



# EASY RECIPES

The following quick and easy recipes have been designed for child care businesses to prepare great tasting and nutritious meals to children.

TABLE OF CONTENTS	
Recipes	Page #
Pancakes from Scratch <ol style="list-style-type: none"> <li>1. Pancakes (plain)</li> <li>2. Buttermilk Pancakes</li> <li>3. Whole Grain Pancakes</li> <li>4. Whole Wheat Blueberry Pancakes</li> </ol>	3-4
The Famous... Macaroni & Cheese <ol style="list-style-type: none"> <li>1. Quick Bake Macaroni &amp; Cheese (method: layer with sliced cheese)</li> <li>2. Baked Macaroni &amp; Cheese (method: prepare cheese sauce)</li> <li>3. Creamy Macaroni &amp; Cheese (method: prepare cheese sauce from a roux)</li> </ol>	5
Tuna Casserole <ol style="list-style-type: none"> <li>1. 5-Step Tuna Casserole</li> <li>2. Tuna Casserole from Scratch</li> </ol>	6
Cajun-Style Fish <ol style="list-style-type: none"> <li>1. Baked Cajun Fish</li> <li>2. Pan-fried Cajun Fish</li> </ol>	7
Lasagna <ol style="list-style-type: none"> <li>1. Vegetarian Lasagna with Eggplant and Zucchini</li> <li>2. Meat Lasagna</li> </ol>	8
Soup <ol style="list-style-type: none"> <li>1. Carrot &amp; Cilantro Soup</li> <li>2. Garden Vegetable Soup</li> <li>3. Squash Soup</li> <li>4. Chicken Noodle Soup</li> <li>5. Tomato &amp; Lima Bean Soup</li> </ol>	9-10
Sandwich Fillings <ol style="list-style-type: none"> <li>1. Chicken Salad</li> <li>2. Egg Salad               <ol style="list-style-type: none"> <li>a. Egg Salad with celery</li> <li>b. Egg Salad with mustard &amp; dill</li> </ol> </li> </ol>	11
Barbeque Sauce <ol style="list-style-type: none"> <li>1. Tangy Barbeque Sauce</li> <li>2. Sweet Barbeque Sauce</li> </ol>	12
Other Recipes <ol style="list-style-type: none"> <li>1. Beef, Macaroni, &amp; Tomato Casserole</li> <li>2. Spaghetti with Meat sauce</li> <li>3. Greek Chicken Penne</li> <li>4. Vegetarian Chili</li> <li>5. Beef &amp; Barley Stew</li> <li>6. Beef Stroganoff</li> <li>7. Baked Chicken Strips</li> <li>8. Teriyaki Pork &amp; Vegetable Stir-Fry</li> <li>9. Devilled Eggs</li> </ol>	12-16

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# Nutritious & Delicious!

## TIPS TO GET YOU STARTED:

**Cooking Tips** and **Recipe Variations** can be found at the end of recipes (in the blue text boxes). Recipe Variations will help to give you ideas on how to modify recipes to change the flavor, to substitute ingredients, and/or to try something new.

### Herbs

If you want to substitute fresh herbs for dried herbs in a recipe, use about 3 times more. Dried herbs are potent and too much can ruin the recipe. As a rule of thumb, 1 teaspoon of dried herbs equals 1 tablespoon (3 teaspoons) of fresh herbs.

### Vegetables

Try to incorporate fresh vegetables as much as possible when they're in season and cost effective. Fresh vegetables can always be substituted for canned or frozen vegetables.

### Measurement Abbreviations

Teaspoon = tsp

Ounce = oz

Tablespoon = Tbsp

Pound = lb

### Cooking Terminology

**Sautéing:** a method of cooking food that uses a small amount of fat in a shallow pan over relatively high heat. Ingredients are usually cut into pieces or thinly sliced to facilitate fast cooking. Food that is sautéed is browned while preserving its texture, moisture, and flavor.

**Simmering:** a method of cooking food in hot liquids kept at or just below the boiling point of water. To keep a pot simmering, bring it to a boil and reduce the heat to a point where there's a continuous formation of steam bubbles.

