HEALTHIER TRADITIONS COOKBOOK

quick & easy

Stovetop Apple Crisp

18 Simple Recipes

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HEALTHIER TRADITIONS COOKBOOKS

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We are pleased to share this edition of the Transamerica Institute® *Healthier Traditions Cookbook* series focused on simple recipes that can be made in less than 20 minutes. While many people are interested in eating more healthfully and cooking more at home, it can be challenging to learn recipes that are quick and affordable. And it's certainly hard to find ones that can be just as palate-pleasing.

With this book, we came up with faster versions of some tried-and-true recipes as well as created some simple dishes that we think you and your family will love. This book includes a wide variety of recipes that can be made any day of the week–whether you're rushing to make dinner after a long day at work or preparing a crowd-pleasing dish for a weekend potluck brunch. We also purposefully chose recipes with simple, affordable ingredients that you can find at any full grocery store and can even substitute based on what you may have on hand or can find from local farms.

The simple ingredient lists for these recipes help to shorten your trips to the grocery store and take up less space in your refrigerator and freezer. These recipes also require minimal equipment, making them accessible for people with all types of kitchens and at all stages of life. All can be made on a stovetop, in a microwave, or right on your countertop–no oven required. So with these recipes, there is no need to wait for anything to preheat or to heat up your kitchen on hot summer days. And using fewer dishes also reduces the amount of cleanup and dishwashing afterward.

Many of these recipes are plant-forward, encouraging you to add more vegetables, legumes, and whole grains into your diet. The recipes are all balanced and suitable for omnivores, though. We offer suggestions about modifications that can be made to make a vegetarian (or even vegan) version of several recipes.

Most of the recipes are already gluten-free. If needed, here are suggested substitutions for those that contain wheat:

- For the Vegetable Stir Fry and Ginger Pork & Rice Salad Bowl, use tamari instead of soy sauce.
- For the Mediterranean Tuna Salad, use a rice- or nut-based cracker instead of whole wheat crackers.
- For the Smashed Chickpea Avocado Sandwich, use your favorite gluten-free bread (preferably whole grain), large lettuce leaves, or blanched collard leaves to make a wrap.
- For the Beef & Bean Burritos, substitute brown rice tortillas for the whole wheat tortillas; or, put burrito filling into small corn tortillas to instead make tacos.

We truly hope you enjoy trying these recipes and learning from the cooking tips and cultural tidbits shared throughout the book. Please let us know if you have any feedback about this book and would like to receive copies to share with your community group, patients, or other people who might be interested.

Special Thanks

TO COLLABORATORS AND CONTRIBUTORS

DIETITIAN

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Christina works as a healthcare consultant, focusing on advancing the role of nutrition in healthcare. She applies her expertise in healthcare and public health research, policy, and practice to support diverse stakeholders in improving care delivery and health outcomes. She also regularly writes, teaches, and develops trainings and clinical programs about nutrition, culinary medicine, and sustainable agriculture–including directing award-winning culinary medicine trainings for healthcare professional associations, developing five cookbooks for the Transamerica Institute, coauthoring The Farm Bill: A Citizen's Guide and Mix It Up: The Culinary Medicine Cookbook for Mixing Things up in the Kitchen, and co-developing a culinary medicine course at the Georgetown University School of Medicine and lifestyle medicine program for MedStar Shah. Christina previously worked for Avalere (a healthcare advisory firm), the US Environmental Protection Agency, Teaching Kitchen Collaborative, NIH Clinical Center, and other organizations. Christina serves as past-president of the DC Metro Academy of Nutrition and Dietetics, board member of Slow Food DC and member of Slow Food's Food and Farm Policy Team, member of the Academy CEO Advisory Council, and founder of the Teaching Kitchen Collaborative's nutrition working group. Christina completed her dietetic internship at Massachusetts General Hospital; earned her MPH from UC Berkeley; and earned her AB in Ecology and Evolutionary Biology, with a certificate in Italian Language and Culture, from Princeton University. Christina was selected as a 2025 Outstanding Dietitian of the Year by the Academy of Nutrition and Dietetics. Learn more about her at www.christinabadaracco.com or follow her on Instagram @cbadarac.

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DISCLAIMER: All recipes assume that produce is washed and ready for consumption. Nutrition facts are per serving and do not include optional toppings (unless otherwise stated).

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TOMATO BASIL *Egg Scramble*

TOTAL TIME: 10 MIN

PREP TIME	COOK TIME
5 MIN	5 MIN

SERVES 2

NUTRITION FACTS

195 calories, 14g fat, 4g saturated fat, 290mg sodium, 3g carbohydrate, 0.8g fiber, 2g sugar, 13g protein

Americans are eating and drinking too much added sugar, which can lead to negative health outcomes. It is preferable to minimize sugar consumption in the morning to help stabilize blood sugar and feel satiated throughout the day. This savory breakfast offers a quick and nutritious meal perfect for any day of the week.

Ingredients

- **1 teaspoon extra virgin olive oil or unsalted butter**
- **½ medium tomato, chopped (approx. ½ cup)**
- **2 large eggs**
- **sea salt to taste**
- **2 tablespoons fresh basil, chopped**
- **toast or potatoes, to serve**

Directions

1. Add olive oil (or butter) to a pan over medium-low heat. Add chopped tomatoes and sauté for several minutes, until tomatoes start to soften.
2. Meanwhile, crack eggs into a small bowl, add salt and pepper, and whisk to combine.
3. Add egg mixture to tomatoes and cook for a few minutes until eggs are done.
4. Add chopped basil and stir to combine.
5. Serve warm with whole grain toast or roasted potatoes, if desired.

OVERNIGHT *Oats*

TOTAL TIME: 6 MIN
(plus 8 hours inactive time)

PREP TIME	PREP TIME
5 MIN	1 MIN

This recipe can be very versatile, depending on what nuts or seeds you have on hand and what fruit is in season. Try chopped pear in the fall, orange sections in the winter, cherries in the spring, and chopped peaches in the summer.

This recipe is full of fiber, helping to promote a healthy heart and digestive system.

