

# SIMPLE, FAST, EASY RECIPES

Zion Blue Mountain UCC



*Created by Allison Bashore*  
2021

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## FRUITS & VEGETABLES

There is often a misunderstanding on the nutrient content of fresh fruits and vegetables versus canned or frozen produce. It is true, canned fruits and vegetables, as well as frozen, **ARE** just as nutritious as fresh produce. It is so important to your health to consume a variety of fruits and vegetables every day. The easiest way to tell if you are getting a well-balanced diet of fruits and vegetables is by having a colorful plate.

The average adult should consume anywhere from 5 to 13 servings of fruits and vegetables per day. Many of life's necessary vitamins and minerals are consumed through fruits and vegetables. Some of these important nutrients include Vitamin A, B, C, E, magnesium, zinc, phosphorus, potassium, folic acid, and dietary fiber. Including these foods in your diet can aid in the protection against cancer and other diseases, lower cholesterol levels and improve digestive health. Plus, they are lower in calories!



## PASTA, RICE, & BREAD

Pasta, rice, and breads contain starch which is a carbohydrate. (Oh no, not a carbohydrate.) Do not worry! We **NEED** carbohydrates in our diet; they are our main source of energy. Without carbohydrates our organs including our brain, kidneys, heart, etc. would not be able to function properly. Carbohydrates are not just found in your starchy foods; they can also be consumed through vegetables, legumes (beans), and whole grains.

Carbohydrates should make up 45%-65% of your daily intake of food. The typical calories per day for an average adult is 2,000 calories. If consuming a 2,000-calorie diet, carbohydrates should make up anywhere from 900-1,300 of those calories. It would be a great goal to make most of the carbohydrates you consume whole grain. Whole grains are a good source of fiber, B vitamins, antioxidants, iron, copper, zinc, and magnesium. Including these foods into your daily life can reduce the risk of heart disease, diabetes, obesity, and some cancers.



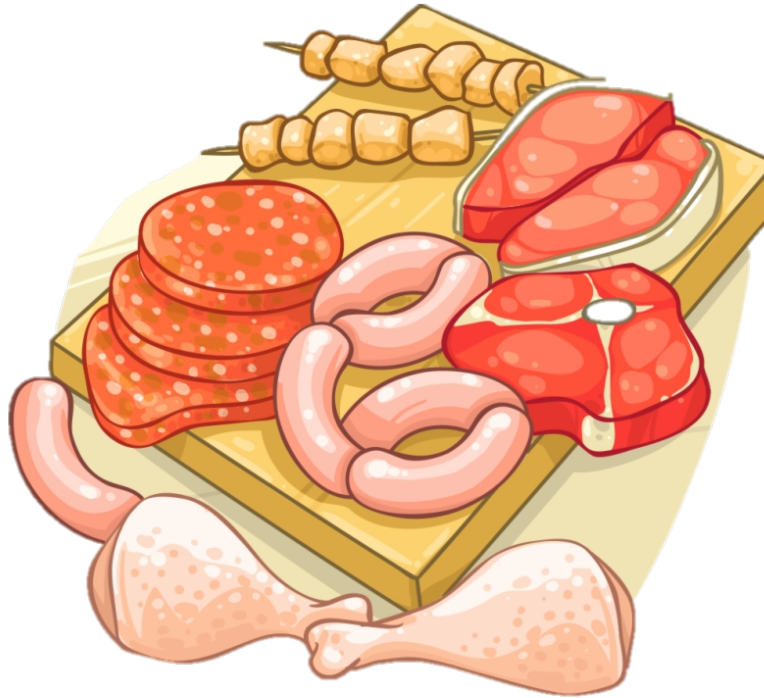
## BEANS

There are a variety of beans or legumes to choose from that can be used in a variety of way. Some of which include casseroles, stews, soups, dips or spreads, or even as a topping on a salad. Beans could also be smashed or pureed to make a burger or meat source to a meal. If looking to replace meat or use beans as your protein source, 1¼ cups of cooked beans should be consumed everyday (based on a 2,000-calorie diet). Some common legumes and beans include kidney, navy, black and pinto beans, chickpeas (garbanzo), lentils, and soybeans (edamame). Beans and legumes are a significant source of protein and a number of micronutrients including potassium, magnesium, B vitamins, folate, iron and zinc. They are proven to reduce blood sugar, improve cholesterol, and maintain a healthy gut.



## DAIRY PRODUCTS

Dairy products such as milk, cheese, and yogurt help build and maintain strong bones. They include calcium, potassium, vitamin D, B vitamins, and protein that are essential to the human body. Consuming dairy products can prevent osteoporosis and bone fractures and increase bone health, digestive health, dental health, and decrease the chance of developing diseases. The average adult should consume approximately 3 servings of dairy a day. For children, it is recommended that they consume 2-2.5 servings of dairy per day. Low-fat or fat-free products are highly recommended for anyone age 9 or up. Incorporating these foods into your everyday diet are vital to proper growth and maintenance of overall health.



