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FEEDING
AMERICA

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Safety Tips

Thawing Food:

- There are 3 ways to safely thaw food
 1. Refrigerator: stick frozen items in the refrigerator for 1-2 days (depending on how big your item is) before use. Once thawed, cook it within 1-2 days.
 2. Cold Water: Put the item in a waterproof bag if not already sealed. In a large bowl or sink, fill up with cold water until the item is fully submerged. Replace water every 30 minutes to ensure the water stays cold. If the food item is small (1 lb or less), keep it submerged for 1 hour. If it is 3-4lbs, submerge for 2-3 hours. Don't use hot or warm water. This will cause bacteria to grow, making the food inedible.
 3. Microwave: Remove the food from its package and put it in a microwave-safe dish. Click the defrost button on your microwave or use the low power setting. If it is small, check the food item every minute by flipping it until it's thawed. If pieces are stuck together, break them apart so it is evenly thawed.
- Once food has been thawed, use it immediately so that bacteria doesn't grow. Don't let food sit out for an extended period of time after thawing. Don't refreeze thawed food.

Cooking Temperatures:

- Beef, Pork, Veal, and Lamb Steaks, Chops, and Roasts internal temperature of 145° F/ 63° C, then let it rest for 3 minutes
- Ground Meats internal temperature of 160° F/ 71° C
- Ground Poultry internal temperature of 165° F
- Ham, fresh/ smoked (uncooked) internal temperatures of 145° F/ 63° C and let set for 3 minutes
- Fish & Shellfish internal temperature of 145° F/ 63° C

How to Store Leftovers:

- Refrigerate leftover within 2 hours after being served/ cooked
 - If food is hot, separate it into small containers before putting it in the fridge or once the steam has stopped (no more than 2 hours).
 - Don't stack containers for better airflow.
- Leftovers are good in the refrigerator for about 3-4 days, or you can freeze them for 3-4 months
- Leftovers must be reheated to a safe minimum internal temperature of 165°F.

Cross-Contamination:

- How it happens: Cross-contamination happens when harmful bacteria from one food get transferred to another. This can happen by cutting raw chicken on a cutting board, then using the same cutting board to cut a different type of food. Cross-contamination can happen starting with raw meat, seafood, eggs, and poultry.
- How to prevent it: It's important to always wash your hands before and after dealing with raw foods to prevent spreading bacteria. Make sure you are working with a clean station (counters are wiped down and you have clean utensils), keeping raw foods away from cooked/ fresh foods, and cooking food all the way through to kill bacteria. Also, wash any utensils that came in contact with raw meat under warm soapy water.
 - How to wash your hands: Turn on warm water. Get your hands wet. Put a pump of soap on your hands and scrub for 20 seconds. Be sure to scrub your palms, in between your fingers, the back of your hand, your fingertips, and your wrist. Then, rinse under warm water. Dry your hands, preferably with a paper towel, and use a towel to turn the water off.

About Sodium Intake:

For most seniors (aged 51 and older), the general recommended daily intake of sodium is 1,500 mg per day, particularly for those with high blood pressure, diabetes, or chronic kidney disease. While general health guidelines for adults suggest limiting sodium to less than 2,300 mg daily, the stricter 1,500 mg limit is aimed at reducing risks of heart disease and stroke in older populations.

Key Takeaways for Senior Sodium Intake:

- Adequate Intake vs. Upper Limit: While the Food and Nutrition Board recommends an "adequate" intake of 1,300 mg (51–70) to 1,200 mg (>70) daily, the 1,500 mg limit is widely recommended by the CDC and American Heart Association for health management.
- Why Reduced Intake Matters: As adults age, the body becomes more sensitive to sodium, making it easier to develop high blood pressure.
- Avoid Over-restriction: A very low-sodium diet (below 1,500 mg) is not necessarily better and could risk poor nutrition by decreasing appetite or food enjoyment, according to SilverSneakers.
- Sources of Sodium: More than 70% of daily sodium typically comes from packaged, processed, and restaurant foods, not the salt shaker.
- Recommendation: Seniors should consult with a doctor to determine their personalized daily sodium goal

Breakfast

Farina Porridge - serves 4

Ingredients:

- 1 cup of Farina, 4 cups of water, 1/8 tsp of salt

Directions:

1. In a 1 ½ quart pot, bring water and a pinch of salt to a near boil.
2. Add Farina cereal slowly, stirring constantly.
3. Bring to a boil, lower the heat, and cook for approximately 3 minutes or until thickened, stirring constantly.
4. Serve warm with your choice of toppings (fruit or berries, a scoop of peanut butter, a sprinkle of cinnamon, a drizzle of honey, maple syrup, or brown sugar)

Nutrition Facts Per Serving: Serving Size 1 cup

Calories 140 • Total Fat 0g • Saturated Fat 0g • Trans Fat 0g • Carbohydrates 31g • Fiber 1g • Sugars 0g • Protein 4g • Sodium 75mg • Iron 4mg • Calcium 5mg • Potassium 45mg

"Simple Best Breakfast Basic Farina Recipe – Panhandle Milling." 2023. Panhandlemilling.Com. 2023.
<https://panhandlemilling.com/simple-best-breakfast-basic-farina-recipe/>.