**Refer to the CACFP Meal Pattern Chart for information on food components and serving sizes.**

# PANCAKES FROM SCRATCH

## Pancake Toppings

- Fresh fruit such as sliced strawberries, blueberries, sliced bananas
- Canned fruits such as peaches, apricots, pineapple, pears, applesauce
- Plain yogurt with honey and topped with fruit
- Flavored yogurt and fruit
- Maple syrup and cut-up bananas
- Nutella and cut-up strawberries
- Peanut butter and applesauce

## Pancakes (plain)

### Ingredients

- 1 cup all-purpose flour
- 2 Tbsp white sugar
- 2 Tbsp baking powder
- 1 tsp salt
- 1 egg, beaten
- 1 cup milk
- 2 Tbsp vegetable oil

### Directions

In a large bowl, mix flour, sugar, baking powder and salt. Make a well in the center, and pour in milk, egg and oil. Mix until smooth. Heat a lightly oiled frying pan over medium high heat. Pour or scoop the batter onto the frying pan, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

## Buttermilk Pancakes

### Ingredients

- 3 cups all-purpose flour
- 3 Tbsp white sugar
- 3 tsp baking powder
- 1 1/2 tsp baking soda
- 3/4 tsp salt
- 3 cups buttermilk
- 1/2 cup milk
- 3 eggs
- 1/3 cup butter, melted

### Directions

In a large bowl, combine flour, sugar, baking powder, baking soda, and salt. In a separate bowl, beat together buttermilk, milk, eggs and melted butter. Keep the two mixtures separate until you are ready to cook. Heat a lightly oiled frying pan over medium high heat. Pour the wet mixture into the dry mixture, using a wooden spoon or fork to blend. Stir until it's just blended together. Do

not over stir! Pour or scoop the batter onto the frying pan, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

## Whole Grain Pancakes

### Ingredients

1 cup unbleached all-purpose flour  
1 cup whole wheat, grain or almond flour  
1 cup oatmeal flakes  
2 Tbsp baking powder  
1 tsp ground nutmeg or cinnamon  
1/2 tsp salt  
2 cups milk or water  
1/4 cup vegetable oil or melted butter  
2 Tbsp honey  
2 eggs  
1 tsp or more of vanilla extract

### Directions

In large bowl, stir together all-purpose and whole wheat flours, oatmeal flakes, baking powder, nutmeg/cinnamon, and salt. In separate bowl, whisk together eggs, milk, vegetable oil, honey, and vanilla; pour over dry ingredients and stir just until moistened, but do not over mix! Heat large non-stick skillet over medium-high heat. Pour in 1/4 cup (50 mL) batter for each pancake; cook until bottoms are golden, 1-1/2 to 2 minutes. Turn and cook until golden on bottom, 1 minute.

### **Cooking Tips:**

- The 3 cups of flours and grains can easily be custom-blended. Use any mixture you like as long as it measures 3 cups in total.
- Honey adds a lot of flavour, but it cannot be served to infants. To replace the honey, add 1/2 cup of brown or white sugar to the dry ingredients.

## Whole Wheat Blueberry Pancakes

### Ingredients

1 1/4 cups whole wheat flour  
2 tsp baking powder  
1 egg  
1 cup milk, plus more if necessary  
1/2 tsp salt  
1 Tbsp brown sugar  
1/2 cup blueberries

### Directions

Sift together flour and baking powder, set aside. Beat together the egg, milk, salt and brown sugar in a bowl. Stir in flour until just moistened, add blueberries, and stir to incorporate. Preheat frying pan over medium heat, and spray with cooking spray. Pour approximately 1/4 cup of the batter into the pan for each pancake. Brown on both sides and serve hot.

# THE FAMOUS... MACARONI & CHEESE

## Quick Bake Macaroni & Cheese (method: layer with sliced cheese)

### Ingredients

1 (16 oz) package macaroni  
1 lb sharp Cheddar cheese, sliced  
1 Tbsp butter  
Salt and pepper to taste  
1 (12 fluid oz) can evaporated milk

### Directions

Preheat oven to 375°F. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Grease a 2 quart casserole dish. Place a quarter of the macaroni in the bottom, followed by an even layer of one-quarter of the cheese slices. Dot with butter and season with salt and pepper. Repeat layering three times. Pour evaporated milk evenly over the top of all. Bake, uncovered, for one hour, or until top is golden brown.