## MEAT & POULTRY

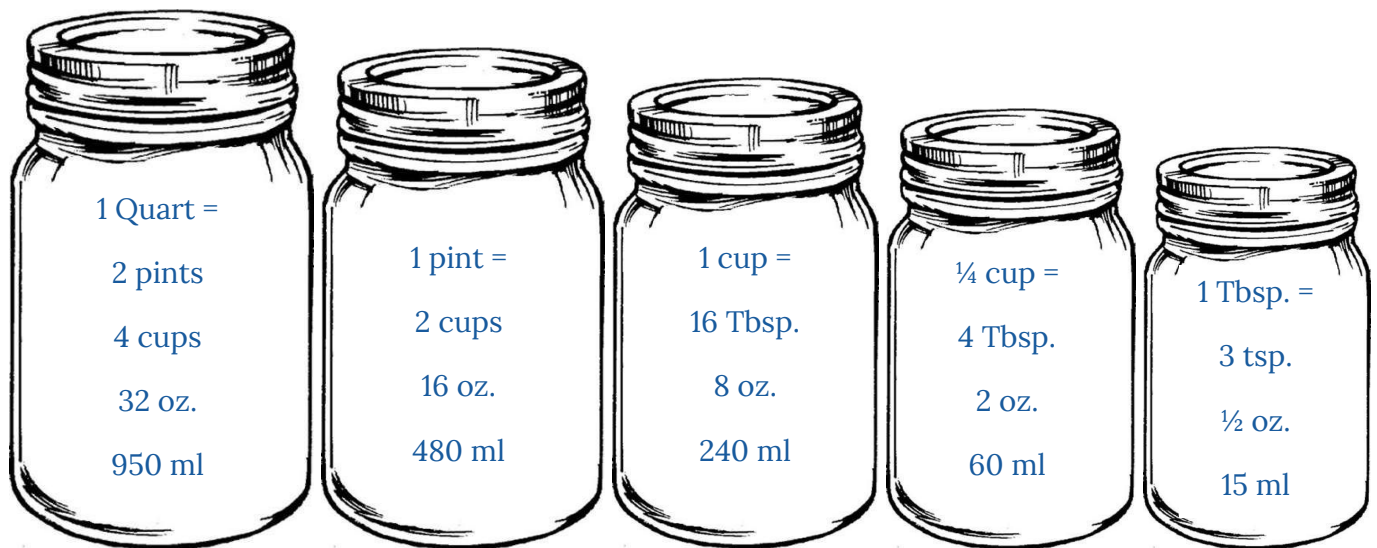
Meat and poultry are significant sources of protein and other essential nutrients including iodine, iron, zinc, B12, and essential fatty acids. While red meats have been seen as a negative protein source due to the way it increases cholesterol levels and its high content of saturated fats, it does still provide needed nutrients like vitamin A, iron and zinc.

To incorporate enough protein in your diet, it is recommended, based on a 2,000-calorie diet, that 5 ½ ounces of lean meat should be consumed. Proper meat and poultry sources include beef, veal, pork, lamb, chicken, duck, and turkey. To ensure a healthy source of meat or poultry, it is best to grill, roast, bake, broil, steam or slow cook the meat or poultry. Deep-frying adds extra, unhealthy fats to the food. It is always best to avoid high fat and high sodium sources of cooking.



## CONVERSION CHART

CUP =	FLUID OZ. =	TBSP. =	TSP. =	MILLILITER
1 CUP	8 OZ.	16 TBSP.	48 TSP.	237 ML
3/4 CUP	6 OZ.	12 TBSP.	36 TSP.	177 ML
2/3 CUP	5 1/3 OZ.	10 TBSP. + 2 TSP.	32 TSP.	158 ML
1/2 CUP	4 OZ.	8 TBSP.	24 TSP.	118 ML
1/3 CUP	2 2/3 OZ.	5 TBSP. + 1 TSP.	16 TSP.	79 ML
1/4 CUP	2 OZ.	4 TBSP.	12 TSP.	59 ML
1/6 CUP	1 1/3 OZ.	2 TBSP. + 2 TSP.	8 TSP.	40 ML
1/8 CUP	1 OZ.	2 TBSP.	6 TSP.	30 ML
1/16 CUP	1/2 OZ.	1 TBSP.	3 TSP.	15 ML



## HELPFUL INGREDIENTS

The following ingredients/seasonings are commonly used in this book and would be great to have on hand before beginning to make your recipe.

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Basil (dry)

Butter

Chili powder

Cooking spray

Eggs

Flour

Garlic

Garlic powder

Green onion/scallions

Honey

Lemon juice

Mayonnaise

Olive oil

Onion

Onion powder

Parmesan

Parsley (dry)

Pepper

Red pepper flakes

Salt

Sugar

# BENEFICIAL BREAKFASTS

Eating a well-balanced breakfast kickstarts your body's metabolism and helps provide energy for the day.