Omelet - Serves 1

Ingredients:

- 1 tbsp unsalted butter, 2 eggs + 1 egg white (or 3 eggs), optional 2 tbsp cream (or 1 ½ tbsp milk), pinch of salt, ⅛ teaspoon pepper, ⅓ cup grated cheese (part-skim mozzarella, reduced-fat cheddar, swiss, monterey jack, or provolone), ⅛ teaspoon dried thyme, and 1 teaspoon dried parsley

Directions:

1. Whisk eggs, cream, salt and pepper in a bowl
2. Cool skillet and lower heat to medium.
3. Add butter, then when it foams, add egg. Immediately give it a few stirs (as though you're making scrambled eggs) then when the base just starts to set, spread it out.
4. Wait 20 – 30 seconds, then use a rubber spatula to lift up the edge, tilt the pan to make the egg run off the surface under the omelette. Repeat 2 or 3 times around the edges of the omelette.
5. Sprinkle half the omelette with some of the cheese, filling of your choice*, sprinkle with thyme and parsley, and top with remaining cheese.
6. Cover with lid and cook for 30 seconds or until the underside is light golden and top is set.
7. Fold omelette in half and transfer to serving plate immediately.

*Filling options include 2 slices of cooked bacon or ¼ cup diced lean ham with ½ cup sautéed vegetables. You could also add 150 g/ 5 oz sautéed sliced mushrooms

Nutrition Facts Per Serving: Using 2% milk

Calories 350 • Total Fat 25g • Saturated Fat 13g • Trans Fat 0g • Cholesterol 385mg • Sodium 490mg • Total Carbohydrates 4g • Dietary Fiber 0g • Total Sugars 1g • Includes Added Sugars 0g • Protein 27g • Vitamin D 2mcg • Calcium 350mg • Iron 2mg • Potassium 230mg

Nagi. 2018. "Omelette." In *RecipeTin Eats*. <https://www.recipetineats.com/omelette/#recipe>.

Oatmeal - serves 1

Ingredients:

- ½ cup oats, 1 cup water or 2% milk*, dash of salt, optional: fruit, nuts, almonds, 1 Tablespoon of honey, 1 tablespoon of peanut butter

Directions:

1. Boil water, milk, and salt in a small saucepan
2. Stir in oats
3. Cook for about 5 minutes over medium heat, stir occasionally, serve warm

* Cooking your oatmeal with milk creates a creamier, richer, and more filling bowl with higher protein and calcium. Cooking with water results in a lighter, cleaner-tasting texture that is lower in calories and lets the natural grain flavor shine

Nutrition Facts (basic recipe made with water):

Calories 150 • Total Fat 3g • Saturated Fat 0.5g • Trans Fat 0g • Cholesterol 0mg • Sodium 2mg (or 75–80mg if you add a dash of salt) • Total Carbohydrates 27g • Dietary Fiber 4g • Total Sugars 1g • Includes Added Sugars 0g • Protein 5g • Vitamin D 0mcg • Calcium 20mg • Iron 1.5mg • Potassium 150mg

Nutrition Facts (made with 2% milk):

Calories 270 • Total Fat 8g • Saturated Fat 3g • Trans Fat 0g • Cholesterol 20mg • Sodium 200mg • Total Carbohydrates 39g • Dietary Fiber 4g • Total Sugars 13g • Includes Added Sugars 0g • Protein 13g • Vitamin D 2.9mcg • Calcium 350mg • Iron 1.7mg • Potassium 500mg

Optional Add-Ins:

- 1 Tbsp honey: 64 calories, 17 g carbohydrates, 17 g sugars
- Peanut Butter: 95 calories, 8g total fat, 1.5g saturated fat, 0-70mg sodium, 4g protein, 120mg potassium
- 1 Tbsp chopped nuts (mixed): 45–55 calories, 1–2 g protein, 4–5 g fat
- ¼ cup berries: 15–25 calories, 4–6 g carbohydrates
- 1 small banana: 90 calories, 23 g carbohydrates, 3 g fiber

2021. Quakeroats.Com. 2021. <https://www.quakeroats.com/cooking-and-recipes/how-to-prepare-oats>.

Oat Pancakes - serves 2-3 (makes 7 pancakes)

Ingredients:

- 1 cup of milk, 2 tsp white vinegar or apple vinegar, 1 ½ tbsp vegetable oil, 1 tbsp maple syrup or honey or sugar*, 1 ½ cups old fashioned rolled oats, 1 ½ tsp baking powder, ½ tsp baking soda, 1 tsp vanilla extract, pinch of salt

Directions:

1. Mix milk and vinegar, then let it rest for 5 minutes
2. Optional: grind oats finely using a food processor
3. Combine vegetable oil and maple syrup with the milk and vinegar mixture
4. Add oats, baking powder, baking soda, salt, and vanilla into the milk mix and combine. If your batter turns out too thick and hard, add a splash of water or milk to get a more fluid batter. It should be a medium consistency, not too thick and not too runny.
5. Preheat a non-stick pan, slightly greased with butter
6. Pour about 1/3 cup of batter in the pan and cook over medium-low heat until the sides are dry but the center is still runny (about 2 minutes).
7. Flip pancakes and cook the other side until golden (about 1 minute).
8. Serve immediately with fresh fruit, maple syrup or honey...or your favourite topping!