Ingredients

- ⅓ **cup rolled oats**
- ½ **cup any dairy or non-dairy milk**
- 2 **tablespoons plain yogurt**
- 2 **teaspoons chia seeds**
- 1 **teaspoon honey (optional)**
- ½ **cup fruit (such as blueberries, blackberries, or chopped apple)**

SERVES 1

NUTRITION FACTS*

292 calories, 8g fat, 2g saturated fat, 121mg sodium, 47g carbohydrate, 9g fiber, 19g sugar, 15g protein

**Using low-fat milk and not including optional flavorings*

Directions

1. Add oats, milk, yogurt, chia seeds, and honey (if desired) to jar and stir. Refrigerate overnight or for at least 8 hours.
2. Before serving, top with fruit. If you prefer warm oats, microwave for 1 minute.

TWO-INGREDIENT *Pancakes*

TOTAL TIME: 10 MIN

PREP TIME	COOK TIME
5 MIN	5 MIN

Americans should keep their consumption of added sugars to less than 10% of their total daily calories to prevent disease.

Most pancakes are made of primarily white flour, which contains little nutritional value and leads to a spike in blood sugar. This pancake recipe uses fewer ingredients and is higher in fat and protein, promoting satiety. Furthermore, the mashed banana adds natural sweetness to these pancakes.

Try adding a spice, such as cardamom or ginger, for a unique flavor.

SERVES 1

NUTRITION FACTS

276 calories, 10g fat, 3g saturated fat, 146mg sodium, 34g carbohydrate, 4g fiber, 19g sugar, 15g protein

Ingredients

1 large ripe banana

2 large eggs, lightly beaten

OPTIONAL FLAVORINGS

1 tablespoon cocoa powder

¼ teaspoon vanilla extract

¼ teaspoon cinnamon

¼ teaspoon cardamon

¼ teaspoon ginger

½ teaspoon butter

TOPPINGS

¼ cup chopped nuts

sliced apples

berries

maple syrup

honey

cinnamon

Directions

1. In a small bowl, peel and mash banana with a fork into a pudding-like consistency.
2. Add eggs and flavorings, if desired. Stir to combine.
3. Melt 1 teaspoon butter or mild cooking oil in a pan over medium heat. When pan is hot, add batter to reach desired size and let cook for 1 minute. The edges will look browned while the center will still look loose.
4. Sprinkle with toppings, if desired.
5. Gently flip the pancakes and cook about 1 more minute, until lightly browned on both sides.
6. Cook remaining pancakes until all batter is used. Serve warm.

SWEET *Stuffed Potato*

TOTAL TIME: 14 MIN	
PREP TIME 5-7 MIN	**COOK TIME** 5-7 MIN

SERVES 2	NUTRITION FACTS
	417 calories, 6g fat, 2g saturated fat, 518mg sodium, 76g carbohydrate, 21g fiber, 15g sugar, 18g protein

Fewer than 1 in 10 children and adults eat the recommended daily amount of vegetables. This dish provides a fun new way to eat them at lunch or dinner.

Ingredients

- 2 medium sweet potatoes (about 6 ounces each)
- 1 15-ounce can black beans (no salt added), drained and rinsed
- 1 medium tomato, diced
- ½ teaspoon cumin
- ⅛ teaspoon garlic powder
- ⅛ teaspoon fine sea salt
- 2 teaspoons extra virgin olive oil
- 3 tablespoons plain yogurt
- 2 tablespoons chopped fresh cilantro

Directions

1. Use a fork to poke sweet potatoes several times. Place on a microwavable dish and heat on high for 5–7 minutes, until completely tender.
2. Meanwhile, mix beans, tomato, cumin, sea salt, and garlic powder in a small microwavable bowl. Microwave for 1 minute. Add olive oil and stir to combine.
3. Cut the sweet potato in half lengthwise. Add half of filling to each potato and top with yogurt and cilantro. Serve warm.

One serving of this dish provides more than 80% of a woman's and more than half of a man's recommended daily intake of fiber, thanks to the beans and sweet potato.

Try creating new combinations with this base recipe. For example, make a Greek-style stuffed sweet potato using chopped dill and chickpeas instead of cilantro and black beans, or French-style using thyme and lentils.

BURRITO *Bowl*

TOTAL TIME: 11 MIN

PREP TIME	COOK TIME
10 MIN	1 MIN

SERVES 1

NUTRITION FACTS

417 calories, 12g fat, 3g saturated fat, 495mg sodium, 29g carbohydrate, 12g fiber, 5g sugar, 28g protein

This meal is reminiscent of a burrito bowl from your favorite fast casual restaurant. You can make it at home in the same amount of time it would take you to order and wait in line, but save money, avoid extravagant portion sizes, and control the quality of your ingredients.

