook, use a spatula to lift the edges of the eggs, allowing the uncooked egg to flow underneath and cook. Repeat as needed.

When eggs are set, about 5 minutes, spoon the sautéed vegetables and cheese onto one side of the eggs.

Remove from heat; fold eggs over the vegetables and slide omelet onto a plate. Cut into 6 portions.



Nutrition Facts	
Veggie Omelet	
Amount per Serving	
Calories	213
	% Daily Value*
Fat 16g	25%
Saturated Fat 11g	69%
Trans Fat 1g	
Cholesterol 112mg	37%
Sodium 260mg	11%
Potassium 297mg	8%
Carbohydrates 7g	2%
Fiber 2g	8%
Sugar 4g	4%
Protein 11g	22%
Vitamin A 988IU	20%
Vitamin C 66mg	80%
Calcium 230mg	23%
Iron 1mg	6%

* Percent Daily Values are based on a 2000 calorie diet.

American Flag Toast

Yield: **6 slices**

Ingredients

6 slices whole grain bread, at least
1½ ounces each

$\frac{3}{8}$ cup cream cheese

$\frac{3}{4}$ cup blueberries

2 medium bananas

$\frac{3}{4}$ cup raspberries

Directions

Toast bread.

Slice bananas into half circles.

Spread a thin layer of cream cheese on toast.

Place blueberries in the upper left corner to
represent the “stars.”

Alternate rows of raspberries and banana
slices to represent the “stripes” on the United
States flag.



Nutrition Facts

American Flag Toast

Amount per Serving

Calories 171

% Daily Value*

Fat 6g	9%
Saturated Fat 3g	19%
Cholesterol 16mg	5%
Sodium 158mg	7%
Potassium 267mg	8%
Carbohydrates 26g	9%
Fiber 4g	17%
Sugar 9g	10%
Protein 5g	10%
Vitamin A 231IU	5%
Vitamin C 9mg	11%
Calcium 51mg	5%
Iron 1mg	6%

* Percent Daily Values are based on a
2000 calorie diet.

Ants on a Spaceship

Yield: 6 open-faced snacks

Ingredients

3 whole grain English muffins, at least 1 ounce each

6 tablespoons nut butter

1 cup apples, cored, sliced

2 tablespoons raisins

Directions

Slice English muffins in half and toast, if desired. Spread each half with 1 tablespoon of nut butter.

Divide the apples and raisins evenly among the 6 half English muffins.



Nutrition Facts	
Ants on a Spaceship	
Amount per Serving	
Calories	182
	% Daily Value*
Fat 10g	15%
Saturated Fat 1g	6%
Sodium 106mg	5%
Potassium 243mg	7%
Carbohydrates 21g	7%
Fiber 4g	17%
Sugar 5g	6%
Protein 6g	12%
Vitamin A 13IU	0%
Vitamin C 1mg	1%
Calcium 134mg	13%
Iron 1mg	6%
* Percent Daily Values are based on a 2000 calorie diet.	

Apple Bread

Yield: **16 slices**

Ingredients

2 cups whole wheat flour
2 teaspoons baking powder 2 teaspoons ground cinnamon ½ teaspoon salt
½ cup butter, softened
½ cup sugar
2 eggs
1 teaspoon vanilla
1½ cups milk
2 cups apples, cored, finely chopped

Directions

Preheat oven to 350 degrees. Grease a 9x5-inch loaf pan.

In a bowl, combine flour, baking powder, salt and cinnamon.

In a separate bowl, beat butter and sugar vigorously by hand, about 1 minute. Add eggs one at a time, beating thoroughly each time. Then beat in the vanilla.

Pour half of the milk into the creamed butter, beating until well mixed.

Next, stir into the creamed butter half of the dry ingredients, followed by the remaining milk mixture and dry ingredients. Combine well after each addition. Fold apples into batter.

Pour batter into loaf pan. Bake until top is golden brown and a toothpick inserted in center of loaf comes out clean, about 55-65 minutes.

Cool in pan for 15 minutes. Remove loaf and place on a wire rack to cool completely. Cut into 16 slices.



Nutrition Facts

Apple Bread

Amount per Serving

Calories

144

% Daily Value*

Fat 6g	9%
Saturated Fat 3g	19%
Trans Fat 1g	
Cholesterol 31mg	10%
Sodium 147mg	6%
Potassium 116mg	3%
Carbohydrates 21g	7%
Fiber 2g	8%
Sugar 9g	10%
Protein 4g	8%
Vitamin A 205IU	4%
Vitamin C 1mg	1%
Calcium 71mg	7%
Iron 1mg	6%

* Percent Daily Values are based on a 2000 calorie diet.

Corn Salsa

Yield: **3 cups**

Ingredients

- 1 cup fresh tomatoes, diced
- 1 cup whole kernel corn, cooked and cooled
- 1 cup black beans, rinsed and drained
- 1 teaspoon taco seasoning mix

Directions

Mix all ingredients together.



Nutrition Facts	
Corn Salsa	
Amount per Serving	
Calories	112
	% Daily Value*
Fat 1g	2%
Saturated Fat 1g	6%
Sodium 143mg	6%
Potassium 341mg	10%
Carbohydrates 21g	7%
Fiber 5g	21%
Sugar 4g	4%
Protein 4g	8%
Vitamin A 210IU	4%
Vitamin C 3mg	4%
Calcium 10mg	1%
Iron 1mg	6%
* Percent Daily Values are based on a 2000 calorie diet.	

Fresh Fruit Cone

Yield: **6 cones**

Ingredients

- 1 cup cantaloupe, finely diced
- ½ cup strawberries, finely diced
- 1½ cups apples, finely diced
- 6 ice cream cones

Directions

In a bowl, combine the fruit.

Place ½ cup of fruit in each cone.



Nutrition Facts

Fresh Fruit Cone

Amount per Serving	
Calories	46
% Daily Value*	
Fat 1g	2%
Saturated Fat 1g	6%
Sodium 15mg	1%
Potassium 127mg	4%
Carbohydrates 11g	4%
Fiber 1g	4%
Sugar 6g	7%
Protein 1g	2%
Vitamin A 920IU	18%
Vitamin C 18mg	22%
Calcium 7mg	1%
Iron 1mg	6%

* Percent Daily Values are based on a 2000 calorie diet.

Fruity Dippers

Yield: 1¼ cups dip

Ingredients

- 1½ cups plain yogurt
- 2 tablespoons unsweetened cocoa
- 1 cup bananas, sliced
- 1 cup strawberries, sliced
- 1 cup pears, sliced

Directions

Mix the yogurt and cocoa together.
Serve with fruit “dippers.”



Nutrition Facts	
Fruity Dippers	
Amount per Serving	
Calories	88
	% Daily Value*
Fat 1g	2%
Saturated Fat 1g	6%
Cholesterol 4mg	1%
Sodium 44mg	2%
Potassium 326mg	9%
Carbohydrates 17g	6%
Fiber 3g	13%
Sugar 11g	12%
Protein 4g	8%
Vitamin A 57IU	1%
Vitamin C 18mg	22%
Calcium 122mg	12%
Iron 1mg	6%
* Percent Daily Values are based on a 2000 calorie diet.	

Mini Fruit Pizza

Yield: **6 fruit pizzas**

Ingredients

3 whole wheat English muffins, at least 1½ ounces each, split

2 cups frozen mixed berries, thawed and drained

1 cup peaches, drained and chopped

¾ cup vanilla yogurt

Directions

Lay out muffin halves on a work surface.

In a bowl, mix the berries and peaches.

Spread 1 tablespoon of yogurt on each muffin half. Top with ¼ cup fruit and serve remaining fruit on the side.



Nutrition Facts

Mini Fruit Pizza

Amount per Serving

Calories

107

% Daily Value*

Fat 1g	2%
Saturated Fat 1g	6%
Cholesterol 1mg	0%
Sodium 114mg	5%
Potassium 170mg	5%
Carbohydrates 22g	7%
Fiber 4g	17%
Sugar 11g	12%
Protein 4g	8%
Vitamin A 115IU	2%
Vitamin C 3mg	4%
Calcium 107mg	11%
Iron 1mg	6%

* Percent Daily Values are based on a 2000 calorie diet.