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## OATMEAL BREAKFAST COOKIES



**TIME TO PREPARE**

10 minutes



**COOK TIME**

15 minutes



**SERVING**

8 cookies



**PREPARED BY**

Yummy Addiction on  
[yummyaddiction.com](http://yummyaddiction.com)

### Ingredients

2 ripe bananas  
1 heaping cup instant  
oatmeal  
¼ cup sunflower seeds  
¼ cup coconut flakes  
¼ cup raisins  
½ teaspoon cinnamon  
a pinch of salt

### Steps to Cook

01. Mash the bananas with a fork in a small bowl. In a separate medium bowl, add all the remaining ingredients.
02. Add the mashed bananas to the medium bowl and mix well. Let the mixture rest for about 5 minutes.
03. Line a baking sheet with parchment paper or spray with cooking spray. Preheat oven to 350°F.
04. Using a large spoon, spoon the mixture into your hands and form balls. Arrange on the prepared baking sheet and cook for 15-17 minutes or until golden brown.
05. Let cool. Enjoy!

\*This recipe is customizable to your preferences or whatever ingredients are available to you. Sunflower seeds could be substituted with other seeds or nuts and raisins can be substituted with any dried fruit.

## PANCAKES WITH FRUIT



**TIME TO PREPARE**

10 minutes



**COOK TIME**

20 minutes



**SERVING**

6-8 pancakes



**PREPARED BY**

Adam & Joanne  
Gallagher on  
[inspiredtaste.net](http://inspiredtaste.net)

### Ingredients

1 ½ cups all-purpose flour  
2 Tablespoons sugar  
1 Tablespoon baking powder  
½ teaspoon table salt  
1 ¼ cups milk  
1 large egg  
4 Tablespoons butter, melted  
1 teaspoon vanilla extract  
fruit of your choice

#### Substitutions:

1 cup pancake mix  
water  
fruit of your choice

### Steps to Cook

01. Whisk the flour, sugar, baking powder and salt in a medium mixing bowl.
02. Warm the milk in a microwave or on the stove that it is lukewarm (if you can still submerge your finger in it for 10 seconds, it is good).
03. Whisk in the milk, egg, melted butter, and vanilla extract into the dry mixture until combined.
04. Heat a large skillet/pan over medium heat. Lightly brush the skillet with butter. Pour your desired amount of mixture into the pan to make the cakes.
05. When edges start to dry or turn light brown, flip the pancake to cook the remaining side. Serve immediately with syrup, butter, and your desired fruit (strawberries, blueberries, bananas, raspberries).

\*If using an already made pancake mix, see the instructions on the pack to add water and then proceed to step 4.

## PEANUT BUTTER CHEERIO BARS



**TIME TO PREPARE**

5 minutes



**CHILL TIME**

1 hour



**SERVING**

12 servings



**PREPARED BY**

Caitlyn Erhardt on  
[erhardtseat.com](http://erhardtseat.com)

### Ingredients

3 ½ cups honey nut cheerios  
cereal  
½ cup honey  
½ cup creamy peanut butter  
1 teaspoon olive oil (*optional*)

### Steps to Cook

01. Add the honey and peanut butter to a medium saucepan, along with the olive oil, if using. Stir the honey and peanut butter and heat over low heat. Once warm and combined and just beginning to bubble, remove from heat.
02. Add the cheerios to the saucepan and stir until well combined. Make sure the cereal is well coated. Once combined, scoop the cereal mix in a greased 8x8 or 9x9 inch baking pan and spread into an even layer pressing down on the top to ensure everything sticks together.
03. Cover and place in the fridge for at least an hour, or until completely set. Once set, slice into bars and enjoy!

## SOUTHWESTERN OMELET



**TIME TO PREPARE**

5 minutes



**COOK TIME**

10 minutes



**SERVING**

2 servings



**PREPARED BY**

Karen Levin on  
[myrecipes.com](http://myrecipes.com)

### Ingredients

2 Tablespoons cilantro,  
chopped  
¼ teaspoon salt  
4 large eggs whites  
1 large egg  
½ cup canned black beans,  
rinsed & drained  
¼ cup green onions, chopped  
¼ cup cheddar cheese,  
shredded  
¼ cup bottled/jarred salsa  
cooking spray or butter

### Steps to Cook

01. Combine the first 4 ingredients in a medium bowl with a whisk or fork. In a separate mixing bowl, combine the beans, onions, cheese, and salsa.
02. Heat a medium nonstick skillet coated with cooking spray/butter. Pour egg mixture into pan and let it set slightly. Then lift the edges of omelet with a spatula and flip to uncooked side.
03. Spoon the bean mixture onto one half of the omelet. Carefully fold over the opposite half of the omelet with a spatula to cover the bean mixture. Cook 1 minute or until the cheese melts.
04. Slide the omelet onto a plate, cut in half and enjoy!

## YOGURT PARFAIT



**TIME TO PREPARE**  
5 minutes



**COOK TIME**  
0 minutes



**SERVING**  
4 servings



**PREPARED BY**  
Tarita on  
[superhealthykids.com](http://superhealthykids.com)

### Ingredients

3 cups yogurt (*of your choice*)  
3 cups strawberries  
1 cup granola  
1 Tablespoon maple syrup  
(\*could also use honey)

### Steps to Cook

01. Place the yogurt in a small mixing bowl and add the maple syrup. Stir to combine.
02. Wash and slice the strawberries.
03. Set out 3 glasses or bowls to begin assembling the parfaits.
04. Layer the yogurt, granola, and strawberries in each dish.
05. Serve immediately. Enjoy!

