

GREEK PASTA SALAD

KITCHEN GEAR

Measuring cup
Measuring spoons
Cutting board
Sharp knife (adult needed)
Large mixing bowl
Small mixing bowl
Whisk
Large spoon or rubber spatula, for stirring

INGREDIENTS

8 ounces whole-grain pasta (such as fusilli, rotini, or penne), cooked and cooled

2 medium tomatoes, cored and diced
1 small cucumber, scrubbed and diced (if it looks waxy, then peel before dicing)
1 small red onion, peeled and finely chopped
1 cup crumbled feta cheese (or 1 cup shredded cheddar or Parmesan cheese)
1/2 cup sliced pitted black olives (or Greek or Kalamata olives)
1/4 cup chopped fresh parsley leaves
2 tablespoons fresh lemon juice or red wine vinegar **(sub Apple cider Vinegar)**

2 tablespoons olive oil

1 teaspoon dried oregano

1/2 teaspoon salt

INSTRUCTIONS

Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.

1. Put the pasta, vegetables, feta, olives, and parsley in the large mixing bowl.
2. Put the lemon juice or vinegar, olive oil, oregano, and salt in the small mixing bowl and whisk together.
3. Pour the dressing over the pasta mixture, and stir gently to combine. Taste the salad. Does it need a pinch of salt or a dash more lemon juice, vinegar, or olive oil? If so, add it and taste again. Serve right away.

<https://www.chopchopfamily.org/recipe/greek-pasta-salad>

Vegetable Fried Rice

INGREDIENTS

- 3 eggs (lightly beaten)
- 1 **tablespoon** oil (canola or vegetable or **Olive oil**)
- 1/2 **cup** onion, chopped (about 1/2 onion)
- 2 **cloves** garlic, minced or **1/2 teaspoon garlic powder**
- 3 **cups** **brown rice, cooked (instant or regular)**
- 2 **cups** frozen vegetables, thawed
- 1 **tablespoon** **low sodium soy sauce**
- **Ground black pepper** (optional)

INSTRUCTIONS

1. **1** Spray a deep 12" skillet with cooking spray and place over medium heat.
2. **2** Pour the lightly beaten eggs into the skillet. Cook without stirring until eggs are completely cooked (2 to 3 minutes). Remove the eggs to a plate and cut into strips. Set aside.
3. **3** Return the skillet to the burner and add the oil. Heat to medium high and add the onion and garlic. Cook, stirring occasionally, until onion is softened.
4. **4** Stir in the rice, vegetables, and soy sauce. Heat through, stirring occasionally.

5. **5** Add the egg strips and heat through. Sprinkle with pepper, if desired, before serving.

<https://spendsmart.extension.iastate.edu/recipe/vegetable-fried-rice/>

Spaghetti Squash with Sauce

Spaghetti squash is an amazing alternative to pasta. Whether you're trying decrease your [refined carbohydrate intake](#), eat more [fiber](#), or simply just trying to get [more fruits and veggies](#) into your diet, spaghetti squash is a great way to do all of those! Plus it [lasts for a long time](#), so its a great [budget pantry](#) item.

Makes: 4 Servings

Ingredients

1 medium- large **spaghetti squash** (about 2-3 pounds)

¼ cup **water**

1 cup pasta sauce, low sodium

Instructions

1. Use a fork to poke holes in the whole spaghetti squash on all sides. Place in the microwave for 1-2 minutes to soften.
2. Remove spaghetti squash from the microwave. Use a large knife to cut the softened squash in half the long way. If the squash is still too hard to cut, put back in the microwave for 1-2 more minutes.
3. Once squash is cut in half remove the seeds and stringy pulp from both sides. You can discard this or keep the seeds to roast.
4. Place the 2 squash halves, cut side down, in glass microwave safe baking dish. Add ¼ cup water and cover with paper towel.
5. Microwave on high for 12 minutes. Squash is done when it is easy to pierce with a fork, or soft when pressed. Let cool for 3 minutes.
6. Flip the squash halves so that the cut side is up. Drag a fork from the outside edge of the squash toward the center (where the seeds were) to create your "spaghetti".
7. Dump the spaghetti into a large bowl and toss with tomato sauce. Portion out 1 cup for each serving, top with grated cheese or herbs if desired.