Pita Nachos

Serves **6** Yield: **18 triangles**

Ingredients

3 whole wheat pita bread rounds, at least 1½ ounces each

¾ cup mild salsa

¾ cup (3 ounces) shredded cheddar cheese

Directions

Move oven rack to about 6 inches below the broiler and preheat broiler. Line a baking sheet with foil or coat with cooking spray.

Top each pita round with ¼ cup salsa and ¼ cup cheese.

Cut each pita round into 6 triangles and place in a single layer on the baking sheet.

Broil until cheese has melted and edges of nachos are crisp, about 2 to 4 minutes.



Nutrition Facts	
Pita Nachos	
Amount per Serving	
Calories	141
	% Daily Value*
Fat 5g	8%
Saturated Fat 3g	19%
Cholesterol 15mg	5%
Sodium 441mg	19%
Potassium 154mg	4%
Carbohydrates 18g	6%
Fiber 3g	13%
Sugar 2g	2%
Protein 7g	14%
Vitamin A 298IU	6%
Vitamin C 1mg	1%
Calcium 116mg	12%
Iron 1mg	6%
* Percent Daily Values are based on a 2000 calorie diet.	

Turkey Mozzarella Swirls

Serves **6** Yield: **12 swirls**

Ingredients

3 8-inch whole wheat tortillas

⅓ cup low-sodium marinara/pasta sauce

2½ ounces low sodium deli turkey, sliced into strips

¾ cup (1 ½ ounces) shredded mozzarella cheddar cheese

Directions

Preheat oven to 400 degrees. Line a baking sheet with foil or parchment paper, or coat with cooking spray.

Lay tortillas on baking sheet; evenly divide and spread sauce on tortillas.

Spread ¾ ounce turkey and ½ ounce (2 tablespoons) of mozzarella cheese on each tortilla.

Warm in oven just until cheese melts, about 2 minutes.

Roll up and slice each tortilla into four pieces.



Nutrition Facts

Turkey Mozzarella Swirls

Amount per Serving
Calories 100

	% Daily Value*
Fat 3g	5%
Saturated Fat 1g	6%
Cholesterol 8mg	3%
Sodium 394mg	17%
Potassium 77mg	2%
Carbohydrates 14g	5%
Fiber 1g	4%
Sugar 1g	1%
Protein 6g	12%
Vitamin A 59IU	1%
Vitamin C 1mg	1%
Calcium 41mg	4%
Iron 1mg	6%

* Percent Daily Values are based on a 2000 calorie diet.

Zucchini Mini Muffins

Serves **24** Yield: **48 mini muffins**

Ingredients

2 cups whole wheat flour
 1 teaspoon baking powder
 ¼ teaspoon baking soda
 ½ teaspoon salt
 2 teaspoons ground cinnamon
 ¾ cup brown sugar
 ¼ cup vegetable oil
 1½ cups milk
 2 cups zucchini, peeled and grated

Directions

Preheat oven to 350 degrees. Grease two 24-cup mini muffin tins.

In mixing bowl, combine flour, baking powder, baking soda, salt and cinnamon.

In a separate bowl, beat sugar and eggs vigorously by hand, about 1 minute.

Mix vegetable oil and milk into sugar/egg mixture.

Add wet ingredients to the dry ingredients and stir just until moistened.

Fold grated zucchini into batter.

Fill mini muffin cups about two-thirds full. Bake until tops are golden brown and a toothpick inserted in center of muffins comes out clean, about 15-20 minutes.



Nutrition Facts	
Zucchini Mini Muffins	
Amount per Serving	
Calories	81
	% Daily Value*
Fat 3g	5%
Saturated Fat 1g	6%
Trans Fat 1g	
Cholesterol 14mg	5%
Sodium 91mg	4%
Potassium 96mg	3%
Carbohydrates 12g	4%
Fiber 1g	4%
Sugar 4g	4%
Protein 2g	4%
Vitamin A 71IU	1%
Vitamin C 2mg	2%
Calcium 40mg	4%
Iron 1mg	6%
* Percent Daily Values are based on a 2000 calorie diet.	

Barbeque Sandwich

Serves **6** Yield: **3 sandwiches**

Ingredients

1 pound ground beef, at least 80% lean

¼ cup tomato paste

1 tablespoon mustard

2 teaspoons brown sugar

3 whole wheat hamburger buns, at least 1½ ounces each

Directions

In a skillet, brown ground beef until it reaches an internal temperature of 160 degrees and is no longer pink, about 10 minutes.

Stir in the tomato paste, mustard and brown sugar and mix well.

Fill each bun with one-third of the barbeque beef.



Nutrition Facts

Barbeque Sandwich

Amount per Serving
Calories 208

% Daily Value*

Fat 9g	14%
Saturated Fat 3g	19%
Trans Fat 1g	
Cholesterol 49mg	16%
Sodium 268mg	12%
Potassium 395mg	11%
Carbohydrates 14g	5%
Fiber 1g	4%
Sugar 4g	4%
Protein 18g	36%
Vitamin A 168IU	3%
Vitamin C 2mg	2%
Calcium 37mg	4%
Iron 3mg	17%

* Percent Daily Values are based on a 2000 calorie diet.

Broccoli-Cheese Quesadillas

Serves **6** Yield: **3** quesadillas

Ingredients

2 tablespoons butter

4 cups broccoli, finely chopped

6 6-inch whole wheat tortillas

1½ tablespoons canola oil

¾ cup (3 ounces) shredded mozzarella cheese

¾ cup salsa

Directions

Preheat oven to 400 degrees. Line baking sheet with foil or parchment paper, or coat with cooking spray.

Add butter to skillet and melt over medium heat. Add broccoli and cook until tender, about 7 minutes.

Brush one side of each tortilla with the oil and place, oiled side down, on baking sheet.

Spread the broccoli evenly over each tortilla, followed by ¼ cup of cheese. Top each with another tortillas, oiled side up, and place on the baking sheet.

Bake until cheese melts, about 8 minutes. Rotate pan halfway through baking.

Serve with two tablespoons of salsa.



Nutrition Facts	
Broccoli-Cheese Quesadilla	
Amount per Serving	
Calories	200
	% Daily Value*
Fat 11g	17%
Saturated Fat 5g	31%
Trans Fat 1g	
Cholesterol 18mg	6%
Sodium 466mg	20%
Potassium 300mg	9%
Carbohydrates 19g	6%
Fiber 3g	13%
Sugar 2g	2%
Protein 8g	16%
Vitamin A 651IU	13%
Vitamin C 55mg	67%
Calcium 114mg	11%
Iron 1mg	6%

* Percent Daily Values are based on a 2000 calorie diet.

Cheese Enchiladas

Serves **6** Yield: **3 enchiladas**

Ingredients

2 tablespoons canola oil

½ cup onions, diced

½ teaspoon garlic powder

2 teaspoons taco seasoning

1 15-ounce can tomato sauce

2½ cups (10 ounces) shredded cheddar cheese,
reserve ¼ cup

6 6-inch whole grain corn tortillas

Directions

Preheat oven to 350 degrees. Grease an 8x8-inch baking dish, or coat with cooking spray.

Heat oil in sauce pan over medium heat. Add onions, garlic powder and taco seasoning. Stirring frequently, cook until onions are tender, about 5 minutes.

Add tomato sauce. Cover and simmer 5 minutes.

Warm tortillas in oven or microwave to make pliable.

Lay tortillas on work surface and place ¾ cup cheese down the middle of each. Roll up tightly and place in the baking dish.

Cover the enchiladas with the sauce, then sprinkle with the reserved ¼ cup cheese.

Bake until cheese is melted and bubbly, about 25-30 minutes.



Nutrition Facts

Cheese Enchiladas

Amount per Serving

Calories 179

% Daily Value*

Fat 9g **14%**

Saturated Fat 3g **19%**

Trans Fat 1g

Cholesterol 13mg **4%**

Sodium 485mg **21%**

Potassium 425mg **12%**

Carbohydrates 19g **6%**

Fiber 3g **13%**

Sugar 4g **4%**

Protein 7g **14%**

Vitamin A 331IU **7%**

Vitamin C 6mg **7%**

Calcium 136mg **14%**

Iron 1mg **6%**

* Percent Daily Values are based on a 2000 calorie diet.