## Baked Macaroni & Cheese (method: prepare basic cheese sauce)

### Ingredients

2 cups macaroni  
2 Tbsp butter  
1/2 cup milk  
1 cup shredded Cheddar cheese  
1/2 cup bread crumbs (optional)  
Salt and pepper to taste

### Directions

Cook the macaroni according to package directions. Drain. In a saucepan, melt 2 Tbsp butter or margarine over medium heat. Stir in milk and 3/4 cup shredded cheese. Let sauce simmer gently until the cheese is melted, stirring often. Mix in the cooked macaroni. Transfer macaroni and cheese to an ovenproof pan. Sprinkle with 1/4 cup cheese and breadcrumbs (optional). Bake at 350°F for about 45 minutes.

## Creamy Macaroni & Cheese (method: prepare cheese sauce from a roux)

### Ingredients

1 8oz box of macaroni  
2 Tbsp butter  
2 Tbsp flour  
2 cups milk  
2 cup shredded Cheddar cheese  
Salt and pepper to taste

### Directions

Preheat oven to 350°F. Prepare macaroni by directions on box and drain well. In a saucepan, melt butter over medium heat. Add flour and stir to remove lumps. Pour in milk and cook until thickened. Season with salt and pepper. Add cheese and stir until melted. Add macaroni and stir. Pour mixture into 2 qt. casserole dish. Bake for 20 minutes. Bake at 350°F for about 45 minutes.

### **Recipe Variation:**

- Top any of the Macaroni and Cheese recipes with 1/2 cup bread crumbs and bake.
- For more flavor, sauté 1 diced onion and 1 clove of garlic in butter and add to casserole by layering with other ingredients or mixing it into the cheese sauce.

# TUNA CASSEROLE

## 5-Step Tuna Casserole

### Ingredients

- 1 package wide egg noodles (or macaroni noodles or penne noodles)
- 4 cans water-packed flaked tuna, drained
- 2 cans of cream of mushroom soup
- 1 bag of frozen peas, thawed (or 1 can of peas, drained)
- 1 cup cheddar cheese, shredded

### Directions

1. Preheat oven to 350°F.
2. In a saucepan, boil egg noodles as per directions on package and drain.
3. Using same pan, add cream of mushroom soup, tuna, and peas; stir together.
4. Transfer to a buttered casserole dish and top with shredded cheese.
5. Bake until cheese is melted and serve.

### **Recipe Variations:**

- Broccoli can be substituted for the peas; frozen peas and carrots can be used instead of peas.
- Cream of chicken soup can be substituted for cream of mushroom soup.
- The casserole can be topped with ½ cup bread crumbs and bake
- Cheese can be added to the sauce and as a topping
- For more flavor, add one or more of the following ingredients:
  - 2 Tbsp dried onion flakes
  - 2 Tbsp dried parsley
  - 1 cup fresh mushrooms, slices (or 1 can sliced mushrooms, drained)

## Tuna Casserole from Scratch

### Ingredients

- 1/2 cup butter, divided
- 1 (8 oz) package uncooked medium egg noodles (or macaroni noodles or penne noodles)
- 1/2 medium onion, finely chopped
- 1 stalk celery, finely chopped
- 1 clove garlic, minced (or ½ tsp garlic powder)
- 8 oz fresh mushrooms, sliced
- 1/4 cup all-purpose flour
- 2 cups milk
- Salt and pepper to taste
- 2 (6 oz) cans water-packed flaked tuna, drained
- 1 cup frozen peas, thawed
- 3 Tbsp bread crumbs
- 1 cup shredded Cheddar cheese

### Directions

Preheat oven to 375°F. Butter a medium baking dish with 1 Tbsp butter. Bring a large pot of lightly salted water to a boil. Add egg noodles, cook for 8 to 10 minutes, until al dente, and drain. Melt 1 Tbsp butter in a skillet over medium-low heat. Stir in the onion, celery, and garlic, and cook 5 minutes, until tender. Increase heat to medium-high, and mix in mushrooms. Continue to cook and stir 5 minutes, or until most of the liquid has evaporated. Melt 4 Tbsp butter in a medium saucepan, and whisk in flour until smooth. Gradually whisk in milk, and continue cooking 5 minutes, until sauce is smooth and slightly thickened. Season with salt and pepper. Stir in tuna, peas, mushroom mixture, and cooked noodles. Transfer to the baking dish. Sprinkle bread crumbs over the casserole. Top with cheese. Bake 25 minutes in the preheated oven, or until bubbly and lightly browned.