* Using honey instead of maple syrup changes the numbers only slightly.
Using sugar instead of maple syrup lowers calories by about 5–10 calories for the entire batch.

Nutrition Facts (for 2 pancakes):

Calories 235 • Total Fat 10g • Saturated Fat 2g • Cholesterol 10mg • Carbohydrates 31g • Fiber 4g • Sugars 7g • Protein 7g • Sodium 340mg • Vitamin D 2mcg (10% DV)
• Calcium 180mg (15% DV) • Iron 1.8mg (10% DV) • Potassium 230mg (4% DV)

Valentina, How Tasty. 2022. "Eggless Fluffy OATS Pancakes - Gluten FREE." How Tasty. September 7, 2022.

<https://www.how-tasty.com/eggless-fluffy-oats-pancakes-gluten-free/>.

Overnight Oats - serves 1

Ingredients:

- ½ cup rolled oats, ½ cup 2% milk, add-ins: ¼ cup non-fat Greek yogurt, 1 tablespoon chia seeds, 1 tablespoon sweetener (honey or maple syrup), ¼ teaspoon vanilla extract

Directions:

1. Place all ingredients into a large glass container (Mason Jar – 16 ounces) and mix until combined.
2. Cover the glass container with a lid or plastic wrap. Place in the refrigerator for at least 2 hours or overnight. Toppings can be added the night before or immediately before serving
3. Uncover and enjoy from the glass container the next day.

Nutrition Facts (includes add-ins):

Calories 375 • Total Fat 9g • Saturated Fat 2g • Cholesterol 15mg • Carbohydrates 57g • Dietary Fiber 9g • Total Sugars 26g • Protein 18g • Sodium 90mg • Calcium 230mg • Vitamin D 2mcg (10% DV) • Calcium 320mg (25% DV) • Iron 3mg (15% DV) • Potassium 450mg (10% DV)

Jawad, Yumna. 2018. "Easy Overnight Oats." FeelGoodFoodie. December 31, 2018.

<https://feelgoodfoodie.net/recipe/overnight-oats/#wprm-recipe-container-8144>.

Granola - serves 6

Ingredients:

- 2 cups whole rolled oats, ½ cup chopped walnuts, or almonds, or a mix of both, ½ cup coconut flakes - optional, 2 teaspoons cinnamon, ½ teaspoon sea salt, 2 tablespoons olive oil, ¼ cup maple syrup, 2 tablespoons creamy almond butter, ⅓ cup dried cranberries - optional

Directions:

1. Preheat the oven to 300°F and line a baking sheet with parchment paper.
2. In a large bowl, combine the oats, walnuts, coconut flakes, if using, cinnamon, and salt. Drizzle in the olive oil and maple syrup and add the almond butter. Stir until combined.
3. Scoop the granola onto the baking sheet and press the mixture into a 1-inch-thick oval. This will encourage clumping.
4. Bake for 15 minutes, rotate the pan halfway, and use a fork to gently break the granola apart just a bit. Bake for 15 minutes more, or until golden brown. Sprinkle with dried cranberries, if desired. Let cool for 15 minutes before serving.

* You can add granola to all sorts of foods. You can add it to yogurt, milk (like cereal), in hot oatmeal, or overnight oats

Nutrition Facts (includes optional coconut flakes and dried cranberries) Per Serving:
Serving Size ½ cup
Calories 320 • Total Fat 19g • Saturated Fat 6g • Trans Fat 0g • Cholesterol 0mg • Sodium 120mg • Total Carbohydrates 35g • Dietary Fiber 5g • Total Sugars 14g • Includes Added Sugars 10g • Protein 7g • Vitamin D 0mcg • Calcium 60mg • Iron 2mg • Potassium 250mg

2020. Review of *Homemade Granola*. Love and Lemons. January 14, 2020.

<https://www.loveandlemons.com/granola/#wprm-recipe-container-42100>.

Lunch/ Dinner

Mediterranean Chickpea Salad - Serves 4

Ingredients:

- 1 (15-ounce cans) chickpeas, drained and rinsed, 1 small cucumber (diced), ½ red bell pepper (diced), 1 cup cherry tomatoes (halved), ¼ cup red onion (diced), 2 ounces feta cheese (crumbled), 2 tablespoons finely chopped parsley, 2-3 tablespoons of lemon vinaigrette

Directions:

1. Toss all of the ingredients into a large mixing bowl
2. Pour the lemon vinaigrette over the salad and give it a gentle stir until well combined

Nutrition Facts Per Serving: Serving Size 1¼ cups

Calories 250 • Total Fat 11g • Saturated Fat 3g • Trans Fat 0g • Cholesterol 15mg • Sodium 330mg • Total Carbohydrates 31g • Dietary Fiber 8g • Total Sugars 6g • Includes Added Sugars 0g • Protein 10g • Vitamin D 0mcg • Calcium 150mg • Iron 3mg • Potassium 500 mg

Bryan, Lisa. 2020. "Mediterranean Chickpea Salad." Downshiftology. August 24, 2020.

<https://downshiftology.com/recipes/mediterranean-chickpea-salad/>.