\*You can substitute the strawberries for any fruit of your choice (blueberries, bananas, cherries, peaches, kiwis, cantaloupe, etc.)



# LIGHT LUNCHESES

Consuming a light lunch allows for a short break from the activities of the day and provides energy for the rest of the afternoon.

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## CHICKEN SALAD



**TIME TO PREPARE**

3 minutes



**COOK TIME**

0 minutes



**SERVING**

3 servings



**PREPARED BY**

Michelle Price on  
[honestandtruly.com](http://honestandtruly.com)

### Ingredients

1 – 12.5 ounces canned chicken  
1/3 cup mayonnaise  
1/4 cup grated parmesan  
3/4 teaspoon pepper  
your choice of bread or crackers

Your Choice of Mix-Ins:

dried cranberries  
pepitas  
chopped celery  
green onion  
red or yellow bell pepper  
favorite nut

### Steps to Cook

01. Open the canned chicken and drain.
02. Place the chicken into a medium mixing bowl with mayonnaise, parmesan, pepper and any or all your mix-in options.
03. Stir together with a fork.
04. Serve immediately in a wrap or on your choice of bread or crackers.

\*Chicken salad is paired well with a side of fruit or raw vegetables.

\*You could also substitute canned chicken with canned tuna or salmon for a different taste!

## ENCHILADA CHICKEN SKILLET



**TIME TO PREPARE**  
10 minutes



**COOK TIME**  
20 minutes



**SERVING**  
4 servings



**PREPARED BY**  
Andi Gleeson on  
[wearychef.com](http://wearychef.com)

### Ingredients

14.5 ounces chicken broth  
¾ cup rice, uncooked  
1 teaspoon chili powder  
15 ounces canned corn,  
drained  
12.5 ounces canned chicken,  
drained  
10 ounces mild enchilada  
sauce, divided  
4 ounces canned jalapeños,  
diced & drained  
handful Mexican blend  
cheese, shredded

### Steps to Cook

01. Bring chicken broth and chili powder to a simmer in a 12" skillet with a lid over medium heat. Stir in rice and reduce heat to low, cover.
02. Cook rice for approximately 15 minutes, stirring occasionally, until most of the liquid is absorbed. Stir in corn, chicken, jalapeños, and about half the enchilada sauce. Replace lid, return to medium heat, and cook for approximately 5 more minutes.
03. Stir mixture well, and sprinkle cheese over the top. Drizzle desired amount of remaining enchilada sauce over the cheese. Replace lid once more, and heat until cheese is melted.
04. Serve hot and enjoy!

## LENTIL BEAN SALAD



**TIME TO PREPARE**

7 minutes



**COOK TIME**

18 minutes



**SERVING**

2 servings



**PREPARED BY**

Hauke Fox on  
[hurrythefoodup.com](http://hurrythefoodup.com)

### Ingredients

¾ cups lentils, dried  
1 – 15.5 ounces can kidney  
beans, drained and rinsed  
1 bell pepper, any color  
3-4 spring onions  
salt & pepper to taste

Optional:

2 cloves garlic  
½ cup tomato puree  
2 slices wholegrain bread

### Steps to Cook

01. Bring 3 cups water and ¾ cup lentils to a boil and then let simmer for about 20-25 minutes.
02. While the lentils cook, cut the spring onions and bell pepper, and mince the garlic, if you are using.
03. Once the lentils are cooked, drain the water and season with salt and pepper.
04. In a large mixing bowl, add all ingredients, including lentils and beans.
05. If using, add the tomato sauce, stir, and add any extra seasonings until you reach desired taste.
06. Enjoy!

## SALSA RANCH CHICKEN WRAPS



**TIME TO PREPARE**

7 minutes



**COOK TIME**

8 minutes



**SERVING**

4 wraps



**PREPARED BY**

ThriftyFrugalMom.com

### Ingredients

4 flour tortillas (10 inches)  
1 1/3 cups canned chicken (*can also use cooked chicken, shredded*)  
4 Tablespoons ranch dressing  
4 Tablespoons mild salsa  
1/3 cup shredded cheddar cheese  
dried basil, to taste  
garlic powder, to taste  
~ 2 Tablespoons butter

### Steps to Cook

01. Spread 1/3 cup chicken on the center of each tortilla.
02. On each tortilla top the chicken with 1 Tablespoon ranch dressing and salsa.
03. Sprinkle with shredded cheese, dried basil and garlic powder (be generous with the seasonings, it gives it great flavor!)
04. Fold the ends of each tortilla over the filling.
05. Melt the butter in a skillet. Place the folded wraps in the skillet, seam side down.
06. Cook over medium heat for 3 to 4 minutes on each side or until golden brown and cheese is melted.
07. Serve warm with a side of rice and sour cream. Enjoy!