# CAJUN-STYLE FISH

## Baked Cajun Fish

### Ingredients

2 Tbsp canola oil  
2 tsp garlic salt  
2 tsp dried thyme  
2 tsp paprika  
1/2 tsp cayenne pepper (use less if prefer mild spice)  
1/4 tsp pepper  
4 fillets of fish

### Directions

In a small bowl, combine the first 6 ingredients; brush over both sides of fish. Place fish in a baking dish coated with nonstick cooking spray. Bake at 450°F for 10-13 minutes or until fish flakes easily with a fork.

## Pan-Fried Cajun Fish

### Ingredients

2 Tbsp vegetable oil  
1/2 tsp dried thyme  
1 tsp paprika  
2 tsp salt  
1 tsp onion powder  
1 tsp garlic powder  
1/2 tsp cayenne pepper (use less if prefer mild spice)  
3/4 tsp black pepper  
1/2 tsp dried oregano  
1 cup panko bread crumbs or dry bread crumbs  
1 lemon, sliced  
4 fillets of fish

### Directions

In bowl, combine paprika, salt, onion and garlic powders, cayenne, black pepper, oregano and thyme. Stir in panko crumbs; spread on pie plate. With paper towel, pat fish dry. Press into spice mixture, turning to coat well. Set aside on baking sheet (*make-ahead: Refrigerate for up to 1 hour*). Generously brush large nonstick skillet with some of the oil; fry fish, in batches and brushing pan with more oil as necessary, until golden and crisp and flakes easily when tested with fork, about 5 minutes per side.

# LASAGNA

## Vegetarian Lasagna with Eggplant & Zucchini

### Ingredients

1 pound box lasagna noodles  
6 cups marinara sauce (or tomato sauce)  
24 oz cottage cheese (for richer flavor and texture, use ricotta cheese)  
32 oz shredded mozzarella cheese  
1 tsp dried basil or oregano  
2 eggplants, cut into thin circular slices  
6 to 8 small zucchini, cut into thin circular slices  
1 cup mushrooms, thinly sliced  
4 Tbsp olive oil  
4 cloves garlic  
2 cans (28 oz) diced tomatoes  
1/3 cup chopped basil

### Directions

Sauté or oven-roast the vegetables until they are cooked through. Set aside. Preheat the oven to 350°F. In the bottom of a 16" x 12" pan, place a layer of dry noodles. On top of that, add about 1/3 of the marinara sauce, about 1/2 of the cottage cheese, and about 1/3 of the mozzarella cheese. Sprinkle basil or oregano over the top, and add a layer of vegetables. Repeat the process. Finish with a layer of noodles, then top with tomato sauce and a thick layer of mozzarella cheese. Cover the pan with aluminum foil. Bake for 35 minutes or until a knife pokes easily through the lasagna. Remove the foil and bake at 450°F for 10 minutes, or until the top is browned. Remove lasagna from the oven and let sit for 20 minutes.

**Cooking Tip:** You can double the recipe to make 2 lasagnas and freeze an uncooked one. Bake the frozen lasagna for 50 minutes instead of 35.

## Meat Lasagna

### Ingredients

1 package extra lean ground beef  
1 clove garlic  
1 Tbsp dried basil  
1 ½ tsp salt (or to taste)  
2 cans diced tomatoes, drained  
2 cans tomato paste  
2 eggs  
3 cups cottage cheese (or ricotta for richer flavor)  
½ cup grated parmesan  
2 Tbsp dried parsley  
1 tsp salt  
½ tsp pepper  
1 lb mozzarella cheese  
1 package lasagna noodles

### Directions

Preheat the oven to 375°F. Sauté the ground beef, garlic, basil, salt, canned tomatoes, and 2 cans tomato paste. Boil the lasagna noodles until they're al dente. Slice the mozzarella cheese. In a bowl, mix the eggs, cottage cheese, parmesan, parsley, salt and pepper. At the bottom of the pan, layer the ingredients in this order: noodles, egg mix, mozzarella cheese, tomato sauce. Bake for 30 minutes at 375°F and let stand for 15 minutes before serving.