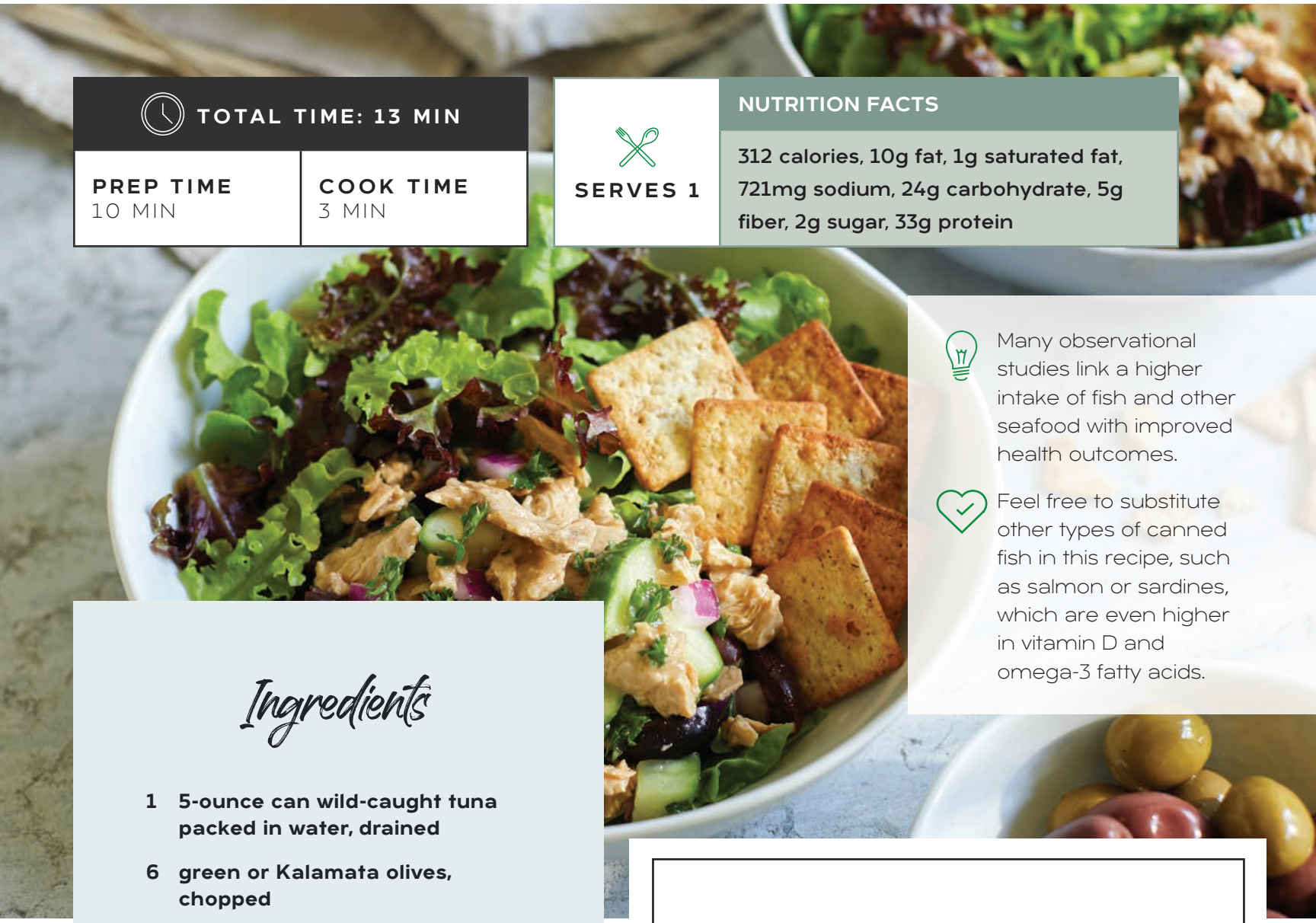
Ingredients

- ½ cup precooked or frozen brown rice or quinoa
- ½ cup cooked black beans
- ⅛ teaspoon cumin
- ⅛ teaspoon cayenne
- ⅛ teaspoon garlic powder
- ½ cup red cabbage, shredded
- 3 ounces shredded or chopped leftover chicken or extra-firm tofu
- ⅓ avocado, chopped
- 2 tablespoons fresh salsa

Directions

1. If using frozen rice, cook according to instructions on package. If using precooked rice, add to beans and reheat in step 2.
2. Add black beans, spices, and a splash of water to a microwavable bowl and heat on high for 30 to 45 seconds.
3. In a serving dish, layer rice, beans, cabbage, chicken or tofu, and avocado. Top with salsa.

MEDITERRANEAN *Tuna Salad*



TOTAL TIME: 13 MIN

PREP TIME	COOK TIME
10 MIN	3 MIN

SERVES 1

NUTRITION FACTS

312 calories, 10g fat, 1g saturated fat, 721mg sodium, 24g carbohydrate, 5g fiber, 2g sugar, 33g protein

Many observational studies link a higher intake of fish and other seafood with improved health outcomes.

Feel free to substitute other types of canned fish in this recipe, such as salmon or sardines, which are even higher in vitamin D and omega-3 fatty acids.

Ingredients

- 1 5-ounce can wild-caught tuna packed in water, drained
- 6 green or Kalamata olives, chopped
- ¼ cup chopped cucumber
- ¼ cup chopped parsley
- 2 tablespoons chopped red onions
- ¼ lemon, juiced
- 1 handful of baby greens or chopped Romaine leaves
- 1 handful of whole grain crackers

Directions

1. In a medium bowl, combine and toss tuna, olives, cucumber, parsley, onions, and lemon juice.
2. Serve mixture over a bed of lettuce, accompanied by crackers.

SMASHED CHICKPEA *Avocado Sandwich*

TOTAL TIME: 12 MIN

PREP TIME	COOK TIME
10 MIN	2 MIN

SERVES 2

NUTRITION FACTS

384 calories, 13g fat, 2g saturated fat, 476mg sodium, 52g carbohydrate, 15g fiber, 10g sugar, 19g protein

Foods containing fiber can provide health benefits such as promoting a healthy weight and lowering your risk of heart disease, diabetes, and certain types of cancer.

This sandwich is reminiscent of a creamy chicken salad sandwich but instead uses chickpeas for a fiber-filled source of plant protein. With the addition of the avocado, 1 sandwich provides more than ½ of the daily fiber recommended for women and ⅓ for men.

Ingredients

- 4 slices whole grain bread
- 1 cup cooked chickpeas
- 1 large ripe avocado
- ¼ lemon, juiced
- ⅛ teaspoon black pepper
- 1 pinch fine sea salt
- 1 pinch of red pepper flakes (optional)
- 1 cup sprouts (or any salad green)

Directions

1. Toast 4 slices of bread.
2. Meanwhile, use a fork to smash chickpeas in a medium bowl. Add avocado and use fork to smash again until avocado is nearly smooth.
3. Stir in lemon juice, salt, pepper, and red pepper flakes (if using).
4. Divide and spread filling over 2 of the slices. Top each with sprouts and another slice of bread. Serve warm.

VEGETARIAN *Chili*

TOTAL TIME: 15 MIN

PREP TIME	COOK TIME
5 MIN	10 MIN

SERVES 2

NUTRITION FACTS

345 calories, 5g fat, 1g saturated fat, 452mg sodium, 63g carbohydrate, 21g fiber, 17g sugar, 18g protein

This is a speedy version of a chili that typically takes an hour or more to cook on the stove. It provides plenty of flavor to keep you full and satisfied.

Ingredients

- 1 teaspoon extra virgin olive oil
- ¼ cup chopped onion
- 1½ tablespoons chili powder
- ¼ teaspoon fine sea salt
- 1 15-ounce can no salt added diced tomatoes
- 1 15-ounce can no salt added tomato sauce
- 1 15-ounce can kidney beans, rinsed and drained

OPTIONAL TOPPINGS

Sliced scallion, tortilla chips, cilantro, plain yogurt, sliced avocado, cheddar cheese, guacamole, pickled jalapeños

Directions

1. Add oil to large pan over medium-high heat. Add onion, chili powder, and sea salt and cook until onions are soft, up to 5 minutes.
2. Add tomatoes, tomato sauce, and beans. Bring to a boil over medium heat. Cook 5 minutes.
3. Serve with favorite chili toppings, if desired.