## STUFFED PEPPERS



**TIME TO PREPARE**

15 minutes



**COOK TIME**

15 minutes



**SERVING**

4 servings



**PREPARED BY**

Marwin Brown on  
[yummly.com](http://yummly.com)

### Ingredients

4 bell peppers, any color  
(*tops, seeds, and veins  
removed*)

1 pound ground beef

8 ounces rice, brown or white

14 ounces canned black  
beans, drained & rinsed

2 cups shredded Mexican  
cheese blend

### Steps to Cook

01. Pre-heat oven to 425°F.
02. Line a shallow baking dish with foil. Place the bell peppers upright in baking dish (Tip: shave the bottom of the peppers with a knife to help them stay upright)
03. Cook ground beef over medium heat until no longer pink. Drain all grease.
04. Cook rice in microwave according to packaging.
05. Add the cooked rice and black beans to the ground beef, mixing well. Cook for an additional 5 minutes.
06. Spoon some of the meat mixture into each pepper. Layer on shredded cheese, then another layer of meat. Top with more cheese.
07. Bake in the oven for 10-15 minutes.
08. Serve with your favorite salsa, cilantro, and/or sour cream. Enjoy!

## PULLED BBQ PORK SANDWICHES



**TIME TO PREPARE**  
15 minutes



**COOK TIME**  
30-45 minutes



**SERVING**  
8 sandwiches



**PREPARED BY**  
Jeannie on [allrecipes.com](http://allrecipes.com)

### Ingredients

2 ½ pounds canned pork,  
shredded  
water as needed  
1 bottle BBQ sauce  
8 sandwich buns, split

### Steps to Cook

01. Preheat oven to 350°F.
02. Open can of pork, drain and rinse. Place on a plate and shred with 2 forks.
03. Prepare a baking dish with cooking spray or butter.
04. Transfer the canned pork to the prepared baking dish. Add the BBQ sauce over the pork and mix until well combined.
05. Cover the dish with foil and bake in the oven for 30-45 minutes.
06. If the pork appears to be sticking to the bottom, add water as needed.
07. Once finished baking, scoop desired amount onto each bun.
08. Serve with your favorite side of coleslaw or chips and enjoy!





# DELICIOUS DINNERS

Preparing a home cooked meal is a great way to end the day and allows the family to bond and discuss the day's adventures.

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## BEEF STEW



**TIME TO PREPARE**

5 minutes



**COOK TIME**

1 hour 30 minutes



**SERVING**

8 People



**PREPARED BY**

Aunt Lou on  
[recipesthatslow.com](http://recipesthatslow.com)

### Ingredients

28 ounces canned beef,  
undrained  
14.5 ounces can diced tomatoes,  
drained  
14.5 ounces can sliced carrots,  
drained  
14.5 ounces can sliced potatoes,  
drained  
14.5 ounces can green beans,  
drained  
29 ounces beef broth (2 - 14.5  
ounce cans)  
½ teaspoon dried basil  
1 teaspoon salt  
1 teaspoon sugar  
¼ teaspoon pepper

### Steps to Cook

01. Pour canned beef juice into a 6-quart slow cooker/  
crockpot. Shred the beef with two forks and add to the  
juice.
02. Combine all other ingredients into slow cooker,  
stirring well.
03. Cover and cook on low for 3-4 hours or on high for  
1.5-2 hours.
04. Serve hot and enjoy!

## BEEF STROGANOFF



**TIME TO PREPARE**  
10 minutes



**COOK TIME**  
20 minutes



**SERVING**  
4 servings



**PREPARED BY**  
criderfoods.com

### Ingredients

1 small onion, chopped  
1 cup beef broth  
1 (8 ounces) sliced mushrooms  
3 Tablespoons olive oil  
4 teaspoons flour  
2 - 12 ounces canned beef,  
drained  
2 Tablespoons Dijon mustard  
½ cup whipping cream  
1 cup sour cream  
salt & pepper to taste  
6 ounces egg noodles  
1 Tablespoon dried parsley

### Steps to Cook

01. In a skillet, cook chopped onion and mushrooms in olive oil over medium heat for about 10 minutes.
02. In a separate pot, boil egg noodles until desired tenderness. Once cooked, drain out water and set aside.
03. In the same skillet as onion and mushrooms, add flour and cook an additional minute.
04. In a small mixing bowl, whisk together the beef broth, mustard, whipping cream, and sour cream. Add to the skillet and continue to heat until thickened.
05. Shred the beef with two forks and add to the skillet. Add in the parsley, salt and pepper. Cook until warmed through, about 5 minutes.
06. Serve over cooked egg noodles. Top with parsley and enjoy!

## CHEESY CHICKEN PASTA SKILLET



**TIME TO PREPARE**

10 minutes



**COOK TIME**

30 minutes



**SERVING**

6 servings



**PREPARED BY**

Jocelyn on  
[insidebrucrewlife.com](http://insidebrucrewlife.com)

### Ingredients

8 ounces penne noodles  
2 Tablespoons butter  
½ cup diced red peppers  
1 Tablespoon minced garlic  
2 Tablespoons all-purpose flour  
1 ½ cups milk  
3 cups shredded cheddar jack cheese, divided  
12.5 ounce can chunk chicken, drained  
1 Tablespoon ranch seasoning powder  
pepper to taste

### Steps to Cook

01. Prepare the noodles according to the package directions. Drain when finished cooking.
02. Melt the butter in a large skillet. Add the peppers and sauté for 1-2 minutes.
03. Add the garlic and flour and stir and cook for another 1-2 minutes.
04. Slowly whisk in the milk and cook on medium heat until thick. Add 2 cups of cheese and stir until melted and creamy.
05. Stir in the cooked pasta, chicken, ranch powder, and ¾ cup cheese. Season to taste with pepper.
06. Sprinkle the remaining ¼ cup cheese on top and cover until the cheese melts. Serve hot and enjoy!

