
**University of Utah Center for
Community Nutrition**

**FOOD
MOVEMENT
& YOU**

Cookbook

Table of Contents

Soups	4
Pasta	8
Mains	14
Sides and Snacks	26
Instant Pot Recipes	39

A Note on Using This Cookbook

The recipes in this cookbook are based on ingredients often found in emergency food pantries. They are designed to be flexible and can be adjusted based on your needs or the needs of your family. For example, you can add more ingredients to make more or use fewer ingredients to make less. You can also use various resources that you have on hand. For example, you can use fresh, frozen, or canned ingredients.

Many recipes listed here are vegetarian, but you can add canned or fresh meat to almost any recipe when it's available. If you do not have a specific spice/herb or ingredient, you can often leave it out or substitute something you have that might be similar and still come up with a tasty dish! For example, if you can't find a sweet potato, you can use a russet potato or butternut squash.

Why did we put this cookbook together?

There are six different kinds of nutrients that your body needs to be healthy, including carbohydrates, protein, fat, water, vitamins, and minerals. An easy way to think about healthy eating is to try to eat a variety of foods that have more dietary fiber, vitamins, and minerals, as well as trying to eat a variety of colors when you can. These recipes are designed to add more vegetables to your plate whenever possible! Another way to make a dish healthier is to decrease saturated fat, sodium (salt), and added sugars. Below are some tips to help make a recipe healthier whenever possible.

- Choose 100% whole wheat grains instead of white (tortillas, pasta, bread)
- Choose brown rice instead of white (instant or regular)
- Salt is also known as sodium. Choose low sodium canned goods or rinse regular canned goods under water before adding them to a dish

- Increase the flavor by adding more spices/herbs instead of salt
- Use a non-stick pan or cook with olive or canola oil instead of butter
- Add more vegetables whenever possible

Glossary

Slice cut the ingredient into a similar shape that is flat and thin

Cube cut the ingredient into square pieces around 1 - ½ inch

Chop cut the ingredient into smaller, square pieces around ½ inch

Dice cut the ingredient into square pieces that are smaller than a chop, around ¼ - 1/8 inch

Mince cut garlic cloves or herbs into tiny pieces

Sauté cook the food quickly over medium-high heat using 1-2 tablespoons of oil; the food should be lightly browned

Boil heat a liquid over high heat to 212°F or until many bubbles form and rise to the surface quickly

Simmer cook ingredients in a liquid but at a lower temperature than boiling; often used to cook vegetables in soups

To taste add salt and pepper to your liking

*Servings, prep or cook time, and cost may vary for recipes included in this cookbook

Soups

Vegetable and Barley Stew

Servings 4 – 6 **Time** Prep – 5 min. Cook – 30 min. **Cost** \$3.75 per recipe*

Ingredients

- 1 cup lentils (any color)
- ½ cup barley
- 6 cups water (may substitute vegetable stock)
- 1 onion, chopped
- 2 garlic cloves, minced (may substitute powdered)
- 2 carrots, chopped
- 2 stalks celery, chopped
- ½ teaspoon oregano, optional
- ½ teaspoon ground cumin, optional
- ½ teaspoon red pepper flakes, optional
- Salt and pepper to taste

Instructions

1. Add 1 tablespoon oil in a large pot and cook onion, garlic, carrots and celery in pan for 2 minutes.
2. Place lentils, barley, water, and spices into the pot and bring to a simmer. Cover and cook for about 30 minutes or until the lentils and barley are tender, stirring occasionally.

Tips

Lentils and barley are good sources of dietary fiber and protein! Red or yellow lentils will cook much faster than other varieties.

Southwest Chili

Servings 4 – 6 **Time** Prep – 10 min. Cook – 20 min. **Cost** \$7.50 per recipe*

Ingredients

- 1 onion, chopped
- 1 sweet potato, chopped
- 1 bell pepper, chopped (any color)
- 2 garlic cloves, minced (may substitute powdered)
- 2 tablespoons chili powder, optional
- 1 ½ teaspoons cumin, optional
- 1 teaspoon oregano, optional
- 2 cups water
- 1 (28 oz) can tomatoes (any variety)
- 1 can beans (any variety), drained and rinsed
- 1 can corn, drained
- 1 cup quinoa (may substitute rice)

Instructions

1. Heat 1 tablespoon oil in a large pot over medium heat.
2. Add sweet potatoes and cook for 3 minutes. Add onions, bell pepper, and garlic and cook until vegetables are soft, about 5 minutes. Sprinkle in spices and stir. Cook 2 minutes.
3. Add water, tomatoes, beans, and corn and stir to combine. Add the quinoa. Cover and cook for about 15 minutes or until vegetables and quinoa are soft.

Tips

Chili doesn't always need meat. This is a flavorful vegetarian version. If you like more heat, add more chili powder.

Potato and Chickpea (Garbanzo Bean) Soup

Servings 4 – 6 **Time** Prep – 10 min. Cook – 25 min. **Cost** \$8.00 per recipe*

Ingredients

- 1 onion, diced
- 2 carrots, diced
- 2 stalks celery, diced
- 3 garlic cloves, minced (may substitute powdered)
- 2 potatoes, diced
- 1 can chickpeas/garbanzo beans, drained and rinsed
- 4 cups vegetable broth
- 8 oz spinach (may substitute 2 oz frozen)
- Salt and pepper to taste

Instructions

1. Heat 1 tablespoon oil in a large pot over medium heat. Add the potatoes, to the pot and season with salt and pepper and lightly brown them, about 5 minutes.
2. Add the garlic, carrots, celery, and onion to the pot and cook until vegetables begin to soften, 5 minutes more.
3. Add the chickpeas/garbanzo beans and broth and bring to a low boil. Add salt and black pepper, if desired. Cover and simmer until vegetables are cooked through, about 20 minutes. Stir in the spinach at the end before serving.
4. Optional: For a creamy soup, substitute 2 cups milk instead of 2 cups vegetable broth.