CHICKEN *Tacos*

TOTAL TIME: 8 MIN

PREP TIME	COOK TIME
7 MIN	1 MIN

SERVES 1

NUTRITION FACTS

264 calories, 12g fat, 3g saturated fat, 408mg sodium, 9g carbohydrate, 2g fiber, 3g sugar, 31g protein

Options for precooked chicken might include pieces from a whole rotisserie chicken, pre-packaged grilled chicken, chicken from a salad bar, or leftover plain chicken meat from a previous meal.

Be aware that precooked chicken from the grocery store likely has a lot of added salt, so try to make your own if possible. Your taste for salt is acquired, so you can learn to enjoy less.

Ingredients

- **4 ounces shredded or chopped precooked chicken (approx. ¾ cup)**
- **3 butter lettuce leaves**
- **½ cup fresh salsa**
- **2 tablespoons guacamole**

Directions

1. If desired, warm chicken by putting it in a microwavable bowl and heating it on medium power for 1 minute.
2. Divide chicken among leaves. Top with fresh salsa and gucamole and serve.

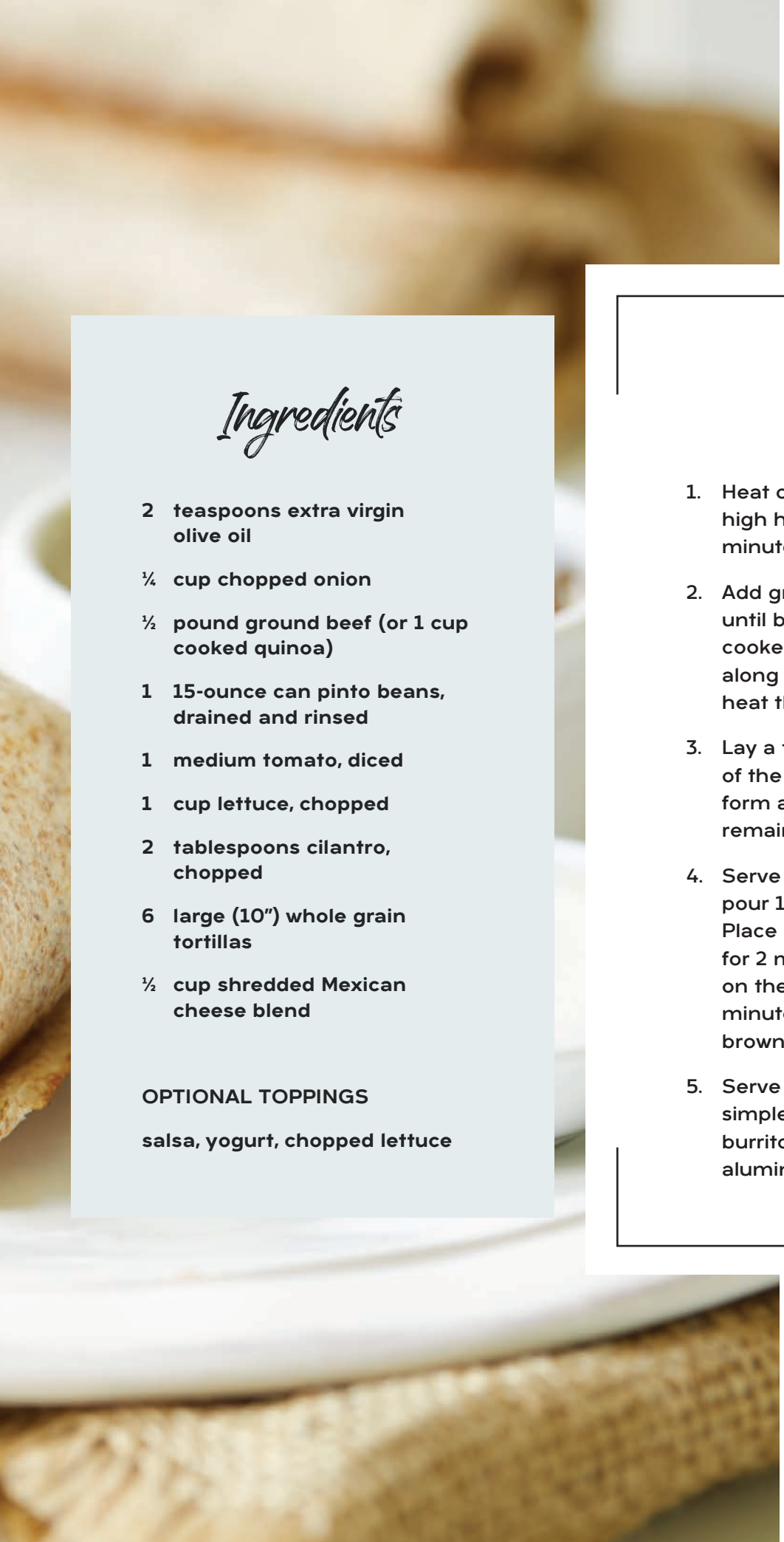
BEEF & BEAN *Burritos*

TOTAL TIME: 8 MIN	
PREP TIME 7 MIN	**COOK TIME** 1 MIN

SERVES 6	NUTRITION FACTS*
	319 calories, 12g fat, 6g saturated fat, 359mg sodium, 34g carbohydrate, 8g fiber, 3g sugar, 19g protein

**For beef burritos*

- Many frozen or restaurant burritos are filled with beef and rice, with little nutritional value and excessive sodium and preservatives.
- This version includes beans for added fiber and plant protein; vegetables for added flavor and nutrition; and whole grain tortillas for extra vitamins, minerals, and fiber.
- Feel free to substitute another type of ground meat, quinoa, or scrambled tofu instead of beef.