# SOUPS

## **Carrot Soup**

### Ingredients

2 oranges  
1 lb carrots, diced  
1 large onion, diced  
4 cups vegetable stock  
½ cup finely chopped cilantro (optional)

### Directions

Remove the zest from the oranges (outer orange part only). Juice the oranges. Combine the carrots, onion, orange juice, and zest in a large saucepan over medium heat. Add 2 cups of the stock and bring to a boil. Simmer for 10 minutes. Add chopped cilantro to the soup (optional). Puree using a hand-held blender or in a food processor. Add remaining 2 cups of stock to the soup and return to the heat. Simmer gently for 5 minutes.

## **Garden Vegetable Soup**

### Ingredients

4 Tbsp olive oil (or vegetable oil)  
2 cups chopped leeks, white part only (from approximately 3 medium leeks) -optional  
2 Tbsp garlic, minced (or 1 tsp of garlic powder)  
Salt  
2 cups carrots, peeled and chopped into rounds (approximately 2 medium)  
2 cups peeled and diced potatoes  
2 cups fresh green beans, broken or cut into 3/4-inch pieces (or 2 cans of green beans)  
2 quarts chicken or vegetable broth  
4 cups peeled, seeded, and chopped tomatoes  
2 cans of corn  
1/2 tsp freshly ground black pepper  
1/4 cup packed, chopped fresh parsley leaves (or 2 Tbsp of dried parsley)  
1- 2 tsp lemon juice

### Directions

Heat the olive oil in large, heavy-bottomed stockpot over medium-low heat. Once hot, add the leeks, garlic, and a pinch of salt and sweat until they begin to soften (about 7-8 minutes). Add the carrots, potatoes, and green beans and continue to cook for 4 to 5 more minutes, stirring occasionally. Add the stock, increase the heat to high, and bring to a simmer. Once simmering, add the tomatoes, corn kernels, and pepper. Reduce the heat to low, cover, and cook until the vegetables are fork tender (about 25-30 minutes). Remove from heat and add the parsley and lemon juice. Season, to taste, with salt. Serve immediately.

## Squash Soup

### Ingredients

1 Tbsp  
1 onion, chopped  
3 cloves garlic, chopped  
1 butternut squash (or pumpkin squash), peeled, seeded, and coarsely chopped  
5 cups (1.25 L) chicken stock

### Directions

In a saucepan, add the oil with onion and garlic and sauté for 3 minutes or just until tender. Add the squash and stock and bring to a boil. Simmer for 12 minutes, or until squash is tender. Puree with hand-held blender or in a food processor. Return to heat and heat for 2-3 minutes.

## Chicken Noodle Soup

### Ingredients

3 Tbsp olive oil  
1 large onion, chopped  
2 celery stalks, halved lengthwise and cut into 3/4-inch pieces  
2 medium carrots, halved lengthwise and cut into 3/4-inch pieces  
Salt and black pepper  
2 cloves garlic, chopped (or 3/4 tsp of garlic powder)  
3 Tbsp all-purpose flour  
6 cups chicken stock  
1 bay leaf  
Dash Worcestershire sauce  
2 boneless, skinless chicken breasts, cubed into bite-size pieces  
4 oz egg noodles, about 1 cup (or rotini noodles or linguini noodles, broken in half)  
8 oz frozen peas  
1/4 cup freshly chopped dill leaves

### Directions

Melt the butter in a large skillet over medium heat and add the olive oil. Add the onion, celery and carrots and sauté until soft, about 4 minutes. Season with salt and pepper, to taste. Stir in the garlic and sauté, 1 minute more. Whisk in the flour and stir frequently until it coats the vegetables and makes a paste. Cook until it reaches a pale blonde color, about 2 minutes. Gradually whisk in the chicken stock, making sure there are no lumps. Add the bay leaf and Worcestershire and season with salt and pepper, to taste. Let the soup simmer for 15 minutes to thicken and develop the flavors. Reduce the heat and add the chicken and the noodles. Do not boil the chicken or it will become tough. Add the peas and the dill and simmer gently for 10 more minutes. Taste for seasoning and add more salt and pepper, if needed.

## Tomato & Lima Bean Soup

### Ingredients

2 cups vegetable stock  
2 zucchini, diced  
2 cans condensed tomato soup  
2 cans lima beans, drained  
2 Tbsp fresh oregano, finely chopped

### Directions

Combine the vegetable stock and zucchini in a large saucepan over medium heat and bring to a boil. Simmer for 5 minutes. Add tomato soup, lima beans, and oregano and bring back to a boil. Simmer gently for 10 minutes.