Tips

Chickpeas are also known as garbanzo beans. They come in a can or dried. If using dried, soak the chickpeas overnight in water and then cook the recipe using an Instant pot.

Garden Lasagna Soup

Servings 4 – 6 **Time** Prep – 10 min. Cook – 25 min. **Cost** \$7.25 per recipe*

Ingredients

- 1 onion, diced
- 2 carrots, diced
- 1 zucchini, chopped
- 1 sweet potato, diced
- 4 oz spinach (may substitute 2 oz frozen)
- 1 (28 oz) can tomatoes (any variety)
- 4 cups vegetable broth
- 8 lasagna noodles
- 3 teaspoons basil, optional
- 2 teaspoon oregano, optional
- 2 teaspoons garlic powder, optional
- ½ teaspoon red pepper flakes, optional
- Salt and pepper to taste

Instructions

1. Heat 1 tablespoon oil in large pot. Cook vegetables until they begin to soften, about 3 minutes.
2. Add in spices and cook 2 minutes longer.
3. Add in vegetable broth and tomatoes. Bring to a boil, and then reduce heat to medium. Simmer for 5 minutes.
4. Meanwhile, break up lasagna noodles into small pieces. Add noodle pieces to the soup. Cover and simmer 15 minutes more or until sweet potatoes and noodles are soft. Stir in spinach just before serving.
5. Optional: Serve with dollops of cottage cheese or shredded mozzarella.

Tips

Spinach has vitamins and minerals like vitamin K, vitamin A, iron, and folate. Spinach can be substituted with other leafy greens, like kale, cabbage, or beet tops.

Pasta

Veggie Chili Mac

Servings 4 **Time** Prep – 5 min. Cook – 20 min. **Cost** \$7.50 per recipe*

Ingredients

- 1 onion, chopped
- 1 bell pepper, chopped (any color)
- 4 garlic cloves, minced
- 1 (14.5 oz) can tomatoes (any variety)
- 1 (8 oz) can tomato sauce
- 1 (8 oz) package tempeh (may substitute cooked lentils or beans)
- 2 teaspoons oregano, optional
- 2 teaspoons basil, optional
- 2 teaspoons paprika, optional
- ¼ teaspoon red pepper flakes, optional
- 3 cups vegetable broth (may substitute water)
- 1 box macaroni pasta
- Salt and pepper to taste

Instructions

1. Heat 1 tablespoon oil over medium heat in a large pot. Add the onions, bell pepper, and garlic and cook until the onions are clear, 3 minutes.
2. Crumble the tempeh into small pieces and add to the pot with the tomatoes, tomato sauce, broth, and spices. Continue to cook over medium heat until cooked through.
3. Add pasta to pot and cover. Simmer until pasta is cooked through. Stir often so the pasta doesn't stick to the bottom.

Tips

Tempeh gives this dish texture and protein. Tempeh is traditionally a Japanese ingredient made from soybeans. It has a nutty flavor but will take on the flavor of the spices used.

Thai Noodle Salad

Servings 4 **Time** Prep – 10 min. Cook – 15 min. **Cost** \$5.50 per recipe*

Ingredients

DRESSING

- 3 tablespoons peanut butter
- 1 tablespoon honey (may substitute sugar)

- 1 garlic clove, minced
- 2 tablespoons soy sauce (low sodium)
- 1 lime, juiced (may substitute 1 tablespoon bottled lime juice), optional
- 4 cups cabbage, chopped
- 2 carrots, sliced
- 4 green onions, sliced
- 1 bell pepper, sliced (any color)
- ¼ cup peanuts, chopped
- 1 jalapeño, diced, optional

SALAD

- 8 oz pasta (any kind)

Instructions

1. Bring a pot of water to a boil and cook the pasta according to directions on the package. Drain the pasta and set aside.
2. Make the dressing while the noodles are cooking. In a large bowl, mix all of the dressing ingredients together until smooth.
3. Cut the vegetables into thin strips. Add the vegetables to the large bowl with the dressing and add the noodles. Toss to combine. Top the salad with chopped peanuts.

Tips

Soy sauce also comes in a low sodium variety – look for the green cap! Whole wheat spaghetti is a good pasta choice for this recipe.

Mushroom and Greens Pasta

Servings 4 **Time** Prep – 5 min. Cook – 20 min. **Cost** \$7.25 per recipe*

Ingredients

- 1 cup mushrooms, sliced (any variety)
- 1 cup frozen peas
- 1 cup frozen broccoli (may substitute fresh)

- 2 garlic cloves, minced (may substitute powdered)
- 8 oz spinach (may substitute 2 oz frozen)
- 1 box pasta (any kind)
- 1 can cream of mushroom soup
- 1 cup water

Instructions

1. Bring a pot of water to a boil and cook the pasta according to directions on the package. Drain the pasta and set aside.
2. Meanwhile, heat 1 tablespoon oil in a skillet over medium heat. Peel and chop the garlic, and then cook for 1 minute. Cut the mushrooms and cook until they begin to soften, 2 minutes.
3. Add the cream of mushroom soup and the water to the skillet and heat to a low simmer. Stir frequently to keep the bottom from scorching.
4. Add the cooked pasta to the skillet and stir to combine.
5. Add the frozen peas, broccoli, and spinach. Cook until the dish is heated through.
6. Optional: Serve with parmesan cheese.

Tips

Adding frozen vegetables to pasta dishes is a quick way to add nutrients.