<https://www.snap4ct.org/spaghetti-squash-with-sauce.html>

10 Minute Chili

INGREDIENTS

- **1/2 pound** lean ground beef
- **1** small onion, chopped
- **1 can (16 ounces)** kidney beans
- **1 can (16 ounces)** *tomato sauce*
- **1-2 tablespoons** chili powder

INSTRUCTIONS

1. **1** Cook ground beef and onion together in a saucepan. Transfer mixture to colander set over a bowl and rinse with warm water to remove grease.* Return to saucepan.
2. **2** Add the kidney beans, tomato sauce, and chili powder to the saucepan.
3. **3** Cook over medium heat until heated through.

<https://spendsmart.extension.iastate.edu/recipe/10-minute-chili/>

Confetti Rice and Bean Salad

6 – ¾ cup Servings

- 1 cup **instant brown rice, uncooked**
- 1 cup tomatoes, chopped (about 1 medium)
- 2 medium carrots (finely chopped or grated)
- 2 tablespoons onion (finely chopped)
- 1 cup frozen corn
- 1 can (15 ounces) black beans (drained and rinsed)
- ¼ cup lime juice
- ¼ cup oil (canola, vegetable, or **olive**)
- ½ teaspoon **salt**
- ½ teaspoon **ground black pepper**

INSTRUCTIONS

1. **1** Cook rice according to package directions and let cool.
 2. **2** Wash and cut up the tomato, carrots, and onion while rice is cooling. Put the vegetables into a large bowl.
 3. **3** Add frozen corn to the bowl.
 4. **4** Drain and rinse black beans and add to the bowl.
 5. **5** Add cooled rice to the bowl.
 6. **6** Whisk together the lime juice, oil, salt, and pepper in a small bowl. Pour this over rice and veggie mixture and stir gently to combine.
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7. **7** Refrigerate at least 30 minutes before serving to let flavors mingle.

<https://spendsmart.extension.iastate.edu/recipe/confetti-rice-bean-salad/>

CHICKEN NODDLE (ALPHABET) SOUP

KITCHEN GEAR

Cutting board
Sharp knife (adult needed)
Measuring spoons
Measuring cup
Large heavy-bottomed pot
Large spoon

INGREDIENTS

1 tablespoon vegetable or **olive oil**
1 yellow onion, peeled and chopped
2 celery stalks, sliced
2 carrots, scrubbed and sliced
1 teaspoon dried thyme

8 cups low-sodium chicken broth

1/2 cup alphabet-shaped pasta (or any pasta)

2 cups cooked, shredded chicken, from a home-cooked or rotisserie chicken (if you like)
pinch kosher salt

INSTRUCTIONS

Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.

1. Put the pot on the stove and turn the heat to medium. When it is hot, carefully add the oil.
2. Add the onion, celery, carrots, and thyme, and cook until the vegetables are starting to soften, stirring occasionally, 10-15 minutes.
3. Add the chicken broth, turn the heat up to high and bring to a boil. Turn the heat down to low, and cook, uncovered, until the vegetables are tender and no longer float on the top, about 30 minutes.
4. Add the alphabet-shaped pasta and cook until tender, about 8 minutes (or follow the cooking time on the package directions).

5. Add the chicken, if using, and stir until heated throughout, about 1 minute. Taste the soup and add a pinch of salt if you think it needs it. Serve right away or cover and refrigerate up to 3 days.