## CREAMY TOMATO CHICKEN SKILLET



**TIME TO PREPARE**

15 minutes



**COOK TIME**

25 minutes



**SERVING**

4 servings



**PREPARED BY**

[themodernproper.com](http://themodernproper.com)

### Ingredients

2 Tablespoons olive oil  
1.5 pounds chicken breast  
1 teaspoon salt, divided  
½ teaspoon pepper  
2 Tablespoons tomato paste  
3 cloves garlic, minced  
½ teaspoon crushed red pepper flakes (optional)  
14 ounces can crushed tomatoes  
1 cup heavy whipping cream  
½ cup parmesan cheese, divided  
4 cups kale, ribs removed and torn into small pieces  
pinch of dried basil

### Steps to Cook

01. Heat olive oil in skillet over medium-high heat.
02. Season chicken breasts with ½ teaspoon salt & pepper.
03. Add chicken to skillet and cook until no longer pink and reaches an internal temperature of 165°F. Remove chicken from pan and set aside.
04. In the same skillet, add tomato paste, garlic, and red pepper flakes and cook until fragrant, about 1 minute.
05. Add crushed tomatoes and bring to a simmer, allow to cook for 3 minutes.
06. Stir in heavy cream, parmesan cheese and kale, stirring until kale is just wilted, about 3 minutes.
07. Season with remaining salt and add chicken back in.
08. Serve topped with basil and remaining cheese with a side of rice. Enjoy!

## CRISPY BAKED CHICKEN THIGHS



**TIME TO PREPARE**

5 minutes



**COOK TIME**

35 minutes



**SERVING**

8 servings



**PREPARED BY**

Nichole on  
[thesaltymarshmallow.com](http://thesaltymarshmallow.com)

### Ingredients

3 pounds chicken thighs,  
about 6-8 thighs  
2 Tablespoons olive oil  
2 teaspoons salt  
2 teaspoons garlic powder  
2 teaspoons onion powder  
2 teaspoons Italian seasoning  
1 teaspoon black pepper  
1 teaspoon paprika

### Steps to Cook

01. Preheat oven to 400°F. Line a large baking sheet with foil for easy cleanup and set aside.
02. Remove the chicken thighs from their packaging, wash, and pat dry with paper towels. Arrange the chicken thighs on prepared baking sheet and drizzle with the olive oil, rubbing the oil into the chicken to coat.
03. In a small bowl, mix together the salt, pepper, garlic powder, onion powder, Italian seasoning, and paprika. Sprinkle the spices over the chicken evenly and rub into the chicken.
04. Bake the chicken in preheated oven for 35-45 minutes or until it reaches an internal temperature of 165°F.
05. Serve with your choice of side and enjoy!

## LENTIL PATTIES



**TIME TO PREPARE**  
10 minutes



**COOK TIME**  
15 minutes



**SERVING**  
6 patties



**PREPARED BY**  
Dave on [hurrythefoodup.com](http://hurrythefoodup.com)

### Ingredients

1/3 cup flour  
1 teaspoon coriander seeds,  
ground  
1 teaspoon paprika powder  
1/2 teaspoon salt  
2 eggs (or mix 1 Tablespoon  
ground flaxseed with 3  
Tablespoons hot water, stir  
and let rest for a minute to  
create a "flax egg")  
4-6 Tablespoons water  
1/2 medium red onion,  
chopped  
1 heaping cup lentils, cooked  
2 teaspoons olive oil

### Steps to Cook

01. Cook lentil according to packaging directions. Set aside.
02. In a bowl, add flour, coriander seeds, paprika, salt, eggs (or flax eggs) and some water if needed. Start with 4 Tablespoons water, then add a couple more if the batter is still super sticky. Mix to form a batter.
03. Mix both the cooked lentils and chopped red onion to the batter.
04. On medium-high heat, add the olive oil to a pan.
05. With a spoon, take a burger-sized amount of batter and form with your hands. Place in heated pan.
06. Fry the patties in the pan for 4 minutes on each side or until golden brown.
07. If desired, serve with a side salad, potatoes, rice or sour cream. Enjoy!