Chicken Mozzarella Melt

Serves **6** Yield: **3 sandwiches**

Ingredients

6 slices whole grain bread, at least 1½ ounces each

2 tablespoons butter

6 ounces cooked chicken, sliced

¾ cup (3 ounces) shredded mozzarella cheese

⅛ teaspoon salt per sandwich, or to taste

Directions

Preheat oven to 350 degrees. Line a baking sheet with foil or parchment paper, or coat with cooking spray.

Butter one side of each bread slice. Place 3 slices on baking sheet, buttered side down.

Place 2 ounces of chicken and 1 ounce (¼ cup) of cheese on each slice of bread. Top with remaining slices of bread, buttered sides up.

Bake until golden brown, chicken is warmed through and cheese is melted, about 10 minutes. Flip sandwiches halfway through baking.



Nutrition Facts	
Chicken Mozzarella Melt	
Amount per Serving	
Calories	175
	% Daily Value*
Fat 8g	12%
Saturated Fat 5g	31%
Trans Fat 1g	
Cholesterol 36mg	12%
Sodium 264mg	11%
Potassium 190mg	5%
Carbohydrates 13g	4%
Fiber 2g	8%
Sugar 2g	2%
Protein 13g	26%
Vitamin A 126IU	3%
Vitamin C 1mg	1%
Calcium 108mg	11%
Iron 1mg	6%
* Percent Daily Values are based on a 2000 calorie diet.	

Honey Mustard Chicken Salad

Serves **6** Yield: **4 cups**

Ingredients

3 tablespoons honey mustard

3 tablespoons mayonnaise

¼ cup plain yogurt, optional

9 ounces cooked chicken, diced or shredded

1½ cups celery, finely diced

1½ cups apples, finely diced

Directions

Make dressing by combining the honey mustard, mayo-nnaise and yogurt.

In a large bowl, toss the chicken, celery and apples.

Pour dressing over salad and toss.



Nutrition Facts

Honey Mustard Chicken Salad

Amount per Serving **153**
Calories

% Daily Value*

Fat 4g 6%

Saturated Fat 1g 6%

Trans Fat 1g

Polyunsaturated Fat 1g

Monounsaturated Fat 1g

Cholesterol 43mg 14%

Sodium 188mg 8%

Potassium 421mg 12%

Carbohydrates 13g 4%

Fiber 2g 8%

Sugar 9g 10%

Protein 15g 30%

Vitamin A 222IU 4%

Vitamin C 4mg 5%

Calcium 49mg 5%

Iron 1mg 6%

* Percent Daily Values are based on a 2000 calorie diet.

Humpty Dumpty Sandwich

Serves **6** Yield: **3 sandwiches**

Ingredients

- 3 hard-cooked eggs, chopped
- ¼ cup celery, finely diced
- ½ cup cottage cheese
- ¼ cup (1 ounce) shredded cheddar cheese
- 2 teaspoons yellow mustard
- ¼ teaspoon salt
- ⅛ teaspoon black pepper
- 6 slices whole grain bread, at least 1½ ounces each
- Butter for spreading
- 3 lettuce leaves

Directions

Chop the hard-cooked eggs.

Combine all ingredients in a bowl, except for the bread, butter and lettuce. Mix thoroughly.

Butter one side of each bread slice.

Place one-third of the egg salad on each of 3 bread slices. Top each with 1 lettuce leaf and the remaining bread slice.



Nutrition Facts	
Humpty Dumpty Sandwich	
Amount per Serving	
Calories	142
	% Daily Value*
Fat 5g	8%
Saturated Fat 2g	13%
Cholesterol 100mg	33%
Sodium 348mg	15%
Potassium 156mg	4%
Carbohydrates 13g	4%
Fiber 2g	8%
Sugar 3g	3%
Protein 10g	20%
Vitamin A 1064IU	21%
Vitamin C 2mg	2%
Calcium 89mg	9%
Iron 1mg	6%
* Percent Daily Values are based on a 2000 calorie diet.	

On Top of Spaghetti

Serves **6** Yield: **3½ cups sauce**

Ingredients

1 teaspoon canola oil
¼ cup onions, minced
1 tablespoon fresh garlic, minced
1 pound ground beef, at least 80% lean
3 cups marinara sauce
5 ounces (1 cup) dry whole grain spaghetti
Water for boiling pasta

Directions

In a large skillet, sauté onions and garlic in oil over medium heat until tender, about 5 minutes.

Add ground beef and cook until it reaches an internal temperature of 160 degrees and no pink remains, about 10 minutes.

Add marinara sauce to the beef and simmer over low heat for 20 minutes.

While sauce is cooking, cook spaghetti according to package directions.

Serve meat sauce over spaghetti.



Nutrition Facts

On Top of Spaghetti

Amount per Serving
Calories 277

% Daily Value*

Fat 10g 15%

Saturated Fat 4g 25%

Trans Fat 1g

Polyunsaturated Fat 1g

Monounsaturated Fat 1g

Cholesterol 49mg 16%

Sodium 322mg 14%

Potassium 309mg 9%

Carbohydrates 27g 9%

Fiber 2g 8%

Sugar 1g 1%

Protein 20g 40%

Vitamin A 1IU 0%

Vitamin C 1mg 1%

Calcium 22mg 2%

Iron 3mg 17%

* Percent Daily Values are based on a 2000 calorie diet.

Pizza Soup

Serves **6** Yield: **5 cups**

Ingredients

- 2 tablespoons canola oil
- ½ cup fresh mushrooms, sliced
- ½ cup onions, chopped
- 1 cup red or green bell peppers, chopped
- 1 14½-ounce can diced tomatoes, with juice
- 1 pound ground beef, at least 80% lean or chopped roast beef
- 1 cup beef stock
- ½ teaspoon dried oregano
- 1 cup (4 ounces) shredded mozzarella cheese

Directions

Heat oil in a large saucepan over medium heat. Add onions, mushrooms and peppers and cook until softened, but not browned, about 5 minutes.

Add the ground beef and oregano and cook until beef is almost cooked through, about 5 minutes.

Add the tomatoes and stock. Heat to a simmer and cook for 20 minutes until beef reaches temperature of 160 degrees.

To serve, pour soup into bowls and sprinkle each with 2 tablespoons of cheese.



Nutrition Facts	
Pizza Soup	
Amount per Serving	
Calories	259
	% Daily Value*
Fat 16g	25%
Saturated Fat 6g	38%
Trans Fat 1g	
Cholesterol 59mg	20%
Sodium 329mg	14%
Potassium 574mg	16%
Carbohydrates 8g	3%
Fiber 2g	8%
Sugar 4g	4%
Protein 22g	44%
Vitamin A 866IU	17%
Vitamin C 40mg	48%
Calcium 143mg	14%
Iron 3mg	17%
* Percent Daily Values are based on a 2000 calorie diet.	

Veggie Lasagna

Serves **12** Yield: **12 cups**

Ingredients

7 ounces (9 noodles) whole grain lasagna noodles

Water for boiling

3 cups frozen mixed vegetables

3 cups marinara sauce

2 cups ricotta cheese

½ cup grated Parmesan cheese

1 egg

1 teaspoon black pepper

½ teaspoon salt

2 cups (8 ounces) shredded mozzarella cheese

Directions

Preheat oven to 350 degrees. Grease a 9x13-inch pan.

To cook noodles, bring a large pot of water to a rolling boil. Cook until almost tender, about 12 minutes, then drain.

Meanwhile, in a large skillet over medium-high heat, cook the frozen vegetables until warmed through. Add the marinara sauce and simmer over low heat, about 8 minutes.

In a bowl, stir together the ricotta, Parmesan, egg, black pepper and salt; set aside.

To assemble, lay three cooked noodles in the pan and spread evenly with one-third of the cheese mixture, marinara sauce and mozzarella. Make 2 more layers with remaining ingredients.

Bake for 30 minutes. Then increase oven temperature to 375 degrees and bake another 10 minutes.

When done, remove from oven and cool for 10 minutes before cutting and serving. Cut into 12 portions.