Tuna Pasta Salad - Serves 3

Ingredients:

- 4 ounces small shells pasta, 3.5 ounces canned tuna (drained and rinsed), 1 rib of celery (chopped), 2 tablespoons red onion (chopped), ½ cup frozen peas, ¼ cup mayonnaise, ¼ cup plain Greek yogurt, black pepper (to taste), optional: dried dill weed (to taste), a squeeze of fresh lemon juice

Directions:

1. Cook noodles according to package instructions. Drain.
2. In a large bowl, add chopped onion and celery, peas, cooked pasta, and drained tuna.
3. In a separate bowl, mix the mayo and Greek yogurt.
4. Stir half of the sauce into the pasta mixture and toss to evenly coat. Season with pepper, dried dill, and lemon juice to taste.
5. Refrigerate pasta and remaining sauce separately, covered, for 30 min. Stir in remaining sauce and serve immediately.

Nutrition Facts Per Serving: Serving Size 4½ cups

Calories 331 • Total Fat 13g • Saturated Fat 2g • Trans Fat 0g • Cholesterol 27mg • Sodium 311mg • Total Carbohydrates 36g • Dietary Fiber 3g • Total Sugars 3g • Includes Added Sugars 0g • Protein 17g • Vitamin D 1mcg • Calcium 56mg • Iron 2mg • Potassium 286mg

Allen, Lauren. 2018. "Tuna Pasta Salad." Tastes Better From Scratch. May 14, 2018.

<https://tastesbetterfromscratch.com/tuna-pasta-salad/#wprm-recipe-container-16927>.

Stuffed Zucchini Boats with Chicken - Serves 4

Instructions:

- 2 medium zucchini, 1 (12.5-ounce) can chicken (drained and rinsed), 3 tablespoon olive oil divided, ½ medium onion finely diced, ½ teaspoon garlic powder, 7 cherry/plum tomatoes cut in half or ½ cup of canned diced tomatoes (drained and rinsed), ⅓ cup parmesan grated, 1 teaspoon oregano or mix of Italian Herbs, pepper to taste, ¾ cup heavy cream or 2% milk for less calories and saturated fats, ⅓ cup mozzarella cheese grated

Directions:

1. Preheat the oven to 400°F (200°C). Lightly grease a 9×13-inch baking dish or baking sheet with olive or avocado oil.
2. Trim the ends and cut each zucchini in half lengthwise. Scoop out the centers, leaving about ¼ inch around the edges to create sturdy boats. Finely chop half of the zucchini flesh and gently squeeze out any excess moisture.
3. Arrange the zucchini halves cut-side up in the prepared baking dish. Drizzle with olive oil, season with salt and pepper, and bake for 15 minutes, or until just beginning to soften.
4. Meanwhile, sauté the onion in a large skillet over medium heat until softened. Stir in the tomatoes, chicken, chopped zucchini flesh, Italian seasoning, and garlic. Cook for 2 minutes, then stir in the cream and Parmesan. Simmer gently for 2-3 minutes, or until the sauce thickens slightly. Taste and season with salt and pepper if needed.
5. Spoon the chicken mixture evenly into the zucchini boats and sprinkle with the shredded cheese. Bake for 10-15 minutes, or until the cheese is melted and bubbly and the zucchini is fork-tender. Let the zucchini boats rest for a few minutes before serving

Nutrition Facts (this uses 2% milk and canned diced tomatoes drained and rinsed)

Per Serving: Serving Size 1 Stuffed Zucchini Boat

Calories 346 • Total Fat 17.8g • Saturated Fat 4.4g • Trans Fat 0g • Cholesterol 74mg • Sodium 317mg • Total Carbohydrates 10.4g • Dietary Fiber 2.7g • Total Sugars 5.2g • Includes Added Sugars 0g • Protein 34.6g • Vitamin D 0.8mcg • Calcium 182mg • Iron 2.0mg • Potassium 710mg

Julia. 2024. "Stuffed Zucchini Boats (with Creamy Chicken)." The Yummy Bowl. May 15, 2024.

<https://theyummybowl.com/stuffed-zucchini-boats-with-chicken/?signinsource=one-tap#recipe-6311-nutrition>.

Tuna/ Chicken Melt Stuffed Bell Peppers - Serves 4

Ingredients:

- 2 bell peppers (halved and cored), 2 (4.5-ounce) cans tuna (drained and rinsed) or 1 (12.5-ounce) cans canned chicken (drained and rinsed), 2 celery stalks (minced), 4 green onions sliced (greens and whites separated), ½ cup Greek yogurt, 2 tablespoons lemon juice, 1 teaspoon Dijon mustard, ¼ teaspoon black pepper, ¼ cup shredded cheddar cheese

Directions:

1. Preheat the oven to 425°F. Place the green pepper halves in an oven-safe baking dish and bake until the peppers soften, about 15 minutes.
2. In a mixing bowl, stir together the Greek yogurt, lemon juice, Dijon mustard, salt, and pepper until well combined.
3. Add the tuna or chicken on top, along with the celery and most of the green onions (leaving some for garnish). Gently stir until well combined.
4. Scoop the tuna/ chicken salad into the crevice of the four baked pepper halves and sprinkle the cheddar cheese on top. Return the peppers to the oven until the cheese melts, about 5 more minutes.
5. Garnish with extra green onions and serve warm.