# SANDWICH FILLINGS

## Chicken Salad

### Ingredients

1/2 cup mayonnaise  
1 Tbsp lemon juice  
1/4 tsp ground black pepper  
2 cups chopped, cooked chicken meat  
1 stalk celery, chopped

### Directions

In a medium bowl, mix together mayonnaise, lemon juice, and pepper. Mix with chicken and celery.

### **Recipe Variation:**

*Add chopped green onions, 1 Tbsp of mustard (dried, Dijon, or French), and/or chopped fresh dill (or dried dill) for more flavor.*

## Egg Salad with Celery

### Ingredients

6 hard-cooked eggs, sliced  
1/4 cup mayonnaise  
2 tsp fresh lemon juice  
1 Tbsp green onion, finely chopped  
1/4 tsp salt  
1/4 tsp pepper  
1/2 cup finely chopped celery

### Directions

Chop eggs. Mix mayonnaise, lemon juice, green onion, salt and pepper in medium bowl. Add chopped eggs and celery; mix well. Refrigerate, covered, to blend flavors.

## Egg Salad with Mustard and Dill

### Ingredients

8 hard-cooked eggs, diced  
1 cup mayonnaise  
1/2 tsp salt  
1 tsp mustard powder  
1/4 tsp black pepper  
1 tsp dill weed

### Directions

In a bowl, gently mix the eggs, mayonnaise, onion flakes, salt, mustard powder, garlic powder, pepper, and dill. Cover, and refrigerate 8 hours, or overnight. Serve.

### **Recipe Variations:**

- *Substitute 1 tsp of prepared mustard, if dry mustard is not available.*
- *Add 1/4 cup of dried onion flakes or 1/4 cup of chopped green onion for more flavor*
- *Add 1/4 tsp garlic powder for more flavor*
- *Add 1/4 tsp of paprika for more flavor*

# BARBEQUE SAUCE

## Tangy Barbeque Sauce

### Ingredients

3/4 cup brown sugar or honey  
1/2 cup ketchup  
1/4 cup vinegar  
1 tsp dry mustard  
Salt and pepper to taste

### Directions

Mix all ingredients together; put in a container and keep refrigerated until ready to use.

## Sweet Barbeque Sauce

### Ingredients

1 bottle ketchup  
1/4 cup brown sugar or honey  
1 Tbsp garlic

### Directions

Mix all ingredients together; put in a container and keep refrigerated until ready to use.

# OTHER RECIPES

## Beef, Macaroni, & Tomato Casserole

### Ingredients

1 pound extra lean ground beef  
1 large onion, chopped  
8 oz macaroni, cooked and drained  
1 can (8 oz) tomato sauce  
1 can (14.5 oz) diced tomatoes  
1/4 cup grated Parmesan cheese  
1 tsp dried oregano or basil  
1/2 tsp garlic powder  
1 tsp salt

### Directions

Brown ground beef in vegetable oil with onion. Cook until onions are just tender, about 5 to 7 minutes. Add macaroni, tomato sauce, tomatoes, and Parmesan cheese and salt. Transfer to a 2-quart casserole; bake, covered, for 45 minutes in a preheated 350° oven.

### **Recipe Variation:**

- Top with shredded cheddar cheese or shredded mozzarella cheese and bake.
- Add other vegetables with onions such as celery, green peppers, and/or mushrooms.
- Dried oregano or basil and/or garlic can be removed from the recipe without a substitution.

## Spaghetti with Meat Sauce

### Ingredients

1 pound ground beef  
1 medium green pepper, chopped  
1 medium onion, chopped  
3 cloves garlic, minced (or 1 tsp garlic powder)  
2 (28 oz) cans diced tomatoes, drained  
2 (6 oz) cans tomato paste  
1/4 cup sugar  
1 Tbsp dried basil  
1 Tbsp dried parsley (or dried oregano)  
1 tsp salt  
1/2 tsp pepper  
Hot cooked spaghetti (or any type of pasta noodles you prefer)

### Directions

In a large skillet over medium heat, cook beef until no longer pink; drain. Stir in green pepper, onion, garlic, tomatoes, paste, sugar and seasonings; mix well. Cover and cook on low for a minimum of 1 hour. Serve over spaghetti.