GET CREATIVE

- **Lemony Alphabet Soup:** When you add the stock, add 1 bay leaf and 1 strip lemon zest (use a vegetable peeler or a sharp knife to remove it from the lemon). Remove both before serving and add a squeeze of fresh lemon juice.
- **Herby Alphabet Soup:** Instead of the dried thyme, use 2 teaspoons Italian seasoning blend, or add 1 teaspoon dried marjoram (or 1 tablespoon chopped fresh marjoram), 1 teaspoon dried rosemary (or 1 tablespoon chopped fresh rosemary), and teaspoon dried thyme (or 1 teaspoon chopped fresh thyme). If you're using dried herbs, add them when you cook the vegetables. If you're using fresh herbs, stir them in right before serving.
- **Garlic-Ginger Alphabet Soup:** When you cook the vegetables, add 1 tablespoon chopped fresh ginger and 1 to 2 garlic cloves, peeled and minced.
- **Curried Alphabet Soup:** When you cook the vegetables, add 1 apple, cored and diced, 1-2 tablespoons curry powder, and 1 tomato, diced. Stir in cup unsweetened, shredded coconut and 2 tablespoons chopped cilantro leaves just before serving.
- **Pesto Alphabet Soup:** Just before serving, swirl in 1-2 tablespoons pesto.

<https://www.chopchopfamily.org/recipe/alphabet-soup>

"BUILD YOUR OWN GRAIN SALAD"

KITCHEN GEAR

Cutting board
Sharp knife (adult needed)
Measuring cup
Large bowl
Mixing spoon

INGREDIENTS

2 cups cooked grain or pasta (brown rice, barley, farro, quinoa, bulgar wheat, whole-wheat orzo)

1/4 cup dressing (herby vinaigrette or your favorite vinaigrette or a **mix of oil and vinegar**) or any herb pesto

2 cups vegetables (any combination of diced tomatoes, cucumbers, or zucchini, or green beans, corn, peas, or canned peas)

1/2 cup protein (diced mozzarella, cheddar, or monterey jack cheese, or leftover diced cooked chicken, meat, fish, or tofu)

1 cup coarsely chopped fresh herbs (basil, mint, parsley, chives, cilantro, or a combination)

1/4 cup lightly toasted seeds or nuts

1/4 cup dried fruit (raisins, currants, or cherries or chopped dried apricots, prunes, dates, or figs)

INSTRUCTIONS

Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.

1. Put all the ingredients in the bowl and stir to combine. Taste and add more dressing or a pinch of salt if the flavor needs a boost.
2. Serve right away, or cover and refrigerate up to 2 days.

<https://www.chopchopfamily.org/recipe/build-your-own-grain-salad>

Bean and Pasta Salad

8 servings

- 1 chopped bell pepper
- 1 teaspoon onion powder
- **2 teaspoons Italian seasoning or oregano**
- 1/3 cup white or red vinegar or **Apple Cider Vinegar**
- 2 minced garlic cloves
- 1/4 cup vegetable oil or **Olive Oil**
- 2 diced tomatoes
- 2 cups cooked kidney beans
- **5 cups cooked pasta, cooled**
- 1/2 cup shredded low fat cheddar cheese (optional)
- **Salt and pepper to taste**

1. In a large bowl, mix together pepper, onion powder, Italian seasoning, vinegar and garlic. Stir in oil.
2. Add remaining ingredients and toss together.
3. Add salt and pepper to taste.
4. Chill and serve. Enjoy!
5. Refrigerate leftovers.

http://jsyfruitveggies.org/wp-content/uploads/Kidney-Beans_2_7-2015.pdf

Basic Meat Pasta Sauce

4 servings

Ingredients:

1 package BASIC MEAT MIX, thawed (ground meat)

2 (8-ounce) cans unsalted tomato sauce

2 teaspoons Italian seasoning

Directions:

1. Mix all ingredients in a medium pan.
2. Heat thoroughly and serve with any type of cooked pasta.

Tips:

Use whole wheat pasta.