Ingredients

- 2 teaspoons extra virgin olive oil
- ¼ cup chopped onion
- ½ pound ground beef (or 1 cup cooked quinoa)
- 1 15-ounce can pinto beans, drained and rinsed
- 1 medium tomato, diced
- 1 cup lettuce, chopped
- 2 tablespoons cilantro, chopped
- 6 large (10") whole grain tortillas
- ½ cup shredded Mexican cheese blend

OPTIONAL TOPPINGS

salsa, yogurt, chopped lettuce

Directions

1. Heat oil in medium pan over medium-high heat. Add onion and cook for 1–2 minutes.
2. Add ground beef (or tofu) and cook until browned, up to 5 minutes. (If using cooked quinoa, skip this step and add it along with the beans). Stir in beans and heat through. Mix in vegetables.
3. Lay a tortilla flat on a plate and add 1/6 of the mixture, top with cheese, and form a roll. Repeat the process with remaining tortillas.
4. Serve while filling is warm or, if desired, pour 1 tablespoon oil into a heated pan. Place all 6 burritos on the pan and cook for 2 minutes on medium-high heat. Flip on the other side and cook for another minute or until the burritos are lightly browned.
5. Serve warm with salsa, yogurt, and/or simple salad, if desired. Wrap leftover burritos in parchment paper and aluminum foil to freeze for future meals.

BLACKENED *Fish*

SERVES 2	NUTRITION FACTS
	437 calories, 18g fat, 3g saturated fat, 751mg sodium, 34g carbohydrate, 4g fiber, 4g sugar, 34g protein

TOTAL TIME: 14 MIN

PREP TIME	COOK TIME
5-7 MIN	5-7 MIN

Ingredients

BLACKENED FISH

- 1½ tablespoons Cajun seasoning
- ⅛ teaspoon black pepper
- ⅛ teaspoon cayenne
- 2 5-ounce fish filets (such as trout, snapper, or flounder)
- 1 tablespoon extra virgin olive oil

SALAD

- 4 cups mixed greens
- 1 teaspoon extra virgin olive oil
- 1 tablespoon balsamic vinegar

OPTIONAL SIDES

- 2 tablespoons plain yogurt
- 2 small white potatoes (approx. 5 ounces each)

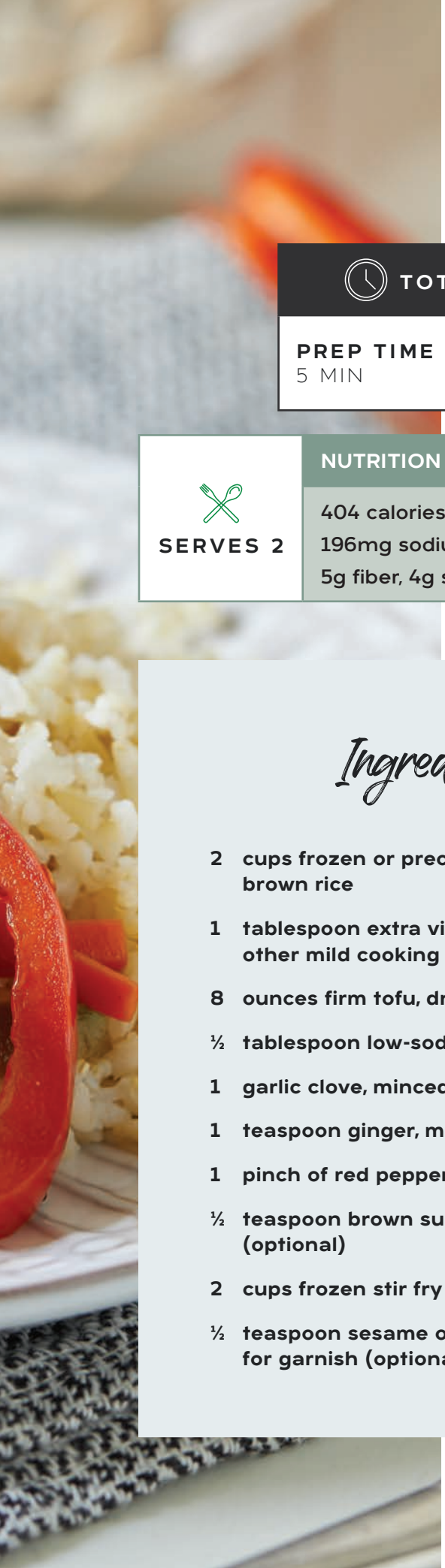
Directions

1. Mix Cajun seasoning, pepper, and cayenne together in a small bowl.
2. Moisten sides of each filet with water and coat with about 2 teaspoons of spice mixture.
3. Heat oil in a skillet over medium-high heat. Once oil is hot, add filets and cook for about 3 minutes per side, or until fish is opaque and can be flaked with a fork.
4. Meanwhile, prick potatoes several times with a fork and microwave for 5-7 minutes, until soft when poked with a fork. Remove and cut in half lengthwise and transfer to serving plates.
5. Transfer fish from pan to serving plates. Add spoonful of plain yogurt and drizzle of olive oil to potatoes.
6. Add half of greens to each plate. Make dressing by whisking together oil and vinegar. Drizzle over greens and serve immediately.

This is a quick way to serve fresh fish for dinner that relies on simple ingredients that you probably already have at home. This recipe will work best with a soft, mild white fish, such as snapper or flounder, but feel free to substitute based on what is fresh, local, wild caught, and/or on sale.

For a side dish, baked potatoes are an easy, healthy side dish. Although they are typically covered in sour cream, butter, and other toppings, adding a bit of yogurt and olive oil make for a healthier version.

Homemade dishes like this stir fry help to avoid unhealthy preservatives commonly used in restaurants and store-bought sauces. This stir fry is reminiscent of a dish from a Chinese takeout restaurant but uses wholesome and nutritious ingredients, such as heart-healthy olive oil and fresh ginger and garlic. Feel free to substitute any precooked vegetables–such as zucchini, broccoli, and/or carrots–that you may have on hand for the frozen vegetables.



VEGETABLE *Stir Fry*

TOTAL TIME: 15 MIN

PREP TIME	COOK TIME
5 MIN	10 MIN

SERVES 2

NUTRITION FACTS

404 calories, 14g fat, 2g saturated fat, 196mg sodium, 50g carbohydrate, 5g fiber, 4g sugar, 15g protein.

Ingredients

- 2 cups frozen or precooked brown rice
- 1 tablespoon extra virgin olive oil or other mild cooking oil, divided
- 8 ounces firm tofu, drained and cubed
- ½ tablespoon low-sodium soy sauce
- 1 garlic clove, minced
- 1 teaspoon ginger, minced
- 1 pinch of red pepper flakes
- ½ teaspoon brown sugar (optional)
- 2 cups frozen stir fry vegetables
- ½ teaspoon sesame oil, for garnish (optional)

Directions

1. Heat large pan over medium heat.
2. Add rice and 2 tablespoons water and cook, covered, for 5 minutes.
3. Heat 2 teaspoons of olive oil in a large skillet over medium-high heat and cook tofu cubes until browned on both sides, about 8 minutes. Set aside. If you have time, remove extra water from tofu by pressing it between 2 towels, topped with a cutting board or pan to press it down.
4. Combine the soy sauce, garlic, ginger, red pepper flakes, and sugar (if desired) in a bowl.
5. Add remaining oil to the hot pan, add vegetables, and cook for approximately 2–3 minutes or until heated through.
6. Add the tofu back into the pan, drizzle with sauce, and toss to combine.
7. Serve warm over rice. Drizzle with sesame oil, if desired.