## Greek Chicken Penne

### Ingredients

1 (16 oz) package penne pasta (or substitute rotini noodles)  
2 Tbsp olive oil (or vegetable oil)  
1/2 cup chopped red onion  
2 cloves garlic, minced (use 1/2 tsp garlic powder if fresh garlic is not available)  
1 pound skinless, boneless chicken breast halves - cut into bite-size pieces  
1 (14 oz) can artichoke hearts in water (optional)  
1 tomato, chopped  
1/2 cup crumbled feta cheese (or mozzarella cheese, chopped into 1/2 inch cubes)  
3 Tbsp dried parsley (use chopped fresh parsley if in stock)  
2 Tbsp lemon juice  
1 tsp dried oregano  
Salt and pepper to taste

### Directions

In a large pot with boiling salted water cook penne pasta until al dente. Drain. Meanwhile, in a large skillet over medium-high heat olive oil, add onion and garlic and cook for 2 minutes. Add chopped chicken and continue cooking, stirring occasionally until golden brown, about 5 to 6 minutes. Reduce heat to medium- low. Drain and chop artichoke hearts and add them, chopped tomato, feta cheese, fresh parsley, lemon juice, dried oregano, and drained penne pasta to the large skillet. Cook until heated through, about 2 to 3 minutes. Season with salt and ground black pepper. Serve warm.

### **Recipe Variation:**

- Substitute spinach or black olives for artichoke hearts.

### **Cooking Tips:**

- If using fresh spinach, remove skillet from heat and stir in fresh spinach.  
- If using frozen spinach, thaw spinach and replace artichoke hearts in recipe and follow recipe directly.

## Vegetarian Chili

### Ingredients

1 Tbsp vegetable oil  
1 large onion, chopped  
1 garlic clove, peeled and chopped (or use 1/2 tsp garlic powder)  
2 cup dry black beans [or 2 (15oz) can black beans, drained]  
2 cup dry kidney beans [or 2 (15oz) can kidney beans, drained]  
2 cup dry pinto beans [or 2 (15oz) can pinto beans, drained]  
2 (28 oz) cans diced tomatoes, drained  
3 cans tomato paste  
1 (8 oz) can tomato sauce  
2 Tbsp chili powder, or to taste  
Salt and pepper to taste

### Directions

Heat the oil in a large pot over medium heat. Cook onion and garlic. Stir in black beans, kidney beans, pinto beans, tomatoes, tomato paste and tomato sauce. Season with chili powder, salt and pepper. Reduce heat, cover and simmer 2 to 3 hours, until beans are tender (if using canned beans, simmer for 20-30 minutes and serve).

### **Recipe Variations:**

- Add 3 lbs of extra lean ground beef for meat chili and cut each bean amount in half.
- For more flavor, prepare recipe with 1 cup chopped carrots, 1 chopped green bell pepper, 2 cups sliced mushrooms, 1 package of frozen spinach (or 2 cups fresh spinach) and/or 1 can whole kernel corn drained.
- If you'd like to include more herbs, add: 1 Tbsp cumin, 1 Tbsp dried oregano, 1 Tbsp dried basil

## Beef & Barley Stew

### Ingredients

1 pound cubed beef stew meat  
1 small onion, chopped  
3 cloves garlic, crushed (or 1 tsp garlic powder)  
2 (14 oz) cans beef broth  
3 ½ cups water  
1 can diced tomatoes with juice  
1 potato, cubed  
2 carrots, chopped  
1/4 medium head cabbage, shredded  
1/3 cup quick-cooking barley  
1 (14.5 oz) can great Northern beans, rinsed and drained  
1/4 tsp dried oregano  
1/4 tsp dried basil  
1/4 tsp dried rosemary  
1/4 tsp ground black pepper

### Directions

Coat a large pot with cooking spray. Place over medium heat and cook beef until brown. Stir in onion and cook until translucent. Drain fat. Stir in pepper and garlic and cook 1 minute. Pour in beef broth, water and tomatoes. Stir in potato, carrots, cabbage, barley and beans. And season with oregano, basil, and rosemary. Bring to a boil, then reduce heat and simmer 20 minutes.