Classic Tuna Noodle

Servings 4 **Time** Prep – 5 min. Cook – 20 min. **Cost** \$5.50 per recipe*

Ingredients

- 2 garlic cloves, minced (may substitute powdered)
- 1 onion, diced
- 2 carrots, diced
- 1 cup frozen peas
- 8 oz pasta (any variety)
- 1 cup milk (may substitute water)

- 2 cans cream of mushroom soup
- 2 cans tuna

Instructions

1. Bring a pot of water to a boil and cook the pasta according to directions on the package. Drain the pasta and set aside.
2. Meanwhile, heat 1 tablespoon oil in a skillet over medium heat. Add the garlic and cook for 1 minute. Chop the carrots and onions into small pieces and cook until soft, 3 minutes.
3. Add the milk to the skillet and heat to a low simmer. Stir frequently to keep the bottom from scorching. Stir in the cream of mushroom soup and cook until heated through.
4. Add the cooked pasta to the skillet and stir to combine. Drain the tuna and fold into the pasta. Add the frozen peas. Cook until the dish is heated through.

Tips

Fish is a good source of omega 3 fatty acids. This dish can also be made with canned salmon.

Pasta Chicken Skillet

Servings 4 **Time** Prep – 10 min. Cook – 20 min. **Cost** \$6.00 per recipe*

Ingredients

- 1 package (16 oz) pasta (any variety)
- 1 pound chicken breasts, cubed (may substitute canned)
- 1 onion, chopped
- 1 jar (26 oz) spaghetti sauce
- 1/2 teaspoon dried oregano, optional
- Salt and pepper to taste

Instructions

1. Bring a pot of water to a boil and cook the pasta according to directions on the package. Drain the pasta and set aside.
2. Meanwhile, in a large pan, cook chicken and onion in oil over medium heat until chicken is no longer pink.
3. Stir in the spaghetti sauce and oregano. Cook until heated through, 5-10 minutes.
4. Gently stir the pasta into skillet.

Tips

Any type of chicken can be used for this recipe (fresh, canned, pre-cooked, rotisserie, etc.). Chicken breasts have less saturated fat than dark meat like chicken thighs.

Turkey and Spinach Pasta

Servings 4 **Time** Prep – 10 min. Cook – 20 min. **Cost** \$7.00 per recipe*

Ingredients

- 8 oz pasta (any variety)
- ½ pound ground turkey
- 8 oz spinach, chopped
- 1 (14 oz) can diced tomatoes
- 1 onion, chopped
- 4 cloves garlic, thinly sliced
- 1 tablespoon Italian seasoning, optional
- ½ teaspoon crushed red pepper, optional
- 4 cups water

- Salt and pepper to taste

Instructions

1. Heat 1 tablespoon oil in a large pot. Cook the turkey until it is no longer pink.
2. Add the pasta, spinach, tomatoes, onion, garlic, Italian seasoning, and crushed red pepper to the pot. Stir in water.
3. Bring to a boil over high heat. Boil, stirring frequently, until the pasta is cooked and soft, about 10 to 12 minutes. Remove from heat and let stand, stirring occasionally, for 5 minutes.

Tips

Turkey is a lean protein like chicken. Often, they can be used interchangeably in recipes.

Mains

Cauliflower and Chickpea (Garbanzo Bean) Curry

Servings 4 **Time** Prep – 5 min. Cook – 25 min. **Cost** \$6.75 per recipe*

Ingredients

- 1 onion, chopped
- 1 carrot, chopped
- 1 potato, chopped
- ½ cup of frozen peas
- 1 cup frozen cauliflower (may substitute fresh)
- 1 garlic clove, minced
- 4 tablespoons of curry powder

- 1 can chickpeas/garbanzo beans, drained and rinsed
- 3 cups marinara sauce

Instructions

1. Heat 1 tablespoon oil in a large pot. Cook the onions, carrots, and potatoes, and garlic until tender, about 5 minutes.
2. Add 2 tablespoons of curry powder and stir to coat the vegetables. Cook another 5 minutes.
3. Add the marinara sauce, chickpeas/garbanzo beans, and remaining 2 tablespoons of curry powder. Simmer, 10-12 minutes. Stir in peas and cauliflower and heat through.
4. Optional: Serve over rice.

Tips

Curry powder is a blend of spices often used in Indian cuisine. This is a quick shortcut version of a vegetarian curry. The trick is to mix it with the marinara sauce. If you like a creamier sauce, add a can of coconut milk.

Fresh Veggie Stir Fry

Servings 4 **Time** Prep – 15 min. Cook – 15 min. **Cost** \$5.75 per recipe*

Ingredients

- ½ head green cabbage, chopped
- 2 carrots, sliced
- 1 zucchini, sliced
- 1 bell pepper, sliced (any color)
- 3 green onions, sliced
- 2 garlic cloves, minced (may substitute powdered)
- 1 package firm tofu, drained and cubed
- ½ cup soy sauce
- 1 teaspoon ginger (may substitute fresh), optional

- 1 teaspoon red pepper flakes, optional
- 1 tablespoon honey (may substitute sugar), optional

Instructions

1. Heat 2 tablespoons of oil in a large skillet. Add the vegetables and cook until cooked through and browned, about 8 minutes.
2. Drain the tofu and pat excess water away with a paper towel. Cut into cubes and add to the skillet.
3. Add the ginger, red pepper flakes, soy sauce, and honey to the skillet. Stir to combine and let cook until the sauce thickens. If you like a thicker sauce, mix 1 tablespoon of cornstarch with 1 tablespoon of water and add the slurry to the sauce.
4. Optional: Serve on rice or noodles.

Tips

Any combination of vegetables (fresh or frozen) can be used for this recipe. Similar to tempeh, tofu is originally a Japanese ingredient made from soybeans. It is a good source of protein and iron.