SOUTHWEST *Skillet*

SERVES 4

NUTRITION FACTS

405 calories, 16g fat, 5g saturated fat, 550mg sodium, 35g carbohydrate, 11g fiber, 6g sugar, 32g protein

TOTAL TIME: 20 MIN

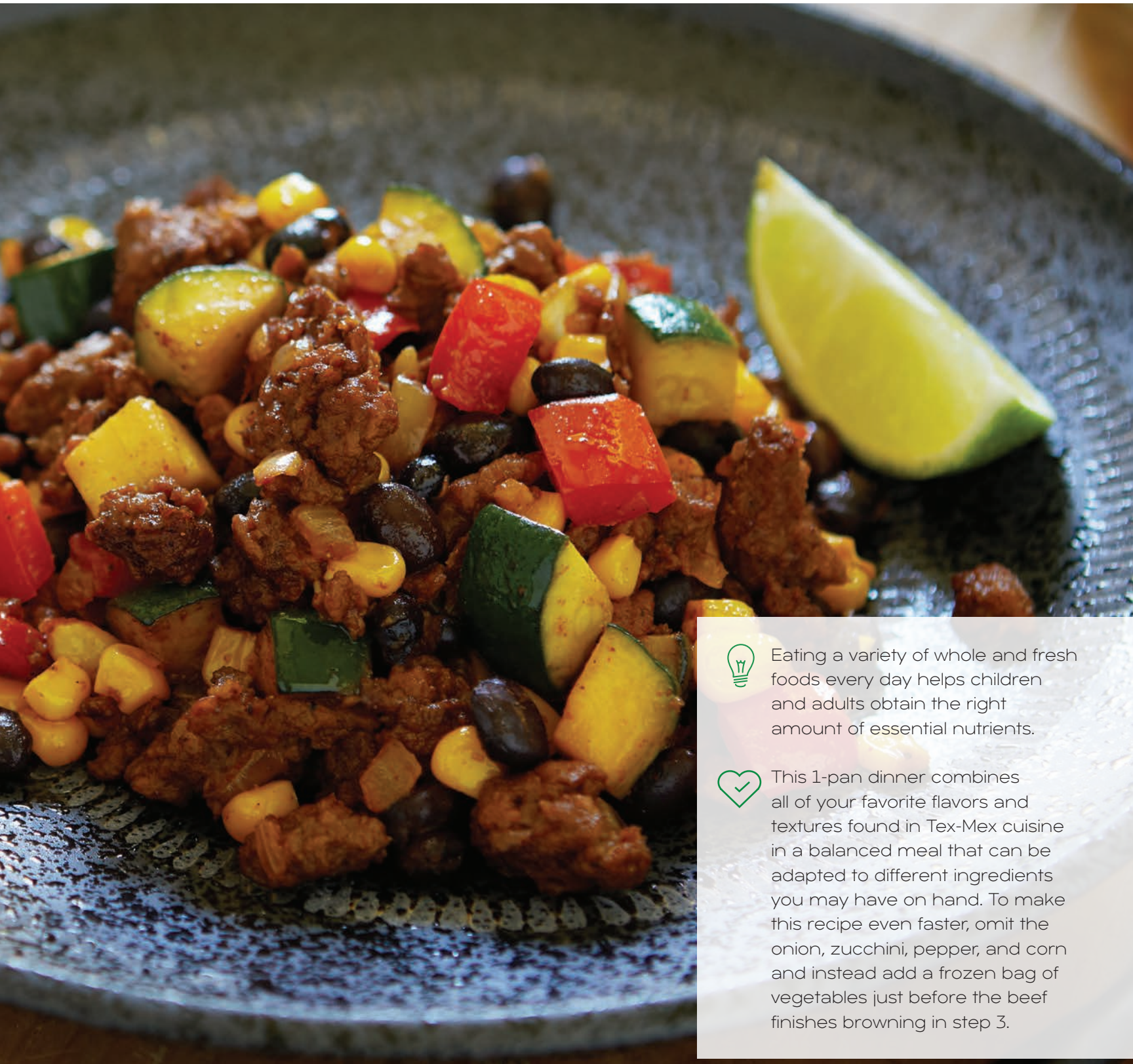
PREP TIME	COOK TIME
10 MIN	10 MIN

Ingredients

- 1 tablespoon extra virgin olive oil
- 1 small onion, chopped
- 1 medium bell pepper, chopped
- 1 small zucchini, chopped
- 2 medium cloves garlic, minced
- 1 pound ground beef or crumbled tofu
- 1 15-ounce can black beans, rinsed and drained
- 1 can corn, drained; 1½ cups frozen corn; or 1 large ear of corn with kernels cut off the cob
- 2 teaspoons chili powder
- 1 teaspoon cumin
- 1 teaspoon paprika
- ¼ teaspoon fine sea salt
- ¼ teaspoon black pepper
- ½ lime, juiced

Directions

1. Heat oil in a large pan over medium-high heat.
2. Add onion, pepper, and zucchinito pan and sauté for approximately 4 minutes, until soft. Add garlic and cook for 1 minute.
3. Add beef and toss to combine. Let cook for 5 minutes, stirring occasionally until beef is lightly browned and cooked through.
4. Add beans, corn, and spices. Stir to combine and cook for another 2 minutes.
5. Add lime juice, transfer to serving dishes, and serve warm.



Eating a variety of whole and fresh foods every day helps children and adults obtain the right amount of essential nutrients.

This 1-pan dinner combines all of your favorite flavors and textures found in Tex-Mex cuisine in a balanced meal that can be adapted to different ingredients you may have on hand. To make this recipe even faster, omit the onion, zucchini, pepper, and corn and instead add a frozen bag of vegetables just before the beef finishes browning in step 3.