Nutrition Facts

Veggie Lasagna

Amount per Serving

Calories 252

% Daily Value*

Fat 12g **18%**

Saturated Fat 7g **44%**

Trans Fat 1g

Cholesterol 53mg **18%**

Sodium 661mg **29%**

Potassium 404mg **12%**

Carbohydrates 24g **8%**

Fiber 3g **13%**

Sugar 3g **3%**

Protein 16g **32%**

Vitamin A 2941IU **59%**

Vitamin C 9mg **11%**

Calcium 254mg **25%**

Iron 2mg **11%**

* Percent Daily Values are based on a 2000 calorie diet.

White Chicken Chili

Serves **6** Yield: **8 cups**

Ingredients

- 2 tablespoons canola oil
- 1 pound boneless, skinless chicken breast, finely diced
- 2 teaspoons ground cumin
- ½ teaspoon dried oregano
- ½ cup onions, chopped, optional
- 4 cups chicken broth
- 2 cups garbanzo beans, rinsed and drained, divided
- ¾ cup (1½ ounces) shredded mozzarella cheese

Directions

Heat the oil in a large soup pot over medium heat, then cook the chicken with the onions, cumin and oregano until lightly browned, about 5 minutes. Stir in the broth.

Mash half of the beans. Add them and the remaining whole beans to the pot.

Bring to a boil. Reduce heat to low and simmer until chicken is tender, with an internal temperature of 165 degrees, about 10 minutes.

To serve, pour soup into bowls and sprinkle each with 1 tablespoon cheese.



Nutrition Facts	
White Chicken Chili	
Amount per Serving	
Calories	203
	% Daily Value*
Fat 8g	12%
Saturated Fat 4g	25%
Trans Fat 1g	
Cholesterol 40mg	13%
Sodium 138mg	6%
Potassium 460mg	13%
Carbohydrates 14g	5%
Fiber 3g	13%
Sugar 3g	3%
Protein 19g	38%
Vitamin A 72IU	1%
Vitamin C 2mg	2%
Calcium 63mg	6%
Iron 2mg	11%
* Percent Daily Values are based on a 2000 calorie diet.	

Cheddar-Ham Calzone

Serves **12** Yield: **6 calzones**

Ingredients

1 10-ounce can refrigerated thin crust pizza dough

8 ounces (1½ cups) cooked turkey ham, diced

1½ cups (6 ounces) shredded cheese of your choice

1 egg

1 tablespoon water

Directions

Preheat oven to 400 degrees. Line a baking sheet with foil or parchment paper, or coat with cooking spray.

Divide dough into 6 portions and roll each into a circle about 7 inches in diameter.

Place ¼ cup turkey ham and ¼ cup cheese on one half of the dough circle.

Fold dough over to make a half-moon shape, leaving ½ inch of the bottom edge showing.

Fold bottom edge over the top edge and press together to seal. Repeat with remaining portions of dough, making 6 calzones.

Whisk egg and water together. Brush the top of each calzone with the egg wash.

Bake until golden, about 25-30 minutes.



Nutrition Facts	
Cheddar Ham Calzone	
Amount per Serving	
Calories	169
	% Daily Value*
Fat 6g	9%
Saturated Fat 3g	19%
Trans Fat 1g	
Cholesterol 36mg	12%
Sodium 146mg	6%
Potassium 46mg	1%
Carbohydrates 17g	6%
Fiber 1g	4%
Sugar 1g	1%
Protein 10g	20%
Vitamin A 139IU	3%
Calcium 110mg	11%
Iron 1mg	6%
* Percent Daily Values are based on a 2000 calorie diet.	

Fish Tacos

Serves **6** Yield: **6 fish tacos**

Ingredients

5 4-ounce fish portions, frozen, breaded

¼ cup mayonnaise or salad dressing

1 tablespoon taco seasoning mix
(½ packet)

1½ cups coleslaw mix

6 taco shells

Taco sauce

Directions

Bake fish portions as directed on package, about 20-25 minutes. When internal temperature reaches 145 degrees, remove from oven and cut each portion into bite-size pieces.

Heat taco shells in oven as directed on box.

In medium bowl, stir together the mayonnaise and taco seasoning. Add coleslaw mix and combine thoroughly. Let stand 5 minutes.

Fill taco shells with 3 ounces of fish and top with ¼ cup coleslaw mixture. Sprinkle with taco sauce, if desired.



Nutrition Facts	
Fish Tacos	
Amount per Serving	
Calories	166
	% Daily Value*
Fat 10g	15%
Saturated Fat 2g	13%
Trans Fat 1g	
Cholesterol 25mg	8%
Sodium 147mg	6%
Potassium 188mg	5%
Carbohydrates 9g	3%
Fiber 1g	4%
Sugar 1g	1%
Protein 10g	20%
Vitamin A 64IU	1%
Vitamin C 7mg	8%
Calcium 24mg	2%
Iron 1mg	6%
* Percent Daily Values are based on a 2000 calorie diet.	

Honey Mustard Turkey Melt

Serves **6** Yield: **3 sandwiches**

Ingredients

6 slices whole grain bread, at least 1½ ounces each

Butter for spreading

12 ounces cooked turkey, thinly sliced

2 tablespoons honey mustard

2 tablespoons mayonnaise, optional

Directions

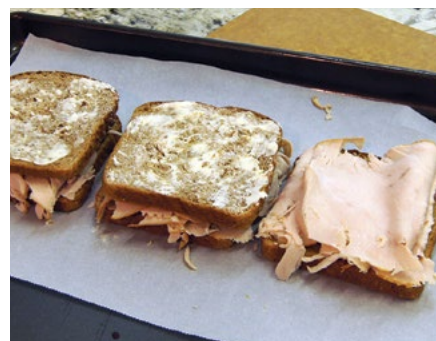
Preheat oven to 350 degrees. Line a baking sheet with foil or parchment paper, or coat with cooking spray.

Butter both sides of bread and place 3 slices on the baking sheet.

In a small bowl, mix honey mustard and mayonnaise.

Spread honey mustard on the 3 slices and top each with 4 ounces of turkey and the second slice of bread. Place on baking sheet.

Bake until bread is golden brown and turkey is warmed through, about 10 minutes. Flip sandwiches halfway through baking.



Nutrition Facts

Honey Mustard Turkey Melt

Amount per Serving
Calories 144

% Daily Value*

Fat 4g	6%
Saturated Fat 1g	6%
Trans Fat 1g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 29mg	10%
Sodium 189mg	8%
Potassium 160mg	5%
Carbohydrates 14g	5%
Fiber 2g	8%
Sugar 3g	3%
Protein 12g	24%
Vitamin A 23IU	0%
Calcium 34mg	3%
Iron 1mg	6%

* Percent Daily Values are based on a 2000 calorie diet.

Lentil Curry

Serves **12** Yield: **6½ cups**

Ingredients

1½ cups cooked brown rice
 1 tablespoon canola oil
 1 cup onions, diced
 ½ teaspoon ground cumin
 ½ teaspoon curry powder
 ¼ teaspoon paprika
 2 cups raw lentils, rinsed
 1½ teaspoons garlic, minced
 6 cups low sodium vegetable
 or chicken stock/broth
 ¾ teaspoon salt, or to taste

Directions

Heat oil in stock pot over medium-high heat.

Add oil, then onions, cumin, curry powder and paprika. Cook until onions are softened, about 5 minutes.

Stir in lentils, garlic and broth.

Bring to a boil, then lower heat and simmer until lentils are tender, about 1 hour.

Add salt. Thin with water or stock as desired.

Serve over rice.



Nutrition Facts	
Lentil Curry	
Amount per Serving	
Calories	164
	% Daily Value*
Fat 2g	3%
Saturated Fat 1g	6%
Trans Fat 1g	
Sodium 148mg	6%
Potassium 349mg	10%
Carbohydrates 28g	9%
Fiber 11g	46%
Sugar 2g	2%
Protein 10g	20%
Vitamin A 18IU	0%
Vitamin C 3mg	4%
Calcium 25mg	3%
Iron 3mg	17%
* Percent Daily Values are based on a 2000 calorie diet.	