Burrito Rice Bowls

Servings 4 **Time** Prep – 10 min. Cook – 20 min. **Cost** \$5.00 per recipe*

Ingredients

- 1 bell pepper, sliced (any color)
- ½ onion, sliced
- 1/3 cup salsa (may substitute tomatoes)
- 1 can beans (any variety), drained and rinsed
- 1 can corn
- 1 cup rice (brown or white)
- 4 cups lettuce, chopped
- 1 tablespoon taco seasoning, optional
- ½ teaspoon cumin, optional

Instructions

1. Cook rice in a pot according to package directions.
2. Meanwhile, add the black beans, corn, bell pepper, and onion to a skillet. Cook until the vegetables are soft and heated through, about 5 minutes. Add the spices and stir to combine. Cook an additional 2 minutes.
3. When rice is done, top with the black bean mixture, salsa, and lettuce.

Tips

Beans are high in protein, iron, dietary fiber, and some B vitamins. There are many varieties, but black beans or pinto beans go well with this recipe.

Veg Head Sandwiches

Servings 4 **Time** Prep – 10 min. **Cost** \$4.50 per recipe*

Ingredients

- ½ bell pepper, sliced (any color)
- ½ cucumber, sliced
- ¼ onion, sliced
- 1 tomato, sliced
- 1 avocado, sliced
- ½ head lettuce, chopped
- ½ cup hummus
- 8 slices bread (100% whole wheat or whole grain, if available)

Instructions

1. Toast the bread. Spread 1 tablespoon of hummus on each slice of bread evenly.
2. Thinly slice all vegetables so they will lay flat in a sandwich. Layer all ingredients on the bread.
3. Optional: Serve with your favorite side. Add olive oil, salt and pepper, or cheese on the sandwich for more flavor.

Tips

This sandwich is simple and a good way to use fresh vegetables. Any kinds of vegetables that can be easily sliced and eaten raw can be used for this recipe. Remember to rinse all vegetables with water before eating them.

Inside Out Cabbage

Servings 4 – 6 **Time** Prep – 15 min. Cook – 20 min. **Cost** \$6.00 per recipe*

Ingredients

- ½ pound ground beef, optional
- 2 zucchinis, chopped
- 1 medium bell pepper, chopped (any color)
- 1 envelope beefy onion soup mix
- 1 tablespoon brown sugar
- 1 cup water
- 6 cups cabbage, chopped (about 1 small head)
- ½ cup uncooked instant brown rice

Instructions

1. In large frying pan, cook beef with zucchinis and bell pepper over medium-high heat until the meat is cooked through and the vegetables are soft. Stir in soup mix, brown sugar, water, and cabbage. Bring to a boil. Reduce to simmer. Cover the dish and cook until cabbage is tender, 8-10 minutes, stirring occasionally.
2. Stir in rice and return to a boil. Simmer, covered, 5 minutes. Remove from heat and let stand, covered, until rice is soft, about 5 minutes.

Tips

Using instant rice helps decrease the cooking time for this recipe.

Sausage and Veggie Skillet

Servings 4 **Time Prep** – 10 min. **Cook** – 25 min. **Cost** \$7.00 per recipe*

Ingredients

- 1 pound sausage links, sliced
- 1 package (4.7 oz) au gratin potatoes
- 2 ½ cups water
- 1 package (12 oz) frozen California-blend vegetables
- ½ cup shredded cheddar cheese, optional

Instructions

1. In a large skillet, cook sausage in oil until lightly browned. Drain the fat. Add the potatoes with the sauce packet and water. Cover and cook over medium heat for 15 minutes or until the potatoes are almost soft, stirring occasionally.

2. Add the vegetables. Cover and cook for 8-10 minutes or until potatoes and vegetables are tender.
3. Optional: Sprinkle with cheese.

Tips

Sausage may be substituted for chicken or beef. Draining fat away from cooked meat helps reduce the overall fat content and calories of the dish. California blend vegetables typically include carrots, broccoli, and cauliflower.

Enchilada Casserole

Servings 4 – 6 **Time** Prep – 10 min. Cook – 20 min. **Cost** \$7.00 per recipe*

Ingredients

- ½ pound lean ground beef, optional
- 1 onion, chopped
- 2 cups salsa
- 1 can beans (any variety), drained and rinsed
- 2 tablespoons taco seasoning
- ¼ teaspoon ground cumin, optional
- 6 flour tortillas (8 inches)

Instructions

1. In a large skillet, cook the beef and onion over medium heat until meat is no longer pink. Drain the fat. Stir in the salsa, beans, taco seasoning, and

cumin. Spray a baking dish with non-stick cooking spray. Place 3 tortillas in the baking dish in a single layer. Spread half of the meat mixture on the tortillas. Repeat the layers.

2. Cover and bake at 400°F for 10 minutes. Let stand for 5 minutes before serving.

Tips

Choose whole wheat tortillas when possible. This recipe can be made vegetarian by replacing the ground beef with sliced portabella mushrooms.

Kale and Beet Salad

Servings 2 – 4 **Time** Prep – 15 min. **Cook** – 40 min. **Cost** \$7.00 per recipe*

Ingredients

- 5-6 small beets (may substitute canned)
- 1 bunch kale, chopped
- 1 shallot (may substitute onion), thinly sliced
- 2 oz nuts (any variety), chopped
- ¼ cup raisins or dried cranberries
- 1 can chickpeas/garbanzo beans, drained and rinsed
- Salt and pepper to taste
- 4 tablespoons salad dressing (any variety)

Instructions

1. Prepare roasted beets according to directions in the Simple Oven Roasted Beets recipe.

2. Meanwhile, remove the tough stem from the kale leaves. Chop the leaves into small pieces and place into a large bowl. Add the shallot, nuts, and raisins, and chickpeas to the bowl and toss to combine.
3. Top the salad with your favorite salad dressing.
4. Optional: Sprinkle with cheese.

Tips

If short on time, use canned beets instead of fresh to decrease the cook time.