Nutrition Facts Per Serving: Serving Size 1 Stuffed Bell Pepper

With Canned Tuna

Calories 170 • Total Fat 7g • Saturated Fat 3g • Trans Fat 0g • Cholesterol 35mg • Sodium 330mg • Total Carbohydrates 12g • Dietary Fiber 3g • Total Sugars 6g • Includes Added Sugars 0g • Protein 20g • Vitamin D 1mcg • Calcium 130mg • Iron 1mg • Potassium 450mg

With Canned Chicken

Calories 180 • Total Fat 7g • Saturated Fat 3g • Trans Fat 0g • Cholesterol 50mg • Sodium 340mg • Total Carbohydrates 12g • Dietary Fiber 3g • Total Sugars 6g • Includes Added Sugars 0g • Protein 23g • Vitamin D 0.5mcg • Calcium 130mg • Iron 1mg • Potassium 470mg

———. 2021. "Tuna Melt Stuffed Bell Peppers." Feel Good Foodie. January 11, 2021.

<https://feelgoodfoodie.net/recipe/tuna-melt-stuffed-bell-peppers/>.

Vegetable Mac and Cheese Recipe - Serves 4

Ingredients:

- 4 ounces elbow macaroni (uncooked), ½ Tablespoon olive oil, ¾ cup broccoli florets, ½ cup shredded zucchini, 1 Tablespoons salted butter, 1 Tablespoons all-purpose flour, salt to taste, ⅛ teaspoon garlic powder, ½ cup whole milk or 2% milk (2% will slightly reduce calories and saturated fat), 2 tablespoons of sour cream (or greek yogurt), 4 ounces Cheddar Cheese (1 cup, shredded)

Directions:

1. Cook elbow macaroni according to package instructions. Be sure to add ⅛ teaspoon salt to the water used to boil the noodles. Drain, do not rinse, and set aside.
2. Sauté Vegetables. While the macaroni is cooking, add ½ Tablespoon olive oil, broccoli florets, and shredded zucchini to a medium sauté pan. Cook over medium heat, stirring occasionally, for 5-7 minutes until the veggies are soft but slightly firm. Remove from heat and set aside.
3. Make the Cheese Sauce. Mix flour and garlic powder together in a small bowl. Set aside.
4. In a medium saucepan over medium heat, melt the butter. When butter is melted, add the flour mixture and whisk to combine. Cook for 1 minute until lightly golden.
5. Add ½ cup of milk and whisk until the mixture is smooth. Add the sour cream (or Greek yogurt) and whisk until smooth. Cook on medium-high heat until the mixture is thickened (about 3 minutes), stirring occasionally. Do not let it boil.
6. Once the mixture is thick (sticks to the back of the spatula), reduce heat to low and add cheese. Whisk until the cheese is melted and the mixture is smooth. Taste and add more seasoning if desired.
7. Add cooked elbow macaroni to the pot of cheese sauce and stir until the sauce is evenly distributed. Add sautéed veggies and stir.

Nutrition Facts (this uses 2% milk and greek yogurt) Per Serving: Serving Size 1 cup
Calories 300 • Total Fat 16g • Saturated Fat 9g • Trans Fat 0.5g • Cholesterol 45mg •
Sodium 360mg • Total Carbohydrates 29g • Dietary Fiber 2g • Total Sugars 4g • Includes
Added Sugars 0g • Protein 14g • Vitamin D 0.5mcg • Calcium 320mg • Iron 1mg • Potassium
250mg

Laura. 2019. "Vegetable Mac and Cheese." JoyFoodSunshine. October 2, 2019. <https://joyfoodsunshine.com/vegetable-mac-and-cheese/>.

Cheesy Chicken Pasta - Serves 3

Ingredients:

- 4 ounces penne noodles, 1 tablespoon unsalted butter, ¼ cup diced red peppers, ½ tablespoon minced garlic, 1 tablespoon all purpose flour, ¾ cup of 2% milk, ¾ cup shredded cheddar jack cheese (divided), 1 (5 ounce) can chunk chicken breast (drained and rinsed), 1 (8-ounce) can of peas (drained and rinsed), 1½ teaspoons Italian seasoning, pepper to taste

Direction:

1. Prepare the noodles according to the package directions. Drain when finished cooking.
2. Melt the butter in a large skillet. Add the peppers and sauté for 2-3 minutes.
3. Add the garlic and sprinkle the flour on top. Stir gently and cook for an additional 1-2 minutes.
4. Slowly whisk in the milk a little at a time. While stirring, cook the mixture over medium-low heat until it thickens slightly.
5. Add ½ cup of shredded cheese and stir the mixture until it is melted and creamy. If the sauce becomes too thick, stir in 1–2 tablespoons of milk until it reaches your desired consistency.
6. Stir in the drained pasta, chicken, peas, Italian seasoning and the remaining ¼ cup of cheese. Season with pepper to your desired taste.

Nutrition Label Per Serving: Serving Size 1½ cups

Calories 470 • Total Fat 22g • Saturated Fat 12g • Trans Fat 0.5g • Cholesterol 80mg • Sodium 520mg • Total Carbohydrates 43g • Dietary Fiber 5g • Total Sugars 7g • Includes Added Sugars 0g • Protein 32g • Vitamin D 1mcg • Calcium 420mg • Iron 2mg • Potassium 550mg

Jocelyn. 2016. "Cheesy Chicken Pasta Skillet." Inside BruCrew Life. August 31, 2016.