Parmesan Chicken

Serves **12** Yield: **12 ounces**

Ingredients

- 2 tablespoons canola oil
- ¼ teaspoon garlic, minced
- 1 cup dry bread crumbs
- 2/3 cup grated Parmesan cheese
- 1 teaspoon dried basil
- ¼ teaspoon black pepper
- 1 pound boneless, skinless chicken breast

Directions

Preheat oven to 350 degrees. Lightly grease a 9x13-inch baking pan.

In a small bowl, blend the oil and garlic. In a separate bowl, mix the bread crumbs, Parmesan cheese, basil, and pepper.

Brush each chicken breast with the oil mixture, then roll it in the bread crumbs. Place coated chicken in the baking pan, and sprinkle with any remaining bread crumbs.

Bake until chicken reaches an internal temperature of 165 degrees, about 35 minutes.



Nutrition Facts

Parmesan Chicken

Amount per Serving

Calories 123

% Daily Value*

Fat 5g	8%
Saturated Fat 3g	19%
Trans Fat 1g	
Cholesterol 29mg	10%
Sodium 195mg	8%
Potassium 167mg	5%
Carbohydrates 7g	2%
Fiber 1g	4%
Sugar 1g	1%
Protein 11g	22%
Vitamin A 60IU	1%
Vitamin C 1mg	1%
Calcium 82mg	8%
Iron 1mg	6%

* Percent Daily Values are based on a 2000 calorie diet.

Pizza Sandwich

Serves **6** Yield: **3 sandwiches**

Ingredients

2 tablespoons butter

3 cups zucchini, diced

$\frac{3}{4}$ cup marinara sauce

3 whole wheat hoagie buns, at least 1½ ounces each

2¼ cups (9 ounces) shredded mozzarella cheese

Directions

Preheat oven to 400 degrees. Line a baking pan with foil or coat with cooking spray.

Melt butter in a large skillet over medium heat. Add zucchini and sauté until tender, about 5 minutes.

Add marinara sauce and cook until sauce is heated through, about 2 minutes.

Lay the opened buns in the baking pan. Fill each bun with one-third of the zucchini sauce and top with a heaping $\frac{3}{4}$ cup (3 ounces) of mozzarella cheese.

Heat sandwiches in oven until cheese melts, about 3 minutes.



Nutrition Facts

Pizza Sandwich

Amount per Serving
Calories 232

% Daily Value*

Fat 13g	20%
Saturated Fat 8g	50%
Trans Fat 1g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 33mg	11%
Sodium 380mg	17%
Potassium 242mg	7%
Carbohydrates 16g	5%
Fiber 2g	8%
Sugar 3g	3%
Protein 14g	28%
Vitamin A 241IU	5%
Vitamin C 11mg	13%
Calcium 256mg	26%
Iron 1mg	6%

* Percent Daily Values are based on a 2000 calorie diet.

Stuffed Zucchini Boats

Serves **6** Yield: **6 zucchini**

Ingredients

- 3 medium zucchini (about 1 pound)
- 2 tablespoons canola oil
- 1¼ pounds ground beef, at least 80% lean
- ½ cup onions, chopped
- 1 tablespoon dried basil or parsley
- ½ cup grated Parmesan cheese
- 1 egg, beaten
- ½ teaspoon salt

Directions

Preheat oven to 375 degrees. Line a baking sheet with foil or parchment paper, or coat with cooking spray.

Slice zucchini in half lengthwise. Scoop out the pulp of each zucchini with a small spoon (or ice cream scoop); avoid breaking the skin. Chop and reserve the pulp.

Heat oil in a large sauté pan over medium heat. Sauté ground beef and onions until cooked through, stirring frequently, about 10 minutes. Drain fat. Reduce heat to medium-low. Add the chopped zucchini pulp with the basil or parsley and cook an additional 5 minutes. Remove from heat and cool slightly.

Thoroughly combine zucchini mixture with the cheese, egg, salt and pepper. Stuff the zucchini boats with the filling and place in the baking sheet.

After placing pan in oven, pour water into the pan to a depth of about ¼ inch. Bake until golden brown, about 40 minutes.



Nutrition Facts

Stuffed Zucchini Boats

Amount per Serving

Calories 276

% Daily Value*

Fat 17g 26%

Saturated Fat 6g 38%

Trans Fat 1g

Cholesterol 96mg 32%

Sodium 403mg 18%

Potassium 617mg 18%

Carbohydrates 5g 2%

Fiber 1g 4%

Sugar 3g 3%

Protein 25g 50%

Vitamin A 313IU 6%

Vitamin C 19mg 23%

Calcium 142mg 14%

Iron 3mg 17%

* Percent Daily Values are based on a 2000 calorie diet.

Turkey Lettuce Wrap

Serves **6** Yield: **6 wraps**

Ingredients

- 2 teaspoons canola oil
- 1 pound ground turkey, at least 80% lean
- 1¼ teaspoons ground allspice
- ¾ teaspoon ground ginger
- 2 tablespoons soy sauce
- 12 romaine lettuce leaves

Directions

Heat oil in a large sauté pan over medium-high heat. Add turkey and cook, stirring frequently, until turkey begins to brown, about 5 minutes; drain excess fat.

Stir in allspice, ginger and soy sauce and cook until turkey is cooked through, with an internal temperature of 160 degrees, another 5 minutes.

To make the lettuce wraps, place 2 lettuce leaves on each plate. Fill each with 1½ ounces spiced turkey and roll up.



Nutrition Facts	
Turkey Lettuce Wrap	
Amount per Serving	
Calories	173
	% Daily Value*
Fat 13g	20%
Saturated Fat 3g	19%
Trans Fat 1g	
Sodium 239mg	10%
Potassium 156mg	4%
Carbohydrates 3g	1%
Fiber 1g	4%
Sugar 1g	1%
Protein 12g	24%
Vitamin A 4880IU	98%
Vitamin C 2mg	2%
Calcium 22mg	2%
Iron 1mg	6%
* Percent Daily Values are based on a 2000 calorie diet.	

Under the Sea Burger

Serves **6** Yield: **3 burgers**

Ingredients

10 ounces water-packed tuna, drained

½ cup bread crumbs

1 egg

2 teaspoons yellow mustard

1 tablespoon mayonnaise

1 teaspoon salt, or to taste

1 tablespoon lemon juice, or to taste

3 whole wheat hamburger buns,
at least 1½ ounces each

Directions

Position oven rack 6 inches from broiler element and preheat broiler. Line a baking sheet with foil or coat with cooking spray.

Combine drained tuna, bread crumbs, egg, mustard, mayonnaise, salt, and lemon juice in bowl. Mix well.

Form mixture into three patties and place on baking sheet. Bake until patties are lightly golden and firm, about 10 minutes. Serve on a bun.



Nutrition Facts

Under the Sea Burger

Amount per Serving
Calories 171
% Daily Value*

Fat 4g	6%
Saturated Fat 1g	6%
Trans Fat 1g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 45mg	15%
Sodium 606mg	26%
Potassium 110mg	3%
Carbohydrates 16g	5%
Fiber 4g	17%
Sugar 2g	2%
Protein 16g	32%
Vitamin A 68IU	1%
Vitamin C 1mg	1%
Calcium 23mg	2%
Iron 1mg	6%

* Percent Daily Values are based on a 2000 calorie diet.



KITCHENS
were MADE
—TO BRING—
families
TOGETHER

Additional Information

Kitchen Essentials	61-63
Meal Planning	64-66
Food Safety and Sanitation.....	67-69
Batch Cooking	70
Food Storage.....	71-75
References	76



Kitchen Essentials for Nourishing Your Family



To take control of your life and start nourishing instead of just feeding yourself and your family, you will need to minimize the use of processed foods and start using “real” food. Most packaged foods are simply “heat and eat” and are chockful of texturizers and preservatives to make them quick-cooking and enhance their shelf life. As you start to nourish with real food, you will need to learn how to cook. This is not as scary as it may sound. By keeping things simple, you can produce great tasting, nourishing meals that you and your family will love.