GINGER PORK & *Brown Rice Salad Bowl*

TOTAL TIME: 17 MIN

PREP TIME	COOK TIME
10 MIN	7 MIN

SERVES 2

NUTRITION FACTS

475 calories, 20g fat, 6g saturated fat, 306mg sodium, 48g carbohydrate, 3g fiber, 3g sugar, 23g protein

This meal incorporates several classic Vietnamese flavors to create a delicious and refreshing meal that is much healthier than food from restaurant dishes, which are often loaded with processed oils, preservatives, and added sugar.

Ingredients

- 1 cup frozen or precooked brown rice
- 1 pound ground pork (or 2 cups cooked lentils)
- 2 cloves garlic, minced
- 1 small red chili, minced (remove seeds if desired)
- 2 inches fresh ginger, peeled and grated
- 1 teaspoon brown sugar
- 1½ tablespoons low sodium soy sauce
- 1 large cucumber, thinly sliced
- 2 scallions, thinly sliced
- 1 cup fresh cilantro, roughly chopped
- ½ cup fresh mint, roughly chopped
- 2 limes, juiced

Directions

1. In a small pan, cook rice according to package instructions.
2. In a large skillet over medium-high heat, add ground pork and cook for 7 minutes or until evenly browned. Skip this step if using lentils.
3. Add garlic, chili, ginger, sugar, and soy sauce to pork (or lentils, if using). Toss to combine and cook 1 minute. Remove from heat.
4. Serve pork and cucumbers over warm rice and top with chopped cilantro, mint, and scallions.

You may substitute lentils for the pork to create a vegetarian version of this meal that will carry all of the same great flavor and still offer plenty of protein for a balanced meal.

Using precooked chicken saves time in this recipe. You can use meat from a rotisserie chicken or leftover cooked chicken from a previous night. In a pinch, you can buy cooked chicken pieces from a salad bar or other prepared food section at a grocery store.

While this recipe calls for grape tomatoes and kale, feel free to substitute whatever green leafy vegetable and form of tomato you have on hand. Note that more delicate greens, like spinach or arugula, will take less than 1 minute to wilt.

TUSCAN *Chicken Pasta*

TOTAL TIME: 15 MIN

PREP TIME	COOK TIME
5 MIN	10 MIN

SERVES 4

NUTRITION FACTS

462 calories, 16g fat, 4g saturated fat, 479mg sodium, 53g carbohydrate, 5g fiber, 3g sugar, 28g protein

Ingredients

- 8 ounces whole grain pasta (such as linguine or fettuccine)
- 2 tablespoons extra virgin olive oil plus more for garnish
- 3 cloves garlic, minced
- 1 pint grape or cherry tomatoes
- 1 bunch kale, chopped (approx. 4 cups, packed)
- 2 cups cooked chicken, chopped (or 1 15-ounce can cannellini beans, drained and rinsed)
- ½ teaspoon dried basil
- ½ teaspoon fine sea salt
- ¼ teaspoon black pepper
- 1 ounce shredded Parmesan cheese

Directions

1. Prepare pasta according to package instructions. After draining cooked pasta, drizzle with olive oil and toss to prevent sticking.
2. After draining cooked pasta, drizzle with olive oil and toss to prevent sticking.
3. Add tomatoes and cook for 3 minutes, until tomatoes begin to burst.
4. Add kale, chicken, basil, salt, and pepper and cook until kale is wilted and chicken is heated through, 2–3 minutes.
5. Add pasta to pan and toss to combine. Sprinkle with Parmesan and serve warm.

STOVETOP *Frittata*

TOTAL TIME: 15 MIN

PREP TIME	COOK TIME
5 MIN	10 MIN

SERVES 3

NUTRITION FACTS

285 calories, 19g fat, 5g saturated fat, 369mg sodium, 13g carbohydrate, 3g fiber, 2g sugar, 15g protein

Vegetables are an important source of vitamins, minerals, dietary fiber, plant protein, and antioxidants. This recipe is intended to help use up any vegetables and cooked grains you may have on hand.

You can also use dried herbs if you don't have any fresh herbs on hand, using 1 teaspoon of dried herbs in place of 1 tablespoon of fresh herbs.

Furthermore, while most frittata recipes call for final cooking in the oven, this recipe only uses the stovetop, making it much faster since it doesn't require waiting for the oven to preheat.

Ingredients

- 6 large eggs
- 6 ounces leftover roasted vegetables, cut into ½-inch pieces (about 1½ cups)
- ½ cup leftover cooked grains (such as barley or quinoa)
- 1 tablespoon finely chopped tender herbs (such as thyme, basil, or chives)
- ¼ teaspoon fine sea salt
- ¼ teaspoon black pepper
- 2 tablespoons extra virgin olive oil, divided

Directions

1. Whisk together 6 eggs in a medium bowl. Add vegetables, grains, herbs, salt, and pepper. Mix to combine.
2. Heat 1 tablespoon of oil in a medium, shallow-edged pan over medium heat.
3. Add egg mixture and cook until edges are set, about 30 seconds.
4. Moving around the surface of the pan with a spatula, scrape egg from bottom of pan and bring edges toward center of pan to let uncooked egg flow down to surface. Then let mixture sit until edges are set again and lightly browned, about 1 minute.
5. Reduce heat to low and continue to cook, tilting pan and agitating egg with spatula to allow uncooked egg to flow underneath, until center is mostly set shaken, about 5 minutes.
6. Shake pan to loosen frittata. Place a large plate over pan and invert frittata onto plate.
7. Heat remaining 1 tablespoon oil in pan over medium heat. Slide frittata back into pan and reduce heat to low. Cook until set, about 3 minutes. Let cool in pan for 5 minutes.
8. Flip onto a cutting board, cut into wedges, and serve warm.

MUSHROOM *Pasta*

TOTAL TIME: 15 MIN

PREP TIME	COOK TIME
5 MIN	10 MIN

SERVES 4

NUTRITION FACTS

409 calories, 23g fat, 2g saturated fat, 297mg sodium, 42g carbohydrate, 11g fiber, 7g sugar, 19g protein

High-fiber foods tend to be more filling than low-fiber foods, so you're likely to eat less and stay satisfied longer.

Using a legume-based pasta adds much more fiber and protein than a traditional pasta made of white flour to create a balanced vegetarian meal. Varieties that may work with this recipe include those made of lentils, chickpeas, or edamame. Since you are using the peel, try to buy an organic lemon, if possible, to reduce exposure to pesticides.