<https://insidebrucrowlife.com/cheesy-chicken-pasta/#mv-creation-598-jtr>.

Tuna and Rice - serves 2

Ingredients:

- 1 cup of uncooked rice, 5 ounce canned tuna in water (drained), 2 tablespoons mayonnaise, 1 teaspoon pepper, Optional: 1 stalk green onion (chopped)

Directions:

1. Cook 1 cup of rice according to package instructions.
2. Divide into 2 bowls.
3. In another bowl, mix together the drained tuna, mayonnaise, and pepper.
4. Divide the mixed tuna over the two rice bowls. Top with the chopped green onions.

Nutrition Facts Per Serving: Serving Size 1¾ cups

Calories 390 • Total Fat 7g • Saturated Fat 1g • Trans Fat 0g • Cholesterol 25mg • Sodium 260mg • Total Carbohydrates 65g • Dietary Fiber 1g • Total Sugars 0g • Includes Added Sugars 0g • Protein 17g • Vitamin D 1mcg • Calcium 20mg • Iron 3mg • Potassium 220mg

Kathy. 2020. "Tuna Rice." Onoliciious Hawai'i. November 2020. <https://onoliciioushawaii.com/tuna-rice/>.

One Skillet Chicken Broccoli and Rice - serves 3

Ingredients:

- 1 tablespoons olive oil, ¼ cup onion (diced), 1 clove garlic (finely grated), ½ cup white long grain rice (rinsed and drained), ½ cup + 2 tablespoons 2% milk, ½ cup + 2 tablespoons low sodium chicken broth, ⅛ teaspoon black pepper, 1 cup fresh broccoli bite-sized pieces, 1 (12.5-ounce) canned chicken (drained and rinsed), optional: ½ large lemon for serving, 1 tablespoon fresh parsley chopped

Directions:

1. In a large, nonstick skillet on medium, heat olive oil until shimmering (about 2 min).
2. Add onion and garlic; saute until tender and fragrant (about 3 min).
3. Add white rice; continue heating until moisture is removed and rice becomes fragrant and lightly toasted, stirring as needed (about 3 min).
4. Add milk, chicken broth, salt, and pepper; stir to combine; adjust to high to achieve a gentle boil (takes about 3 minutes).
5. Cover skillet, turn to medium-low, and simmer for 10 minutes.
6. Add broccoli (but don't stir into rice yet - just place them on top of the rice); cover and simmer for 10 more minutes.
7. Remove the lid and gently stir in the drained and rinsed canned chicken. Cook for 2–3 minutes, stirring occasionally, until the chicken is heated through.

Nutrition Facts Per Serving: Serving Size 1 ½ cups

Calories 410 • Total Fat 15g • Saturated Fat 3g • Trans Fat 0g • Cholesterol 55mg • Sodium 430mg • Total Carbohydrates 42g • Dietary Fiber 3g • Total Sugars 5g • Includes Added Sugars 0g • Protein 31g • Vitamin D 1mcg • Calcium 170mg • Iron 2mg • Potassium 450mg

Davis, Amanda. 2017. "One Skillet Chicken Broccoli and Rice." Amanda's Cookin." March 29, 2017.

<https://amandascookin.com/skillet-chicken-broccoli-rice/>.

Chicken Zucchini Rice Skillet - Serves 4

Ingredients:

- 1 (12.5 oz) cans chicken (drained and rinsed), ½ cup uncooked rice, 1 medium zucchini (sliced in half then into 1/4-1/3" slices, cut those in half), 4 oz sliced baby bella mushrooms (optional), ½ yellow onion (peeled & diced), 1 tablespoon extra virgin olive oil (divided), ½ cup of low sodium chicken broth, ½ cup milk, 1 tbsp cornstarch, ¼ cup grated parmesan cheese, 1 teaspoon garlic powder, 1 teaspoon of Italian seasoning, pepper to taste

Direction:

1. Make the rice according to the package instructions.
2. Add half the oil to a large skillet set over medium-high heat. Stir in the optional mushrooms and cook, stirring often, for 5 minutes until they've shrunk to half the original size and have browned some. Transfer them to a waiting plate.
3. Add the rest of the oil to the skillet along with the onions and sauté them, stirring often, for 5 minutes or until softened.
4. Reduce the heat and add the zucchini to the pot and cook for 2-3 minutes, just until softened a bit.
5. Add the mushrooms back to the pot along with the chicken broth. Whisk the cornstarch and the garlic powder, pepper, and Italian seasoning into the milk until evenly combined, then pour the slurry into the skillet and stir just until thickened.
6. Add the chicken and cheese to the pot and stir together to evenly combine. Then add the rice, stirring again until evenly combined.
7. Serve warm with chopped parsley leaves and extra cheese for garnishes.

Nutrition Label Per Serving: Serving Size 1 ½ cups

Calories 310 • Total Fat 13g • Saturated Fat 3g • Trans Fat 0g • Cholesterol 45mg • Sodium 370mg • Total Carbohydrates 33g • Dietary Fiber 3g • Total Sugars 5g • Includes Added Sugars 0g • Protein 22g • Vitamin D 1mcg • Calcium 150mg • Iron 2mg • Potassium 450mg

Meaghan. 2024. "Chicken Zucchini Rice Skillet." The Quicker Kitchen. July 23, 2024.