Summer Squash Pad Thai

Servings 4 – 6 **Time** Prep – 10 min. **Cook** – 15 min. **Cost** \$7.50 per recipe*

Ingredients

- 1 large yellow summer squash, sliced
- 1 carrot, sliced
- 1 bell pepper (any color), sliced
- 1 bunch kale, chopped
- 1 package firm tofu, drained and cubed
- 1 bottle pad Thai sauce
- 8 oz rice noodles (may substitute wheat noodles)
- Salt and pepper to taste

Instructions

1. Cook the noodles according to directions on the package and set aside.

2. Meanwhile, heat 1 tablespoon oil in a large skillet over medium heat. Thinly slice all the vegetables. Cook the squash, carrot, and bell pepper until they are soft, about 5 minutes.
3. Add the kale to the skillet and cook 1 minute more.
4. Add the tofu, pad Thai sauce, and noodles to the skillet. Toss all ingredients together and cook until the dish is heated through.
5. Optional: Serve with chopped peanuts.

Tips

Pad Thai sauce can be substituted with soy sauce or a different stir fry sauce. Rice noodles can be a good option for those following a gluten-free diet.

Baked Eggplant Parmesan

Servings 4 **Time** Prep – 10 min. **Cook** – 35 min. **Cost** \$7.00 per recipe*

Ingredients

- 2 medium eggplants, sliced
- 1 onion, chopped
- 1 cup breadcrumbs
- ½ cup parmesan cheese
- 1 teaspoon Italian seasoning, optional
- 3 cups marinara sauce
- Salt and pepper to taste

Instructions

1. Preheat the oven to 350°F.
2. Slice the eggplants into ½ inch thick rounds. Season the rounds with salt, pepper, and olive oil. In a large skillet, cook the eggplant over medium

heat until it is tender, about 1 minute on each side. Set the eggplant aside.

3. Next, cook the onions until they are soft. Set the onion aside.
4. Spread 1 cup of marinara sauce in the bottom of a large baking dish. Place the eggplant rounds in a single layer in the dish. Add the onions in an even layer over the eggplant.
5. Next, spread the remaining marinara sauce over the vegetables. Mix the breadcrumbs, parmesan, and Italian seasoning together. Then, sprinkle the mixture on top of the marinara sauce layer.
6. Bake in the oven until heated through and the eggplant has finished cooking, about 25 minutes.
7. Optional: Top with fresh shredded basil.

Tips

Eggplant is low in calories and high in nutrients and dietary fiber. Eggplant is best served baked or sautéed. To increase the protein in this dish, add cooked chicken to the dish at the end of Step 4.

Savory Stewed Eggplant

Servings 4 **Time** Prep – 10 min. **Cook** – 25 min. **Cost** \$6.00 per recipe*

Ingredients

- 1 large eggplant, cubed
- 1 onion, chopped
- 2 bell peppers (any color), chopped
- 2 small zucchinis, cubed (may substitute summer squash)
- 3 large tomatoes, diced (may substitute canned)
- 2 garlic cloves, minced
- 1 teaspoon Italian seasoning, optional
- Salt and pepper to taste

Instructions

1. Heat 2 tablespoons oil in a large pot. Add the onions and peppers and cook until soft, about 3 minutes.

2. Next, add the zucchinis and eggplant. Cook 3 minutes more.
3. Finally, add the tomatoes, garlic, and Italian seasoning. Cover the pot and simmer until the eggplant is cooked through, about 15 minutes.
4. Optional: Serve with a slice of bread.

Tips

If you prefer a spicy sauce, add ¼ teaspoon crushed red pepper. To increase the protein in this recipe, top with a fried egg.

Baked Zucchini and Corn Fritters

Servings 2 – 4 **Time** Prep – 15 min. **Cook** – 20 min. **Cost** \$4.00 per recipe*

Ingredients

- 1 – 2 large zucchinis, finely diced
- 1 small onion, finely diced
- 1 ear sweet corn (may substitute canned or frozen)
- ½ cup cheese, shredded (any melting variety)
- 1 large egg, whisked
- ¼ cup flour
- ½ teaspoon baking powder
- Salt and pepper to taste

Instructions

1. Preheat the oven to 400°F.
2. Meanwhile, finely dice the zucchinis. Transfer the zucchinis to a strainer or use a paper towel to remove the excess liquid.

3. Cut the corn from the cob and char in a skillet over medium heat. When the corn is about halfway cooked, remove it from the heat.
4. In a large bowl, mix together the zucchini, corn, onion, cheese, egg, flour, and baking soda until well combined. Form the mixture into flattened patties about half the size of your palm.
5. Arrange the patties in a single layer on a greased baking sheet. Bake in the oven for about 10 minutes. Then, flip the patties and bake an additional 10 minutes until golden brown.
6. Optional: Serve with Greek Tzatziki Sauce

Tips

This recipe can be made with yellow summer squash instead of zucchinis. Baking is a healthy alternative to frying food. Zucchinis have a high water content so removing most of the moisture will help them crisp up in the oven.

Sides and Snacks

Fresh Fruit Salsa

Servings 6 – 8 **Time** Prep – 10 min. Cook – 10 min. **Cost** \$6.50 per recipe*

Ingredients

- 8 strawberries, chopped
- 1 medium orange, peeled and chopped
- 2 medium kiwis, peeled and chopped
- ½ small pineapple, peeled and chopped
- 1 medium apple, chopped (any variety)
- 4 tortillas (100% whole wheat if available)
- 3 tablespoons lime juice, optional
- 1 teaspoon cinnamon, optional

Instructions

1. Preheat the oven to 350°F.
2. Peel the oranges, kiwi, pineapple, and apple. Remove the core from the pineapple and apple. Chop all the fruit into a fine dice.
3. In a large bowl, combine the fruit and lime juice. Cover with plastic wrap and refrigerate.
4. For the chips, cut each tortilla into eight wedges. Spray both sides of each wedge with non-stick cooking spray and sprinkle with cinnamon to taste.
5. Place wedges on an ungreased baking sheet. Bake for 5-10 minutes or until crisp. Serve with fruit salsa.