### **Recipe Variation:**

*For more flavor, add 1 cup sliced mushrooms and/or 1 cup of frozen peas.*

## Beef Stroganoff

### Ingredients

1 (12 oz) package wide egg noodles, cooked and drained  
2 cups fresh mushrooms, sliced  
1 onion, chopped  
1/4 cup butter  
2 lbs extra lean ground beef (or beef tenderloin, sliced 1/4 inch thick)  
4 Tbsp all-purpose flour  
2 cups beef broth  
1 cup sour cream  
Salt and black pepper to taste

### Directions

Bring a large pot of water to a boil. Cook egg noodles in boiling water until done, about 8 minutes. Drain. Meanwhile, prepare the sauce. In a large skillet, cook mushrooms and onions in 2 tablespoons of butter over medium heat until soft; remove from pan. Using the same pan, melt remaining butter. Cook ground beef in melted butter until browned. Mix in flour. Stir in beef broth, and cook until slightly thickened. Add mushroom and onion mixture; stir in sour cream. Season to taste with salt and pepper. Continue cooking until sauce is hot, but not boiling. Serve sauce over egg noodles.

### **Recipe Variations:**

- Add 1 cup crushed tomatoes for rich flavor
- Add 1 tsp thyme, 1 tsp dried parsley, 1/2 tsp paprika and/or 1 Tbsp Worcestershire sauce for more flavor

## Baked Chicken Strips

### Ingredients

8 deboned chicken breasts  
2 cups fine bread crumbs  
1 1/2 tsp salt  
1 Tbsp thyme  
1 Tbsp basil  
3 eggs, whisked

### Directions

Cut chicken into 1 1/2 inch strips. Combine dry ingredients. Dip chicken strips into the eggs and then coat in crumbs. Place on lightly greased baking sheet. Bake for 20 minutes at 400°F. Turn strips after 10 minutes.

### **Recipe Variation:**

- Substitute the thyme and basil for lemon pepper
- Add 1/2 cup of grated parmesan cheese to the bread crumbs
- Prepare Barbeque sauce (see recipe above) for dipping chicken strips

## Teriyaki Pork & Vegetable Stir-Fry

### Ingredients

3/4 cup chicken broth, divided (sodium-reduced product preferred)  
1/3 cup soy sauce (sodium-reduced product preferred)  
2 Tbsp red wine vinegar or cider vinegar  
2 tsp honey  
2 tsp garlic powder  
3/4 tsp ground ginger (or 1 Tbsp minced fresh ginger)  
1 lb boneless pork loin chops, cut into thin strips  
1 Tbsp canola oil (or olive oil)  
2 red peppers, sliced  
3 medium carrots, sliced  
4 cups shredded cabbage  
1 Tbsp cornstarch  
Hot cooked rice

### Directions

In a bowl, combine 1/4 cup broth, soy sauce, vinegar, honey, and garlic powder; mix well. Pour 1/3 cup marinade into a large re-sealable plastic bag; add the pork. Seal bag and turn to coat; refrigerate for 1 hour. Cover and refrigerate remaining marinade.

Drain and discard marinade from pork. In large nonstick skillet or wok, stir-fry pork in oil for 2-3 minutes or until no longer pink. Remove and keep warm. In the same pan, stir-fry carrots in reserved marinade for 2 minutes. Add red peppers and cabbage; stir-fry 2-3 minutes longer or until vegetables are crisp-tender.

Combine cornstarch and remaining broth until smooth; stir into vegetable mixture. Bring to a boil; cook and stir until thickened. Return pork to the pan; heat through. Serve over rice if desired.

### **Cooking Tips:**

- Use a garlic press for the garlic. If you don't have one then finely mince the garlic by hand. If you don't have fresh garlic, use 3/4 tsp garlic powder
- Cook cabbage just until it starts to wilt to avoid it being overcooked when the sauce is thickened.

## Devilled Eggs

### Ingredients

6 eggs, hard boiled, cooled, and peeled  
2 tablespoons mayonnaise  
1 teaspoon Dijon mustard  
1 teaspoon white vinegar  
1 teaspoon finely chopped chives  
Paprika  
Salt and pepper to taste

### Directions

Place the cooked egg yolks in a bowl. Using a fork, work the mayonnaise, mustard, vinegar, chives, and salt and pepper into the yolks to form a smooth paste. Fill the egg halves with the egg yolk filling. Top with paprika.

**Have FUN with Cooking!**