<https://thequickerkitchen.com/chicken-zucchini-rice-skillet/#recipe>.

Hamburger Stew - Serves 3

Ingredients:

- ¾ pound (12 ounces) lean ground beef, ½ medium onion (chopped), 1 clove garlic (minced), ½ teaspoon dried oregano, ½ teaspoon dried parsley, ¼ teaspoon crushed rosemary, ¼ teaspoon dried thyme leaves, 2 carrots (peeled and chopped), 1 Yukon Gold potato (cut into small cubes), ¾ cup canned fire-roasted diced tomatoes, ½ cup + 2 tablespoons low-sodium beef broth, 1 tablespoon tomato paste, ⅓ cup frozen peas, pepper to taste

Directions:

1. In a Dutch oven or heavy stockpot over medium heat, brown the ground beef. When it is about halfway through the browning process, add the onion and cook until the onion is soft and the ground beef is browned, approximately 5-6 minutes. Drain any excess grease.
2. Reduce heat to low. Add garlic, oregano, parsley, rosemary, and thyme; cook for 1 minute, stirring constantly. Add the potatoes, carrots, and fire-roasted tomatoes.
3. In a bowl or large measuring cup, whisk together the beef broth and tomato paste. Stir it into the pot. Simmer and cover for 15 minutes.
4. Add the peas and simmer, covered, until the potatoes and carrots are tender, about 10–15 minutes. Season with pepper to taste.

Nutrient Label Per Serving: Serving Size 1 ¾ cups

Calories 325 • Total Fat 14g • Saturated Fat 5g • Trans Fat 1g • Cholesterol 75mg • Sodium 250mg • Total Carbohydrates 35g • Dietary Fiber 7g • Total Sugars 10g • Includes Added Sugars 0g • Protein 26g • Vitamin D 0mcg • Calcium 80mg • Iron 4mg • Potassium 1050mg

Pierce, Beth. 2025. "Easy Hamburger Stew." Small Town Woman. July 26, 2025.

<https://www.smalltownwoman.com/easy-hamburger-stew/#recipe>.

White Bean Stew - serves 3

Ingredients:

- 1 tablespoon olive oil, ½ yellow onion diced, 1 carrot sliced, ½ stalk celery diced, 2 cloves garlic minced, ½ teaspoon fresh thyme leaves, ½ teaspoon smoked paprika, ¼ teaspoon ground cumin, ¼ teaspoon ground coriander (optional), ¼ teaspoon black pepper or to taste, 2 (15-ounce cans) white beans (drained and rinsed), 1¾ cups low sodium vegetable broth, Juice of 1 lemon, ¼ cup chopped parsley

Directions:

1. Warm the olive oil in a large Dutch oven or heavy-bottomed pan over medium-high heat. Add the onion and sauté for 3 minutes, stirring occasionally. Add the carrots and celery and sauté for an additional 3 to 5 minutes. Then, add the garlic, thyme, paprika, cumin, coriander, and pepper. Mix the dry spices into the veggies and sauté for an additional 60 to 90 seconds.
2. Add the beans and vegetable broth to the pot and mix well. Increase the heat to high and bring the mixture to a boil, then reduce the heat to medium and simmer for 15 to 20 minutes, stirring the stew every few minutes or so to prevent anything from sticking to the bottom of the pot. You may need to reduce the heat to medium-low towards the end of cooking to prevent the stew from splattering.
3. Finishing Touches: Turn the heat off and stir in the parsley, lemon juice, and lemon zest (if using). Let the soup sit for 5 or so minutes to allow the stew to cool and thicken.

Nutrition Facts Per Serving: Serving Size 2 cups

Calories 370 • Total Fat 10g • Saturated Fat 1g • Trans Fat 0g • Cholesterol 0mg • Sodium 390mg • Total Carbohydrates 57g • Dietary Fiber 15g • Total Sugars 8g • Includes Added Sugars 0g • Protein 18g • Vitamin D 0mcg • Calcium 140mg • Iron 5mg • Potassium 950mg

Shoemaker, Caitlin. 2022. "Cozy White Bean Stew." From My Bowl. October 22, 2022.

<https://frommybowl.com/cozy-white-bean-stew/?signinsource=one-tap>.

Desserts

Peanut Butter & Jelly Oat Bars - makes 12 bars (serving size 1 bar)

Ingredients:

- 2 ½ cup quick oats, ⅓ cup honey, ¼ cup peanut butter, ¼ cup brown sugar, ½ teaspoon vanilla extract, ¼ cup grape jelly, ¼ teaspoon salt, Optional: ½ cup raisins

Directions:

1. Preheat your oven to 350 degrees. Spread your oats onto a cookie sheet. Toast in the oven for 5 minutes.
2. Combine the honey, peanut butter, brown sugar, and vanilla in a small saucepan. Heat until just melted.
3. Drizzle the honey mixture over the toasted oats in a large bowl. Stir quickly until mostly combined.
4. Microwave the jelly for 20 seconds. Pour it over the oats with the salt and mix until combined. Press into an 8-inch pan with the back of a spatula. Refrigerate for 4 hours.
5. Cut into squares and enjoy!