Tips

Using whole fruits is a good way to increase dietary fiber intake. Any types of fruit available can be used for this recipe.

Black Bean Veggie Salsa

Servings 6 – 8 **Time** Prep – 15 min. **Cost** \$6.00 per recipe*

Ingredients

- 1 can beans (any variety), drained and rinsed
- 1 can corn
- 4 tomatoes, diced (any variety)
- 1 mango, diced
- 1 bell pepper, diced (any color)
- 1 jalapeño, diced, optional
- 1 avocado, diced
- 3 limes, juiced (may substitute 3 tablespoons bottled lime juice), optional
- ½ teaspoon cumin, optional
- Salt and pepper to taste

Instructions

1. Drain and rinse black beans and the corn. Peel the mango and remove the pit. Remove the pit from the avocado and scoop out. Remove the seeds from the bell pepper and jalapeño.

2. Chop the tomatoes, mango, bell pepper, jalapeño, and avocado into a fine dice.
3. In a large bowl, mix all the ingredient together. Serve with tortilla chips.
4. Optional: Add cooked rice and lettuce for a taco salad or wrap in a tortilla for burritos.

Tips

Any vegetables can be used for this recipe if bell peppers or mangoes are not available. Some substitutes are Anaheim or poblano peppers or peaches.

Breakfast Burritos

Servings 4 **Time** Prep – 5 min. Cook – 10 min. **Cost** \$3.25 per recipe*

Ingredients

- 4 eggs
- 1/2 can beans (any variety), drained and rinsed
- 1 bell pepper, diced (any color)
- 1/2 onion, diced
- 1 tomato, diced
- 4 tortillas (100% whole wheat if available)

Instructions

1. Heat 1 tablespoon of oil in a skillet over low heat. Add the beans and vegetables and cook until soft, about 2-3 minutes.
2. Add the eggs and stir to scramble. Cook until the eggs are cooked through.
3. Divide the mixture between the 4 tortillas. Wrap and serve.

Tips

These can also be made for lunch or dinner. Eggs are a good source of protein, fat, vitamins, and minerals.

Corn Quesadillas

Servings 4 **Time** Prep – 5 min. Cook – 10 min. **Cost** \$6.50 per recipe*

Ingredients

- 1 cup shredded cheese (any kind)
- 1 cup corn (fresh, frozen, or canned)
- 1 can beans (any variety), drained and rinsed
- 3 green onions, thinly sliced
- ¼ cup chopped fresh cilantro, optional
- 4 flour tortillas (8 inches)
- 1 avocado, optional

Instructions

1. Place the first five ingredients in a large bowl and toss to combine.
2. Place a tortilla in a large nonstick pan over medium heat. Add ½ cup filling in a single layer over the tortilla. Cover with another tortilla. Cook the quesadilla 1-2 minutes on each side or until golden brown and cheese is melted. Repeat until all tortillas have been used.
3. Cut each quesadilla into six wedges.

4. Optional: Serve with avocado.

Tips

Even though this is a quesadilla, limit the amount of cheese used. The filling should be primarily beans, corn, and vegetables. Top the quesadilla with salsa or fresh vegetables like lettuce or tomatoes to increase the nutrient content.

PB & J French Toast

Servings 4 **Time** Prep – 5 min. Cook – 10 min. **Cost** \$3.50 per recipe*

Ingredients

- ¼ cup peanut butter
- ¼ cup fruit jam (any flavor)
- 8 slices sandwich bread (whole wheat if possible)
- 2 large eggs
- ¼ cup milk
- ½ pound strawberries, chopped
- 2 tablespoons water
- 1 oz chopped peanuts, optional

Instructions

1. Spread peanut butter and jam over four slices of bread. Top with remaining bread. In a shallow bowl, whisk the eggs and milk together.
2. Spray a griddle with non-stick cooking spray. Dip both sides of sandwiches in egg mixture. Place on griddle and cook 2-3 minutes on each side or until golden brown.

3. Meanwhile, cook the strawberries and water in a small pot over medium heat until they reach a syrup consistency. Top the French toast with strawberry syrup.

Tips

Using fresh, frozen, or canned fruit to top the French toast instead of maple syrup can help decrease the added sugar compared to traditional French toast.

Turkey and Broccoli Croissant

Servings 4 **Time** Prep – 10 min. Cook – 20 min. **Cost** \$7.00 per recipe*

Ingredients

- 1 cup cooked turkey, chopped
- ½ cup broccoli, chopped
- ½ cup bell pepper, chopped (any color)
- ½ cup shredded cheddar cheese, optional
- ¼ cup mayonnaise or Miracle Whip
- ¼ teaspoon dill weed, optional
- 1 sheet frozen croissant dough

Instructions

1. Preheat oven to 400°F. For filling, mix first 6 ingredients.
2. Unfold pastry onto a lightly floured surface and roll into a rectangle. Transfer to a baking sheet. Spoon the filling in center of frozen croissant and fold over. Seal the edges with a fork and cut two small slits in the top to vent the pastry.
3. Bake until golden brown and filling is heated through, about 20 minutes.

Tips

Using precooked meat like deli turkey or canned chicken (drained) can be a time saver.

Carrot Top and Basil Pesto

Servings 2 – 4 **Time** Prep – 15 min. Cook – 20 min. **Cost** \$6.50 per recipe*

Ingredients

- 1 bunch large carrots (carrots and carrot tops)
- 1 cup fresh basil (may substitute parsley or spinach)
- 2 cloves garlic
- ½ cup parmesan cheese
- ½ cup olive oil (may substitute vegetable or canola oil)
- Salt and pepper to taste

Instructions

1. Preheat oven to 400°F. Peel and cut the carrots into ½ inch pieces. Toss the carrots in 2 tablespoons olive oil. Place the carrots on a sheet tray and roast in the oven for about 20 minutes or until tender.
2. Meanwhile, in a food processor or blender, add the carrot tops, basil, garlic, and olive oil. Blend together until the leaves are broken down. Add the parmesan cheese and blend until smooth.
3. Serve over cooked carrots.