## LOADED CAULIFLOWER CASSEROLE



**TIME TO PREPARE**

15 minutes



**COOK TIME**

30 minutes



**SERVING**

6-8 servings



**PREPARED BY**

foodnetwork.com

### Ingredients

6 slices bacon, cut ½ inch thick  
2 medium heads cauliflower, cut into bite-size florets  
salt & pepper to taste  
6 ounces cream cheese, at room temperature  
2 cups shredded cheddar  
4 scallions, white & light green parts only, thinly sliced  
2/3 cup sour cream

### Steps to Cook

01. Preheat oven to 425°F.
02. Cook the bacon in a medium sized pan over medium heat, stirring occasionally, until brown and crispy, approximately 6-7 minutes. Transfer to a paper towel. Reserve 2 Tablespoons of the bacon grease.
03. Put the cauliflower florets in a 3-quart casserole dish. Toss with the reserved bacon grease, ¾ teaspoon salt, and ½ teaspoon pepper. Roast in the oven until the florets are soft and begin to brown, about 30 minutes.
04. Meanwhile, in a medium mixing bowl, mix together the cream cheese and 1 cup of the cheddar cheese until well combined. Dollop over the cauliflower, then sprinkle the remaining 1 cup cheddar and bake until cauliflower is tender when poked.
05. Dollop the sour cream evenly over the casserole and sprinkle with the scallions and reserved bacon pieces.
06. Enjoy!



## PORK NACHOS



**TIME TO PREPARE**

20 minutes



**COOK TIME**

30 minutes



**SERVING**

6 servings



**PREPARED BY**

yummly.com

### Ingredients

12 ounces canned pork,  
shredded & half drained  
1 teaspoon chili powder  
salt to taste  
8 cups tortilla chips  
8 ounces Mexican blend  
shredded cheese  
15 ounces black beans,  
drained  
4 scallions, sliced  
½ cup sour cream  
½ cup salsa

### Steps to Cook

01. Preheat oven to 350°F
02. Meanwhile, in a medium skillet over medium heat, warm shredded pork, about 5-6 minutes. Remove from heat, add chili powder and salt to taste onto pork, then set aside.
03. Arrange ¼ of chips on a large oven proof platter or baking dish. Then use a slotted spoon to arrange ¼ of the pork on top of the chips. Top with ¼ cheese, ¼ beans and ¼ scallions. Repeat 3 times to make a total of 4 layers.
04. Bake until cheese is melted, and nachos are heated through, about 30 minutes.
05. Once nachos are baked, top with sour cream and salsa and enjoy!

## PULLED PORK CHILI



**TIME TO PREPARE**

10 minutes



**COOK TIME**

20 minutes



**SERVING**

4 servings



**PREPARED BY**

criderfoods.com

### Ingredients

- 1 Tablespoon olive oil
- ½ cup onion, diced
- ½ cup bell pepper, diced
- 1 clove garlic, minced
- 1 -12 ounce can pulled pork
- 1 - 15.5 ounce can chili (kidney) beans
- 1 - 14.5 ounce can diced tomatoes with chilies

### Steps to Cook

01. Heat oil in a pan on medium heat.
02. Sauté the peppers, onion and garlic until onions are translucent.
03. Meanwhile, shred the pork with two forks, if not already shredded.
04. Add in the pork, beans, and tomatoes to the pan.
05. Simmer for 20-30 minutes to allow flavors to marry.

\*You may incorporate any other vegetable or seasoning to your chili to personalize it to your taste!

## SPAGHETTI & MEATBALLS



**TIME TO PREPARE**

10 minutes



**COOK TIME**

30 minutes



**SERVING**

4-6 servings



**PREPARED BY**

Jamielyn Nye on  
[iheartnaptime.com](http://iheartnaptime.com)

### Ingredients

1 pound spaghetti noodles  
1 - 14 ounce jar spaghetti sauce  
~30 frozen meatballs  
2 Tablespoons olive oil  
salt to taste  
parsley to taste

Homemade Meatballs: (Steps 2-4)

1 pound ground beef  
1 egg, beaten  
¼ cup breadcrumbs  
¼ cup parmesan cheese  
¼ cup onion, finely chopped  
2 teaspoons minced garlic  
½ teaspoon salt  
¼ teaspoon black pepper  
2 Tablespoons dried parsley

### Steps to Cook

01. If using frozen meatballs, heat oil in a pan over medium heat. Add the meatballs, stirring occasionally until meatballs are heated thoroughly and beginning to crisp.
02. Preheat oven to 400°F. Line a baking pan with foil and spray with non-stick spray (or spread olive oil on).
03. In a medium mixing bowl, combine the meat, egg, breadcrumbs, cheese, salt, garlic, onion, black pepper, and parsley. Mix until combined, do not over mix.
04. Using your hands, form meat into 1 ½" balls and place in baking pan. Bake uncovered for 17-20 minutes, or until no longer pink.
05. While the meatballs cook, cook pasta in boiling water until tender. Drain out water and set aside.
06. Once meatballs are cooked, add pasta sauce and let simmer for 5 minutes. Add the pasta to meatballs and sauce. Serve topped with parsley and enjoy!



# SAVORY SIDES

Sides assist in making a meal more filling. These sides will provide satisfaction as well as nutrients to ensure your body is the healthiest it can be.