Start by Stocking the Basics

Easy meal preparation starts with having the right knives, pots and pans and utensils in your kitchen and the right staples and spices in your pantry. You will probably already have many of the items we recommend, so take this list to your kitchen and determine which items you need to make your cooking

life easier. Later, as you develop more confidence in the kitchen, you will want to try more complicated recipes that will require you to have additional equipment and staples. Some of these items are on the “Nice to Have” and “Extras” lists. Unlike baking, which requires you to follow a recipe precisely to achieve the proper taste and texture of the finished product, cooking can be much more free-form. Be an artist and keep trying new combinations of veggies, spices and preparation methods (for example, roasting vs. steaming vs. raw in salads) to find the combinations your family really likes. When they start to get tired of a recipe, modify the recipe a bit. Once you gain some confidence in the kitchen, cooking really becomes fun.

The Right “Ingredients” Make Cooking Fun & Easy

Kitchen Equipment

- Knives
- Pots & Pans
- Small Appliances
- Utensils
- Storage containers

Food Staples

- Pantry
- Refrigerator/Freezer
- Spice Rack

Additional Information: Kitchen Essentials

Basic Kitchen Equipment			
Knives, Pots & Pans, Appliances		Utensils	
Knives 8-inch chef's knife Serrated knife Paring or utility knife Honing steel	Pots & Pans 5- or 6-quart stock pot 1-quart sauce pan 9- or 10-inch skillet 12-inch skillet 1 or 2 sheet pans with 1-inch sides	Essential Utensils Can opener Colander Cooling rack Cutting board for produce and cooked food Cutting board for raw meats/fish Grater Kitchen scissors Ladle, 6-ounce Measuring cups, spoons Mixing spoons, bowls Rubber spatula Slotted spoon Strainer/sieve Thermometer Tongs Vegetable peeler Wire whisk Serving fork, large	"Nice to Have" Utensils 2-quart sauce pan Boning knife Fish spatula (long and wide) Food processor Food scale Grinder for spices Knife sharpener Microplane® grater or zester Mixer (stand or hand) Salad spinner Steamer insert
Small Appliances Toaster Blender (stand or stick) Slow cooker or multicooker			
Food and Spice Basics			
Pantry & Refrigerator		Herbs & Spices	
Apple cider vinegar Balsamic vinegar Black beans, canned, low-sodium Broth, vegetable or chicken—low-sodium, no added ingredients Brown rice Butter (store in freezer) Diced canned tomatoes Eggs Extra virgin olive oil Honey Ketchup Kidney beans, canned, low-sodium	Lemon juice Lime juice Maple syrup (real) Mayonnaise Garlic, minced, in jar with olive oil or dried granulated Mustard, Dijon or yellow Nut butter Olive oil Onions, yellow Quinoa Rolled oats Sriracha or Tabasco sauce Sweet potatoes Whole grain pasta	Basil Bay Leaf Cayenne pepper, ground or flakes Chili powder Cinnamon Cumin Curry Dill Garlic, powdered or granulated Ginger Italian spice blend Onion, powder or flakes Oregano Paprika	Parsley Rosemary Sage Thyme Turmeric Vanilla extract Extras Almond extract Fresh herbs, as needed Frozen berries (for smoothies) Ginger, fresh (store in freezer) Lemons, fresh Limes, fresh Tomato salsa



Tips on Buying Herbs and Spices

Many recipes call for fresh herbs, but these can be expensive and they may spoil before you can use them. It is better to have longer-lasting dried herbs in your spice rack. When a recipe calls for fresh herbs, in most cases (except for fresh salads), you can substitute one-third as many dried herbs. Properly stored dried spices (in an airtight container, away from heat and light) begin to lose their flavor after about six months, so start by buying small quantities until you figure out how quickly you use them.

Conclusion

Having the right equipment in your kitchen and having basic ingredients in your pantry and refrigerator makes cooking much easier. You will be able to throw together many simple recipes by just buying the unique protein and vegetable ingredients listed in the recipe. Remember that cooking is an art so keep trying new ingredients and new ways to prepare recipes. Before long, you will find yourself looking forward to getting into the kitchen and making great tasting meals!

How to Plan Your Menu

How often do you ask yourself on the way home from work, “I wonder what to make for dinner tonight?” You are not alone. Twenty-five percent of us buy at least one ingredient for the evening meal on the way home and fast food or take-out is another frequent solution. It is no wonder we are merely eating, rather than nourishing, ourselves and our families! We see the effects of this on our health and our quality of life. When it comes to meal-planning, the famous adage “If you fail to plan, plan to fail” couldn’t be truer. So, what are the steps to putting together a good menu plan?

List Your Food Requirements

The best plan is one that you will use, so customize your plan by listing each meal you and your family eat during each time frame, as shown below. Meals include breakfast, lunch, snacks and dinner and time frames include weekdays, after school, weekends and special events. Be as specific as possible; add the unique meals and time frames your family deals with, including children’s activities, regular activities for you and your spouse and special events, as needed.

Breakfast For my spouse and me during the week

For the children during the week

For our family on weekends

Lunch For my spouse and me during the week

For the children if they are not eating a school lunch

For our family on weekends



Snacks For my spouse and me at work during the week

For the children when they come home from school

For the children if they are in activities or sports

For our family on weekends

Dinner For our family during the week

For the children if they have after school or evening activities

For our family on weekends

Tips on Menu Planning

- To succeed, you need a plan
- Most of the work is in setting up your system
- Have a plan for each meal and time frame
- Prepare main ingredients ahead of time
- Cook in bulk

Special Events For any member of my family if they have regular activities such as weekly golf game or tennis match or a morning stop at the gym, dance practice or sporting events.

For each of these situations that require food, you need to ask:

- Will I have time to prepare food? **OR**
- Will I need to make food in advance?

What Macro Ingredients Should Each Meal Contain?

Except for snacks, which may only have a few quality ingredients, every meal should include lean protein, slow carbohydrates and healthy fats. You should minimize or eliminate added sugar, bad fats, fast carbohydrates and added chemicals.

Tips for Success

Create a Weekly Meal Plan

Planning is essential for successful week-night home cooked meals. Over the weekend, consider the activities you have scheduled for the coming week, and plan for each day. Quick and simple meals are best for busy nights. If not all family members will be eating together, you'll need a meal that can stay hot or be rewarmed to serve when needed. Save complicated recipes for evenings when you have more time.

Assign Each Day of the Week a Theme

Create an outline that stays consistent from week to week. For example, meatless Mondays, taco Tuesdays, chicken Wednesdays and fish Fridays. Collect recipes that fit these themes and rotate through them. With this method, you avoid repeating the same recipes each week, but don't have to start from scratch every time you put together a new week's plan.

Prepare Main Ingredients or Entire Meals Ahead of Time

Veggies, such as onions, peppers, carrots and other favorites, can be prepped ahead of time for use in roasts and sautés. Pre-cook beans and grains, like rice and quinoa, and freeze them in meal-sized portions. Meats, soups, stews and slow cooker meals all freeze well and are easily thawed for quick meals. Pull items out of the freezer the night before you intend to serve them and thaw thoroughly in the fridge during the day so they are ready to use for dinner.

Store Salad Fixings In the Fridge

Salads are a quick and easy way to get vegetables onto your plate. Rinse, spin and store greens such as spinach, romaine and arugula with a salad spinner so they are ready to go. Top off the greens with cut-up raw vegetables you prepared ahead. These crudités can also be used to accompany lunches or as crunchy midday snacks.

Cook in Bulk and Transform Leftovers

One of the best ways to get healthy meals on the table quickly is to cook in large batches and use the leftovers in new ways.

Pot Roast Four Ways

Here are several examples for inventing interesting meals from a pot roast:

- Portion meat into pita pockets with chopped romaine, a sprinkle of cheddar cheese, chopped tomatoes and a dash of hot sauce.
- Make burritos with avocados and jalapeños.
- Serve with scrambled eggs or in an omelet for breakfast.
- Season with crushed red pepper flakes serve with a side of warm cornbread.



Additional Thoughts

Purchase the right containers so you can store and freeze foods in meal-sized or individual quantities. Portion foods for grab-and-go convenience. Your refrigerator and freezer are your friends.