Tips

Carrot tops can be used as a leafy green or as an herb. Wash the carrot tops before using them as they can have dirt in the leaves. For a thicker sauce, add a handful of nuts, like walnuts or pecans, to the blender in Step 2.

Greek Tzatziki Dip

Servings 2 – 4 Time Prep – 10 min. Cost \$3.00 per recipe*

Ingredients

- 1 cucumber peeled, grated
- 1 container (5.3 oz) plain, non-fat Greek yogurt
- 1 garlic clove, grated
- 2 tablespoons lemon juice
- ½ teaspoon dried dill
- Salt and pepper to taste
- Pita, crackers, or sliced vegetables

Instructions

1. Peel and grate the cucumber. Transfer the grated cucumber to a strainer or use a paper towel to remove the excess liquid. In a large bowl, mix together the cucumber, Greek yogurt, garlic, lemon juice, and dill.
2. Add salt and pepper to taste. Serve with pita, crackers, or sliced vegetables.

Tips

This dip is low in calories and high in protein. It can be used in place of a ranch dressing.

Sweet Spicy Roasted Carrots

Servings 2 – 4 Time Prep – 5 min. Cook – 15 min. Cost \$1.75 per recipe*

Ingredients

- 1 bunch carrots, peeled and sliced
- 2 tablespoons canola oil
- ½ teaspoon chili powder
- ½ teaspoon cinnamon
- 2 tablespoons honey (may substitute maple syrup)
- Salt and pepper to taste

Instructions

1. Preheat the oven to 400°F. Meanwhile, peel and cut the carrots into ½ inch pieces.
2. In a large bowl, mix the oil, chili powder, cinnamon, and honey. Add the sliced carrots and toss so that the carrots are coated in the oil and spices.
3. Arrange the carrots in a single layer on a sheet tray. Cook in the oven until caramelized and soft.

Tips

Carrots come in all different colors (not just orange). Any color will work for this recipe. Carrots are high in vitamin A and low in calories.

Cucumber Watermelon Salad

Servings 2 – 4 Time Prep – 10 min. Cost \$4.00 per recipe*

Ingredients

- 1 cucumber, cubed
- 1 small watermelon or ½ medium watermelon, cubed
- 1 lime
- Salt to taste

Instructions

1. Peel and cut the cucumber and watermelon into ½ inch cubes.
2. Combine the cucumber, watermelon, and lime juice in a large bowl. Add salt to taste.

Tips

Cucumbers and watermelon have a high water content, meaning this salad can help with hydration.

Simple Oven Roasted Beets

Servings 2 – 4 **Time** Prep – 5 min. **Cook** – 40 min. **Cost** \$3.00 per recipe*

Ingredients

- 5-6 small beets (any color)
- 4 tablespoons olive oil
- Salt and pepper to taste

Instructions

3. Preheat the oven to 400°F.
4. Rinse the beets with water to remove excess dirt. Trim the tops and bottoms of the beets to expose the flesh. Cut the beets into quarters or four pieces. Cut the pieces in half again.
5. In a large bowl, toss the beets in 4 tablespoons olive oil, salt, and pepper.
6. Arrange the beets in a single layer on a sheet tray. Cook in the oven until caramelized and soft, about 40 minutes.

Tips

Save the beet greens to add to salads or soups. Beets can take a long time to cook but cutting them into smaller pieces will decrease the cook time. Wear an apron if possible as the beets can leave stains when cut.

Crispy Baked Kale Chips

Servings 2 – 4 **Time** Prep – 5 min. **Cook** – 10 min. **Cost** \$1.50 per recipe*

Ingredients

- 1 bunch kale, chopped
- 2 tablespoons olive oil
- Salt and pepper to taste

Instructions

1. Preheat the oven to 350°F.
2. Remove the tough stem from the kale leaves. Chop the leaves into medium sized pieces. In a large bowl, toss the kale in 2 tablespoons olive oil, salt, and pepper.
3. Arrange the kale in a single layer on a sheet tray. Cook in the oven until crispy, about 10 minutes.

Tips

Similar to spinach, kale is a leafy green that can be used raw or cooked. Kale is high in vitamin A, vitamin K, and vitamin C.

Fruity Kale Smoothie

Servings 1 – 2 Time Prep – 5 min. Cost \$3.00 per recipe*

Ingredients

- 2 kale leaves, chopped
- 1 banana
- ½ cup blueberries (fresh or frozen)
- 1 cup milk

Instructions

1. Add all ingredients to a blender. Blend together until smooth.

Tips

Smoothies are a good way to pack lots of nutrients into a snack and use fresh or frozen ingredients. Any kind of fruit can be used in this recipe. Vegetables such as kale can be blended in the smoothie but the flavor will be mostly fruit. For a thicker smoothie, add Greek yogurt or peanut butter before blending.

Instant Pot Recipes

Instant Pot – Mac and Cheese

Servings 4 **Time** Prep – 5 min. Cook – 15 min. **Cost** \$5.50 per recipe*

Ingredients

- 1 box (16 oz) macaroni pasta
- 2 tablespoons butter
- 1 head broccoli, chopped (may substitute frozen)
- ½ head cauliflower, chopped (may substitute frozen)
- 1 carrot, diced
- 1 teaspoon mustard, optional
- ¼ teaspoon garlic powder, optional
- 1 (12 oz) can evaporated milk
- 1 cup milk
- 1 ½ cups cheddar cheese
- 4 ½ cups water
- Salt and pepper to taste

Instructions

1. Add pasta, butter, salt, and water to the Instant Pot. Select 'Manual' and adjust pressure to 'High'. Set the timer for 5 minutes. When finished, quick-release the pressure.
2. Select the 'Sauté' setting. Stir in the vegetables and cook until the vegetables are soft and the liquid has reduced, about 5 minutes. Add the mustard, garlic powder, and black pepper.