Nutrition Facts (per serving):

Calories 175 • Total Fat 5g • Saturated Fat 1g • Trans Fat 0g • Cholesterol 0mg • Sodium 80mg • Total Carbohydrates 37g • Dietary Fiber 3g • Total Sugars 19g • Includes Added Sugars 17g • Protein 4g • Vitamin D 0mcg • Calcium 30mg • Iron 2mg • Potassium 150mg

Jessica. 2022. "Peanut Butter and Jelly Granola Bars." One Sweet Appetite. August 3, 2022.

<https://onesweetappetite.com/peanut-butter-jelly-granola-bars/#wprm-recipe-container-18264>.

Peanut Butter Oatmeal Balls - makes 20 peanut butter balls

Ingredients:

- ¾ cup creamy peanut butter, ¼ cup maple syrup or honey, 1¾ cup old fashioned oats, ¼ cup mini/ regular chocolate chips or mini m&ms

Directions:

1. Add the peanut butter and maple syrup/ honey to a large mixing bowl. Stir to combine. Then, add the oats and stir to mix throughout. Stir in chocolate chips
2. Scoop into balls. Put in an airtight container and put in the fridge till ready to eat.

Nutrition Facts (per peanut butter ball):

Calories 85 • Total Fat 5g • Saturated Fat 1g • Trans Fat 0g • Cholesterol 0mg • Sodium 45mg • Total Carbohydrates 8g • Dietary Fiber 1g • Total Sugars 3g • Includes Added Sugars 3g • Protein 3g • Vitamin D 0mcg • Calcium 10mg • Iron 0.5mg • Potassium 80mg

Younkin, Mary. 2025. Review of *Peanut Butter Oatmeal Balls*. September 24, 2025.

<https://chocolatewithgrace.com/peanut-butter-oatmeal-balls/>.

Banana Oat Chocolate Chip Cookies - Serves 12 cookies

Ingredients:

- 2 large ripe bananas, 1 $\frac{3}{4}$ cup (5 $\frac{1}{4}$ oz/160 g) quick oats, $\frac{1}{2}$ cup (3 oz/85 g) chocolate chips (semi-sweet or dark)

Directions:

1. Preheat the oven to 350°F (180°C) and line a large cookie sheet with parchment paper.
2. Mash bananas in a large bowl. Add in the oats and mix well to combine. Fold in the chocolate chips.
3. Scoop 2 tablespoons of the dough onto your cookie sheet and flatten to make 2 $\frac{1}{2}$ inch (5 cm) discs. Arrange them 1 inch apart (they won't spread).
4. Bake for 15-20 minutes until the cookies are golden on top and just set to the touch.
5. Remove from the oven and allow to cool for a few minutes before transferring to a wire rack. Store in an airtight container for up to 2 days. Enjoy!

Nutrition Facts (Serving Size: 1 cookie):

Calories 110 • Total Fat 4g • Saturated Fat 2g • Trans Fat 0g • Cholesterol 0mg • Sodium 25mg • Total Carbohydrates 18g • Dietary Fiber 2g • Total Sugars 9g • Includes Added Sugars 7g • Protein 2g • Vitamin D 0mcg • Calcium 10mg • Iron 1mg • Potassium 120mg

Stafford, Gemma. 2021. "3 Ingredient Banana Oat Chocolate Chip Cookies." Gemma's Bigger Bolder Baking. June 21, 2021.
<https://www.biggerbolderbaking.com/3-ingredient-oatmeal-chocolate-chip-cookies/#wprm-recipe-container-18694>.

Zucchini Bread - Serves 12

Ingredients:

- 2 cups shredded zucchini, 1 large egg, ½ cup unsweetened applesauce, ¾ cup honey or maple syrup, 1 teaspoon vanilla extract, 2 teaspoons cinnamon, 1 teaspoon baking soda, 1 teaspoon baking powder, ½ teaspoon salt, 2 cups flour, cooking spray, Optional: ½ cup walnuts

Directions:

1. Preheat the oven to 350 degrees F, line a 9 x 5 loaf pan with unbleached parchment paper, and spray with cooking spray. Set aside.
2. In a large mixing bowl, add egg, applesauce, honey, vanilla, cinnamon, baking soda, baking powder, and salt; whisk until combined. Add zucchini and stir.
3. Add flour and mix gently with a spatula just enough to combine.
4. Pour batter into the previously prepared loaf pan and bake for 50-60 minutes or until a toothpick inserted in the middle comes out clean.
5. Remove from the oven and transfer to a cooling rack to cool off for 10 minutes. Then, holding onto the flaps of parchment paper, remove bread from a loaf pan and let it cool off for another 30 minutes or completely.
6. Using a sharp serrated knife, cut into 12 slices and enjoy! Covered or in a resealable bag in a cool, dry place for up to 3 days.

Nutrition Facts:

Calories 180 • Total Fat 6g • Saturated Fat 1g • Trans Fat 0g • Cholesterol 15mg • Sodium 290mg • Total Carbohydrates 34g • Dietary Fiber 3g • Total Sugars 19g • Includes Added Sugars 15g • Protein 4g • Vitamin D 0mcg • Calcium 45mg • Iron 2mg • Potassium 220mg

Osipov, Olena. 2026. "Healthy Zucchini Bread." iFoodReal.Com. April 2026. <https://ifoodreal.com/healthy-zucchini-bread/>.

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