Add lightly cooked chopped or sliced mushrooms, peppers, zucchini, tomatoes, or garlic to your sauce.

Undercook your choice of pasta and bake in a 350°F oven for 30 minutes to create a casserole.

<https://buyeatlivebetter.org/recipes.html>

Cinnamon Banana Pancakes

Ingredients

2 large bananas, ripe to overripe

2 eggs

1 tsp. cinnamon

1 tsp. baking powder

½ c. skim milk or almond milk

1 c. flour

Maple syrup or fruit to serve or **Honey**

Directions

In a bowl, add bananas. Lightly mash with a potato masher or a fork, but not too much. Leave small chunks of bananas to make fluffy pancakes. Add all remaining ingredients to banana mixture, mixing well.

In a frying pan, cook pancakes over a medium-low heat. Use ½ cup of batter for each pancake and flip once edges get bubbly.

Makes four servings. Each serving has 190 calories, 3 g fat, 9 g protein, 35 g carbohydrate, 4 g fiber and 50 mg sodium.

<https://www.ag.ndsu.edu/food/recipes/fruit/cinnamon-banana-pancakes>

Breakfast Tabbouleh

KITCHEN GEAR

Medium-sized bowl
Spoon, for stirring

INGREDIENTS

1 cup boiling water

1/2 cup bulgur wheat (***SUB Brown Rice***)

1/4 teaspoon salt

1/2 cup dried fruit, including raisins, cherries, cranberries, or whatever you like

1/2 cup toasted walnuts or almonds, coarsely chopped

1 cup whole blueberries, raspberries, or blackberries, or sliced strawberries (or sliced fruit of your choosing)

2 tablespoons chopped fresh mint leaves (if you like, or use 1/2 teaspoon dried)

1 teaspoon vegetable oil or ***Olive***

1 teaspoon lemon, orange, or apple juice

1 cup plain yogurt

INSTRUCTIONS

Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.

1. Put the boiling water, bulgur, and salt in the bowl, cover and let stand until the water has been completely absorbed by the bulgur, about 45 minutes. Remove the cover, stir well, and set aside to cool.
2. Add all the other ingredients except for the yogurt and stir well. Serve right away, with a big dollop of yogurt on top.

No bulgur wheat? No problem! Try using cooked brown rice, barley, or oatmeal, and skip the boiling water step.

<https://www.chopchopfamily.org/recipe/breakfast-tabbouleh>

PAN COOKED FLAT BREADS

MAKES: 6 FLATBREADS

(I made a few adjustment for this recipe – I think it would be a really fun one for all ages! – follow link for original recipe 😊)

KITCHEN GEAR

Measuring cup
Measuring spoons
Wooden spoon
Cutting board
Skillet
Spatula

INGREDIENTS

1 cup plus 2 tablespoons flour

1 1/2 teaspoons baking powder

1/2 teaspoon kosher salt

3/4 cup plain Greek yogurt

2 tablespoons olive oil

INSTRUCTIONS

Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.

1. Put the flour, baking powder, salt, and yogurt in the bowl and mix well with the wooden spoon.
2. Use your clean hands to knead the dough, folding it in on itself and pressing it with the heels of your hands, until it's smooth, 1-2 minutes. (If the dough is wet or sticky, add more flour, 1 tablespoon at a time.)
3. Divide the dough into 6 balls and put them in the bowl.
4. Put the balls on the cutting board and flatten them as thin as you can (about 1/8-inch thick) with the palm of your hand. Don't worry if they're not perfectly round.

5. Put the skillet on the stove and turn the heat to medium. When the skillet is hot (flick some water on it: the drops should dance and sizzle), add 1 tablespoon oil. Add 3 of the dough discs and cook until golden, about 2 minutes per side. Put the cooked discs on a plate, and repeat with the remaining 1 tablespoon oil and 3 discs. Serve warm or at room temperature.

<https://www.chopchopfamily.org/recipe/whole-wheat-flatbread>