- Breakfast is usually the toughest meal because everyone is in a hurry. Have ingredients on hand that can be assembled in two to three minutes or pre-cook foods that only need to be heated.
- Pre-cut fruits and vegetables.
- Freeze cooked chicken, pork, shrimp or lean hamburgers so you can defrost it and heat them as part of your evenings meal.
- Set aside time on a weeknight or the weekend to prepare as much food as you can for the upcoming week. If possible, try to make it a family event. Learn to cook once and serve that food two, three or four times in different combinations.
- Buy some cookbooks with simple, quick and delicious recipes.
- Join a meal-planning website.

Conclusion

Menu planning is one of the most important things you can do to keep your sanity while nourishing your family. During the first few months, this will take some work, but as you fine-tune your plan, accumulate some good recipes and acquire the right accessories, you will quickly fall into a schedule that is easy to maintain and gives your family the nourishment that provides them with an improved quality of life.



Kitchen and Food Sanitation and Safety

Preparing food at home involves taking steps to ensure both a safe cooking environment and proper food preparation to prevent injuries to both the cook and the family and to minimize the risk that the foods you serve will make people sick. Following are highlights of kitchen and food safety practices from the FoodSafety.gov website of the US Department of Health and Human Services.

Essentials for a Safe Kitchen

Common-sense kitchen safety focuses on five areas where injuries are most likely to occur.

Knives and sharp tools should be properly maintained and used with their safety guards. Sharp knives are less likely to slip and cut someone than dull knives—ask any experienced chef!

Guard against burns at the stove by keeping pan handles turned in and hot liquids out of reach on back burners, away from curious children. Make sure to use hot pads and oven mitts around hot pans and lids, both in the oven and on the stovetop.

Teach your children to be safe around knives and kitchen tools, hot objects around the stove and appliances such as the microwave, coffee maker, etc. Make sure knives and sharp tools are stored and used out of reach of younger children and pan handles are turned toward the back of the stove—away from curious little fingers!

Clean up spills and put away ingredients promptly. This lessens the chance of slip-and-fall accidents and of cuts and burns that happen more easily when work surfaces are messy and overcrowded. Your cooking will be more efficient and there will be less cleanup at the end of the meal.

Keep small appliances away from water. Make sure that coffee makers, crock pots, toasters and other small appliances are not too close to the sink. Ensure they are unplugged before washing and follow manufacturer cleaning instructions carefully.

Five Components of a Safe Kitchen Environment

- Knives and sharp tools
- Stove safety
- Keeping children safe
- Clean as you go to prevent accidents
- Keep small appliances away from water



Food Safety: Preventing Food-Borne Illnesses

Food-borne illnesses affect about 48 million Americans every year. That means about 1 in 6 of us get very sick from something we ate. Poor hygiene, undercooked foods and improper food storage are the main sources of food poisoning. Take these four steps during the cooking process to help ensure your food is safe to eat: clean, separate, cook and chill food properly.

CLEAN: Wash hands, utensils and surfaces often. Wash hands thoroughly after using the restroom, before preparing food and before eating. There are also specific rules for various types of foods.

Protein Foods

- Wash your hands between tasks that involve raw vs. cooked proteins.
- Do NOT wash raw meat and poultry. It doesn't remove surface bacteria but does spread it around the kitchen.

Fruits and Vegetables

- Wash produce and remove skins and peels before preparing to remove surface dirt and bacteria.
- Wash utensils and surfaces to prevent residual contamination from food scraps.

Flour and Eggs

- Do not lick beaters, spoons and bowls used to prepare batters that contain raw eggs and flour. These ingredients require cooking.



SEPARATE: Use separate cutting boards, platters and utensils for vegetables and fruits vs. raw proteins vs. cooked proteins (meat, poultry, seafood, eggs).

- Store well-wrapped proteins on the lowest refrigerator shelf so their juices do not drip and contaminate other foods on shelves below them.
- Do not re-use platters and utensils used for raw meat and fish. Take a clean platter and utensils when serving cooked proteins and vegetables.
- Do not serve sauces and marinades from raw meats on cooked foods unless they are heated to boiling.

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Safe Minimum Cooking Temperatures Chart

Food	Type	Internal Temperature (°F)
Ground meat and meat mixtures	Beef, pork, veal, lamb	160
	Turkey, chicken	165
Fresh beef, veal, lamb	Steaks, roasts, chops Rest time: 3 minutes	145
Poultry	All Poultry (breasts, whole bird, legs, thighs, wings, ground poultry, giblets, and stuffing)	165
Pork and ham	Fresh pork, including fresh ham Rest time: 3 minutes	145
	Precooked ham (to reheat) Note: Reheat cooked hams packaged in USDA-inspected plants to 140°F	165
Eggs and egg dishes	Eggs	Cook until yolk and white are firm
	Egg dishes (such as frittata, quiche)	160
Leftovers and casseroles	Leftovers and casseroles	165
Seafood	Fish with fins	145 or cook until flesh is opaque and separates easily with a fork
	Shrimp, lobster, crab, and scallops	Cook until flesh is pearly or white, and opaque
	Clams, oysters, mussels	Cook until shells open during cooking

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COOK: Heat foods to the proper temperature, per the USDA.

- Use a food thermometer in the thickest part of the meat to check the temperature. For proteins, reaching the proper temperature may involve a “resting period” after removing from the heat source. See the chart in the sidebar for more details.
- Maintain hot foods at 140 degrees if they will not be served immediately.
- Microwave ovens: heat foods to 165 degrees. Stir to ensure even heating.

CHILL: Store leftovers promptly, at the proper temperature.

Bacteria in food grows fastest at temperatures between 40 and 140 degrees. If storing for prolonged periods, freezing is preferable to refrigeration. Some cooked foods do not freeze well. See our article on food storage tips for more information.

- Set your refrigerator temperature to 40 degrees or lower and your freezer temperature to 0 degrees or below.
- Cool, package and store leftover food within 2 hours. Do this within 1 hour if the temperature is 90 degrees or higher (in a hot car or at a picnic). Never thaw or marinate food on the kitchen counter. Store it in the refrigerator.
- Separate leftovers into shallow, small portions to ensure quick cooling.
- Freezing does not kill bacteria in food, but it stops it from growing. If storing food in the refrigerator, refer to the Safe Storage Times chart in the sidebar.
- General length of time for safe storage: leftovers 4 days, raw meat and poultry 1-2 days.

Conclusion

Kitchen and food safety involves a few simple principles. Mastering these rules will lead to a safe, productive and enjoyable environment for all who cook and share meals prepared in your kitchen.



Batch Cooking Simplifies Meal Preparation

Batch cooking is an easy, time-saving way to ensure your family has tasty, nourishing food readily available: cook once, eat several times. For this reason, you should include batch cooking recipes in your menus when you do your weekly meal planning. You will have more food available for the week and you will save time, because you will be cleaning up after preparing fewer meals. Many of the recipes in this cookbook are excellent for batch cooking. These recipes include tips for make-ahead preparation and storage that will help ensure optimal flavor. You will find these time-saving recipes in every section of the book.

But I Hate Leftovers!

Some people reject the concept of batch cooking, claiming they or their family members do not like to eat “leftovers”. However, several meals in this book, such as chicken chili, really do taste better the next day, after

the flavors have blended. Our recipes also suggest ways to prepare in advance some of the more time-consuming ingredients, such as brown rice and ground meat. That way, the final preparation can be done immediately before putting the meal on the table and it’s not “leftovers”. Bags of pre-cooked frozen shrimp can be quickly defrosted and sautéed with prechopped veggies for a quick stir fry. Chicken breasts, pork chops and hamburgers can be cooked ahead of time (slightly undercooked) and frozen so they are “heat-and-eat” ready.

Fish is Best When Freshly Cooked

Except for foods like tuna salad and frozen shrimp, most fish and shellfish is much tastier and the texture is better when eaten just after it is cooked. We recommend that you prep other components of a fish recipe ahead of time but prepare the fish itself just before it is served. Fish can be refrigerated and enjoyed the next day after very gentle reheating.

Essentials of Food Storage

Proper food storage is the key to food safety (avoiding food-borne illness), reduction of food waste, and optimal food quality. This is true for both raw ingredients and cooked foods. Did you know the average American family throws out about \$1,500 of food each year, due to either spoilage or concerns about quality? Proper food storage involves three criteria: the length of time food is stored, storage temperature, and proper packaging. Proper cooking temperature is the other key factor, which is discussed in our Kitchen Sanitation and Food Safety article.