3. Select the 'Warm' setting. Add the milk and evaporated milk and cook until warmed, about 3 minutes. Stir in the cheese and heat until melted.
4. Note: Please read the manufacturer's User Manual before using the Instant Pot.

Tips

If using frozen vegetables, wait to add them to the mac and cheese until the end and stir them in the pot with the cheese.

Instant Pot – Lentil Soup

Servings 4 – 6 **Time** Prep – 10 min. Cook – 20 min. **Cost** \$6.75 per recipe*

Ingredients

- 1 onion, diced
- 1 carrot, diced
- 2 stalks celery, diced
- 3 garlic cloves, minced (may substitute powdered)
- 1 ½ cup lentils (any color)
- 8 oz spinach
- 1 (14.5 oz) can tomatoes (any variety)
- 2 teaspoons Italian seasoning, optional
- 4 cups vegetable broth (may substitute water)
- Salt and pepper to taste

Instructions

1. Add all ingredients, except the spinach, to the Instant Pot and stir to combine.
2. Put the lid on the Instant Pot and select 'Manual' and 'High' on the settings. Set the timer for 18 minutes. Once finished, set valve to quick release. Stir in spinach before serving.
3. Note: Please read the manufacturer's User Manual before using the Instant Pot.

Tips

Canned tomatoes contain vitamin C, fiber, and antioxidant lycopene. Look for low sodium or no salt added varieties.

Instant Pot – Quinoa and Cauliflower Bowls

Servings 4 **Time** Prep – 10 min. Cook – 20 min. **Cost** \$7.75 per recipe*

Ingredients

- 1 onion, chopped
- 1 head cauliflower, chopped (may substitute frozen)
- 1 bell pepper, chopped (any color)
- 2 garlic cloves, minced (may substitute powdered)
- 1 lemon, juiced (may substitute bottled lemon juice), optional
- 1 cup quinoa (may substitute rice)
- 1 teaspoon ginger (may substitute fresh), optional
- 1 teaspoon cumin, optional
- 2 cups vegetable broth (may substitute water)
- 1 package firm tofu, drained and cubed

Instructions

1. Heat 1 tablespoon oil using the 'Sauté' function on the Instant Pot. Sauté the vegetables and garlic until soft and lightly browned, about 3 minutes.
2. Add in the quinoa, lemon juice, and spices. Stir to toast the quinoa, about 1 minute.
3. Add the broth. Stir and scrape the bottom of Instant Pot to remove any stuck on brown bits.

4. Drain the tofu and pat excess water away with a paper towel. Cut into ½ inch cubes and add to the Instant Pot. Press 'Cancel' to turn off the Instant Pot.
5. Put the lid on the Instant Pot and select 'Manual' and 'High' function and pressure cook for 1 minute after it has come to pressure. After it is finished, turn off the Instant Pot and allow natural pressure release for 5 minutes before quick pressure release to completely depressurize (until floating valve drops).
6. Note: Please read the manufacturer's User Manual before using the Instant Pot.

Tips

Quinoa (pronounced keen-wah) is a unique grain because it is also a good source of protein. For the best flavor, rinse the quinoa with water before using it.

Instant Pot – Portobello “Pot Roast”

Servings 4 **Time** Prep – 10 min. Cook – 20 min. **Cost** \$6.50 per recipe*

Ingredients

- 2 potatoes, cubed
- 1 package cremini mushrooms or 4-6 large portobellas, sliced
- 1 onion, chopped
- 2 carrots, chopped
- 4 garlic cloves, minced
- 3 cups vegetable broth
- 3 tablespoons tomato paste
- 2 tablespoons cornstarch
- 2 tablespoons soy sauce, optional
- 1 teaspoon thyme, optional
- Salt and pepper to taste

Instructions

1. Add all ingredients to the Instant Pot and stir to combine. Put the lid on the Instant Pot and set vent to 'Sealing'.
2. Select 'Manual' and then select 'Pressure' until the light on 'High Pressure' lights up. Set the timer for 20 minutes. Let the pressure release naturally, about 15 minutes. Release any extra pressure that might have built up. Remove the lid.
3. Note: Please read the manufacturer's User Manual before using the Instant Pot.

Tips

Mushrooms can be used as a meat substitute because they have a deep, rich flavor and texture. If tomato paste is not available, it can be substituted with ketchup instead.

Instant Pot – Sausage Pea Pasta

Servings 4 **Time** Prep – 10 min. Cook – 20 min. **Cost** \$8.00 per recipe*

Ingredients

- 1 pound sausage links, optional
- 4 garlic cloves, minced
- ¼ cup tomato paste
- 12 oz whole wheat pasta (any variety)
- 1 ½ cups frozen peas
- 1 can (28 oz) crushed tomatoes
- ½ teaspoon dried basil, optional
- ¼ teaspoon crushed red pepper flakes, optional
- 4 cups water
- ½ cup heavy whipping cream
- ½ cup shredded mozzarella cheese, optional

Instructions

1. Select 'Sauté' setting on the Instant Pot and adjust for medium heat. Cook sausage until no longer pink (4-6 minutes) and break into crumbles. Add garlic and cook 1 minute longer. Add tomato paste and stir, about 1-2 minutes.
2. Stir in the garlic, pasta, peas, crushed tomatoes, spices, and water.
3. Lock the lid and close the valve. Adjust to 'Low' setting and pressure cook for 6 minutes. Press 'Cancel'. Stir in whipping cream to heat through. Top with cheese and serve.
4. Note: Please read the manufacturer's User Manual before using the Instant Pot.

Tips

Milk or a can of cream of chicken or cream of mushroom soup can replace heavy whipping cream in this recipe. Peas contain protein, dietary fiber, vitamin C, iron, and magnesium.

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