Ingredients

- 8 ounces legume-based pasta (such as chickpea penne or red lentil rotini)
- 3 tablespoons extra virgin olive oil, divided
- 2 cloves garlic, minced
- 8 ounces maitake mushrooms
- 2 cups chopped kale
- 1 teaspoon fine sea salt
- ¼ teaspoon black pepper
- ½ teaspoon red pepper flakes
- 2 teaspoons lemon zest
- 1 tablespoon fresh rosemary, chopped
- ½ cup chopped walnuts

Directions

1. Boil a large pot of water and cook pasta according to package instructions. After draining cooked pasta, drizzle with 1 tablespoon olive oil and toss to prevent sticking.
2. In a separate small pan, heat 1 tablespoon olive oil over medium heat. Add garlic and cook for about 30 seconds. Add mushrooms and cook for about 2 minutes. Add kale, toss to combine, and cook about 3 more minutes or until wilted.
3. Add salt, black pepper, red pepper, and lemon zest to pan with vegetables, stirring to combine.
4. When pasta has finished cooking, drain and add to pan with vegetables. Drizzle with remaining 1 tablespoon of olive oil and top with chopped rosemary and walnuts. Serve warm.

BANANA *Nice Cream*

SERVES 1	NUTRITION FACTS
	242 calories, 1g fat, 0g saturated fat, 3mg sodium, 62g carbohydrate, 7g fiber, 2g sugar, 3g protein

TOTAL TIME: 6 MIN

PREP TIME	COOK TIME
5 MIN	1 MIN

This recipe only contains natural sugars, as opposed to added sugars.

To make this into a sundae, make a magic "chocolate shell" by stirring together 1 tablespoon of cocoa powder, 1 tablespoon of coconut oil, and 1 teaspoon of maple syrup. When it is poured over the frozen nice cream, it will naturally harden and create a delicious chocolate topping.

Ingredients

2 overripe large bananas, sliced and frozen

splash of milk of choice, if needed

pinch of salt, if desired

OPTIONAL TOPPINGS

1 tablespoon peanut butter

1 tablespoon chocolate chips

Directions

1. Place banana and salt (if using) into a blender or food processor. Blend until smooth, adding milk if needed to help create a creamy texture.
2. Scoop into serving bowls. Top with any desired toppings and serve.

STOVETOP *Apple Crisp*

TOTAL TIME: 17 MIN

PREP TIME	COOK TIME
5 MIN	12 MIN

SERVES 4

NUTRITION FACTS

253 calories, 15g fat, 5g saturated fat, 142mg sodium, 29g carbohydrate, 5g fiber, 28g sugar, 3g protein

Only 4 in 10 children and fewer than 1 in 7 adults eat enough fruit. In this fruit-filled recipe, feel free to substitute different fruits that are in season, such as peaches or cherries. You can also substitute another nut, such as walnuts or pistachios, in equal amounts. Also, for a nut-free version, try substituting pumpkin seeds in place of the pecans.

Ingredients

- 2½ tablespoons unsalted butter or coconut oil
- ⅓ cup chopped pecans
- ⅓ cup rolled oats
- 2 tablespoons brown sugar
- ⅛ teaspoon fine sea salt
- 2 tart apples, such as Granny Smith, Winesap, or Pink Lady, sliced into wedges (about 4 cups)
- 1 tablespoon granulated sugar
- 1 tablespoon fresh lemon juice
- 1 teaspoon cinnamon

Directions

1. Line a plate with parchment paper. Set aside.
2. Melt 2 tablespoons of butter or oil in a pan over medium heat. Stir in pecans, oats, brown sugar, and salt. Cook until mixture begins to brown, about 5 minutes.
3. When topping is done cooking, transfer to a parchment-lined plate.
4. Melt another ½ tablespoon butter or oil over medium heat. Sauté apples for 5 minutes, until soft. Stir in sugar, lemon juice, and cinnamon; simmer 2 minutes. Top with oat mixture and serve warm.

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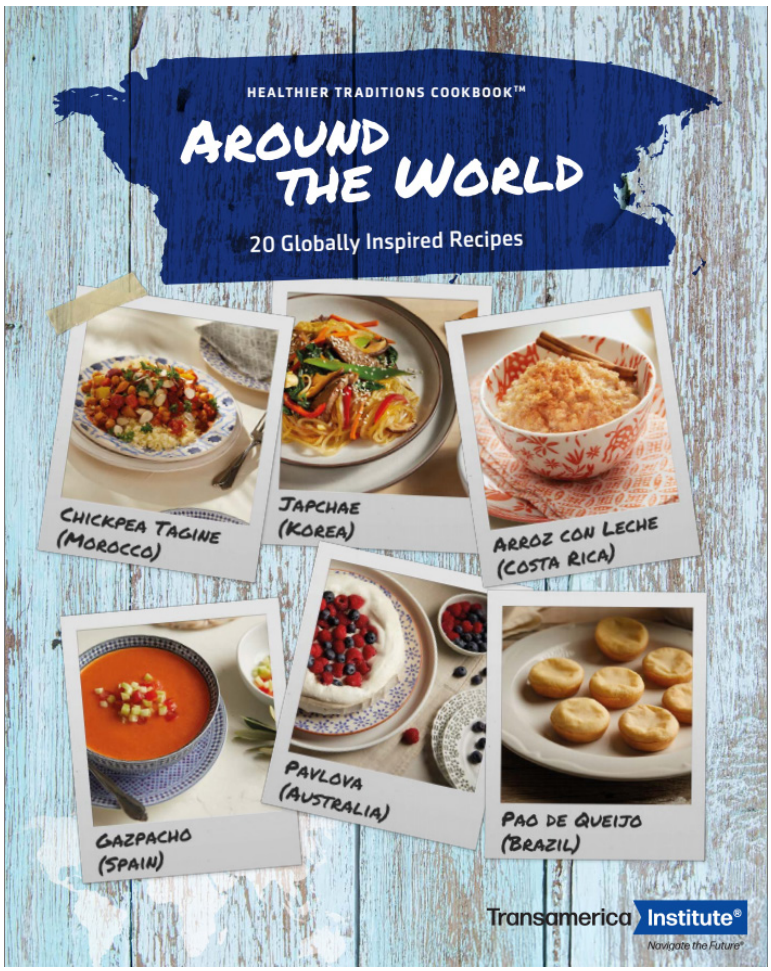

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08/25

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