Proper Storage Temperature and Humidity

Foods spoil in the danger zone between 40° and 140°F, so refrigerator temperature should be maintained at less than 40°F. Freezers should keep food at around 0°F. This will extend the shelf life and quality of foods stored in them. Raw food should be promptly stored when brought home and cooked foods should be cooled in small batches to quickly reach temperatures low enough so they can be placed in the refrigerator or freezer. Placing hot food in a fridge or freezer significantly increases the temperature inside the appliance, which can negatively affect foods already in storage. Foods do not spoil in the freezer, but spoilage resumes once they are thawed. Appropriate humidity is important for pantry and refrigerator storage, which will be addressed below.



What Kind of Storage Containers Are Best?

Should I use glass? Plastic? The simple answer is to use what you have and invest in an upgrade if/when you know better what you need and have the time and money to shop. Use containers that can be tightly sealed when necessary and that make the best use of your space. This may mean clear, square plastic containers for raw ingredients so they fit onto shelves where round containers would waste space. If you are storing leftovers, plastics are safer in the freezer and they minimize weight when transporting them for lunch at the office. However, but some plastics have been shown to leach chemicals to food when heated, so many people carry plastic containers to work and then heat the food on a plate. Upgrading your storage containers can be done in baby steps!



Raw Ingredient Storage

The key to purchasing food is to buy what you need and can use before it spoils. This may mean only purchasing what is needed for a recipe you are making tonight or it may involve bulk purchasing some ingredients for convenience and cost savings. See our Kitchen Essentials and How to Shop Smart articles for more details.

Planning saves time in the long run. Create a menu plan for the week, compile the corresponding shopping list, and repeat this weekly menu as part of a cycle menu. That way, you do the planning and compile the shopping list once and only need to replace menu items that are not seasonal or that didn't pass your family's "taste test". Refer to our How to Plan Your Menu article for more details.

When is bulk purchasing practical? Evaluate your grocery needs, grocery sources and your storage space. If you cook or bake in bulk or can share large purchases with another family and have access to economical sources of foods that have a long shelf life, it makes sense to purchase in larger quantities. This usually involves items that keep well without refrigeration (some grains, dry pasta, canned or jarred items) and items that can be frozen for longer periods of time.

Prepare raw ingredients for storage

How to best store your food purchases depends on what they are. They should be stored in appropriately sized containers at proper temperature and humidity to maximize shelf life. Package size is particularly important for frozen items so you can avoid thawing a larger quantity than you intend to use at one time.

- **Grains, dry pasta, cereals and other bulk ingredients** can be stored in a pantry cabinet but should be transferred to containers with tightly fitting lids to prevent insect contamination and exposure to air and excess humidity. If the item contains whole grain, it should be refrigerated or frozen so it doesn't become stale or rancid.
- **Dairy (milk, cheese, yogurt):** Store these items in the back of the fridge or at least in the interior. The door shelves are the warmest part of the refrigerator so dairy items will spoil quicker when stored there.



Tips for Storing Prepared Foods

- Package for ease of consumption
 - Use suitable containers for storage/portability
 - Cool foods quickly, in smaller portions as needed
 - Store at proper temperature for intended use (fridge vs. freezer)
- **Raw meat and seafood** should be used or frozen within 3-4 days of purchase. *See sidebar for details.* Store these items on the bottom shelf of the refrigerator to avoid contamination that can happen when their juices drip on items stored on shelves below them. If stored frozen, consider wrapping them in an additional layer of foil or plastic wrap to help prevent freezer burn. If you buy in bulk, divide them into meal-sized portions before freezing.
 - **Produce** usually keeps best when not washed until just prior to use, because washing introduces moisture that accelerates spoilage—especially for fragile items like berries and greens.
 - **Countertop**, away from heat and sunlight: tomatoes, bananas, avocados, melons. If they reach peak ripeness and can't be used immediately, transfer them to the fridge. Wrap stem ends of bananas in plastic wrap to slow their ripening.
 - **Pantry or basement root cellar:** potatoes, onions, garlic. Don't store potatoes and onions near each other—the ethylene gas onions emit accelerates potato spoilage—and spoilage of other vegetables if stored with onions in the same vegetable bin in the refrigerator.
 - **Refrigerator:** Leafy greens (wrap in paper towel and place in a plastic bag); leafy herbs (place stems in a jar in water, like cut flowers, with a plastic bag over the top); fruit, including apples; and high-moisture vegetables. Cut off the green tops on carrots, radishes, beets, etc. to extend life.
 - **Freezer:** Buy flash frozen fruit and vegetables such as peas, corn and green beans or, freeze large quantities of fresh items such as berries or stone fruit that cannot be used in 3-4 days. Wash, cut in chunks, lay on a sheet pan and freeze. Transfer to freezer bags and label for future use in cooking, baking and smoothies.



Storage of Prepared Foods

When preparing foods, lay out the needed ingredients and promptly store unused ingredients in their containers in temperature-controlled locations. Cook the foods to the proper temperature and serve promptly or hold at a temperature that will prevent bacteria growth. See the Kitchen and Food Safety article for more information.

Leftover food should not be left out for longer than two hours, one hour if it is above 90°F. Keep hot foods hot and cold foods cold: Temperatures between 40° and 140°F are the danger zone, when bacteria can quickly multiply and cause food spoilage.

Cool leftovers faster by separating them into smaller portions. Package them in serving sizes that will be useful for future meals: individual grab-and-go containers in the fridge for lunch, family-size portions for future meals in the freezer, etc.

Place frozen foods in the refrigerator to thaw overnight. Thawing on the countertop encourages bacteria growth and spoilage as the surface reaches room temperature while the interior is still frozen.

Buying raw ingredients and preparing food in bulk will make your meal preparation much more efficient and save you both time and money. A big key to success is to label and date both raw ingredients and prepared foods and keep an inventory to prevent overbuying and food waste. Before long, these steps will become habits that will serve you well for a lifetime of cooking enjoyment. Plus, you will be eating real food and avoiding the added sugars, bad fats and preservatives found in packaged foods. You will love the way you feel!

Cold Food Storage

Category	Food	Refrigerator (40°F or below)	Freezer (0°F or below)
Salad	Egg, chicken, ham, tuna & macaroni salads	3 to 4 days	Doesn't freeze well
Hot dogs	Opened package Unopened package	1 week 2 weeks	1 to 2 mos 1 to 2 mos
Luncheon meat	Open package or deli-sliced Unopened package	3 to 5 days 2 weeks	1 to 2 mos 1 to 2 mos
Bacon & sausage	Bacon Sausage-raw from chicken, turkey, pork beef Sausage-fully cooked	1 week 1 to 2 days 1 week	1 mo 1 to 2 mos 1 to 2 mos
Ground meats	Hamburger, ground beef, turkey chicken, pork, lamb, & mixtures	1 to 2 days	3 to 4 mos
Fresh beef, veal, lamb, and pork	Steaks Chops Roasts	3 to 5 days 3 to 5 days 3 to 5 days	4 to 12 mos 4 to 12 mos 4 to 12 mos
Ham	Fresh, uncured, uncooked Fresh, uncured, cooked Fully cooked, vacuum sealed unopened	3 to 5 days 3 to 4 days 2 weeks or "use by" date	6 mos 3 to 4 mos 1 to 2 mos
Fresh poultry	Chicken or turkey, whole Chicken or turkey, Pieces	1 to 2 days 1 to 2 days	1 year 9 mos
Eggs	Raw eggs in shell Hard-cooked Baked egg casseroles	3-5 weeks 1 week 3 to 4 days	12 mos only if out of shell, beaten Don't freeze 2 to 3 mos
Soups & stews	Vegetable or meat added	3 to 4 days	2 to 3 mos
Leftovers	Cooked meat or poultry Chicken nuggets or patties Pizza Cooked grains	3 to 4 days 3 to 4 days 3 to 4 days 3 to 4 days	2 to 6 mos 1 to 3 mos 1 to 2 mos 1 to 3 mos

<https://www.foodsafety.gov/food-safety-charts/cold-food-storage-charts>

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