---

## BLACK BEAN & CORN SALAD



**TIME TO PREPARE**

10 minutes



**COOK TIME**

1 minutes



**SERVING**

6 servings



**PREPARED BY**

Sara on  
[dinneratthezoo.com](http://dinneratthezoo.com)

### Ingredients

2 cans black beans, drained & rinsed  
1 ½ cups corn  
¼ cup red onion, minced  
1 bell pepper, any color, diced  
1 avocado, peeled, pit removed and diced  
1 jalapeno, ribs & seeds removed, then minced (*optional*)  
1 Tablespoon dried cilantro  
⅓ cup olive oil  
¼ cup lime juice  
2 teaspoons honey  
1 teaspoon chili powder  
1 teaspoon cumin  
salt & pepper to taste

### Steps to Cook

01. Place the black beans, corn, red onion, bell pepper, avocado and jalapeño in a large bowl.
02. In a small bowl, whisk together the cilantro, olive oil, lime juice, honey, chili powder, cumin, and salt & pepper.
03. Pour the dressing over the beans and vegetables and toss gently to coat. Serve and enjoy!

## CAULIFLOWER RICE



**TIME TO PREPARE**

10 minutes



**COOK TIME**

15 minutes



**SERVING**

4 servings



**PREPARED BY**

foodnetwork.com

### Ingredients

1 head cauliflower, chopped finely  
3 Tablespoons olive oil  
1 medium onion, diced  
salt to taste  
1 Tablespoon parsley  
juice of ½ lemon

### Steps to Cook

01. Trim the cauliflower florets, cutting away as much stem as possible. In 3 batches, break up the florets into a food processor and pulse until the mixture resembles rice. (If you do not have a food processor, cut finely with a knife.)
02. Heat the oil in a large skillet over medium-high heat. Add the onions and stir to coat with oil. Cook about 8 minutes or until slightly brown on the edges.
03. Add the cauliflower and stir to combine. Add 1 teaspoon salt and continue to cook, stirring frequently for 3-5 minutes. Remove from the heat.
04. Garnish with parsley and sprinkle with lemon juice. Season to taste with salt. Serve warm and enjoy!

## HONEY GARLIC BUTTER ROASTED CARROTS



**TIME TO PREPARE**

5 minutes



**COOK TIME**

20 minutes



**SERVING**

4-6 People



**PREPARED BY**

Karina on [cafedelites.com](http://cafedelites.com)

### Ingredients

2 pounds carrots, washed & peeled (*\*can be canned*)  
1/3 cup butter  
3 Tablespoons honey  
4 cloves garlic, minced  
1/4 - 1/2 teaspoon salt + more for seasoning  
black pepper for taste  
1 Tablespoons dried parsley

### Steps to Cook

01. Preheat oven to 425°F. Lightly grease a large baking sheet with nonstick cooking oil or olive oil, set aside.
02. Trim ends of carrots and cut into thirds or fourths.
03. Melt butter in a pan or skillet over medium-high heat. Pour in honey and cook, while stirring, until completely melted through the butter. Add the garlic and cook for 30 seconds until fragrant.
04. Add the carrots, mix to coat, and allow the sauce to thicken. Season with salt and pepper.
05. Transfer carrots to baking sheet in a single layer so they cook evenly.
06. Roast for 20 minutes, or until carrots are fork tender. Broil for 2-3 minutes to crisp the edges.
07. Season with a little extra salt and pepper if desired. Garnish with parsley and enjoy!



## LEMON & GARLIC BROCCOLI



**TIME TO PREPARE**

10 minutes



**COOK TIME**

10 minutes



**SERVING**

4 servings



**PREPARED BY**

Upagainstawall on  
[allrecipes.com](http://allrecipes.com)

### Ingredients

1 pound broccoli, separated into florets  
4 teaspoons lemon juice  
2 Tablespoons water  
3 Tablespoons butter  
2 cloves garlic, minced  
1 pinch salt  
1 teaspoon black pepper

### Steps to Cook

01. Place broccoli florets in a large skillet over medium heat.
02. In a small bowl, stir 2 teaspoons lemon juice and water together. Pour the mixture into the skillet with the broccoli. Cover and steam until the broccoli is bright green and tender, about 10 minutes.
03. While the broccoli is steaming, melt the butter in a small saucepan over medium-low heat and let the garlic gently fry until golden brown, about 8 minutes.
04. Drain the water from the cooked broccoli and sprinkle with 2 more teaspoons lemon juice and the butter garlic mixture.
05. Sprinkle broccoli with black pepper, toss to combine, and season to taste. Enjoy!

## ONE POT LENTILS & RICE



**TIME TO PREPARE**

5 minutes



**COOK TIME**

35 minutes



**SERVING**

4 servings



**PREPARED BY**

[superhealthykids.com](http://superhealthykids.com)

### Ingredients

1 cup lentils, dry  
1 cup rice, uncooked  
1 Tablespoon butter  
3 ½ cups chicken broth  
3 Tablespoons parsley  
3 Tablespoons green onion,  
chopped

### Steps to Cook

01. Rinse the rice and lentils thoroughly in three changes of water. Drain well.
02. In a large saucepan over medium heat, melt the butter. Add the drained rice and lentils and toss until well coated.
03. Add broth and bring to a boil. Reduce to low heat and simmer, covered and undisturbed for about 30 minutes or until broth is mostly absorbed and rice and lentils are tender.
04. Remove from the heat and let rest 5-10 minutes before fluffing with a fork. When fluffing, try to avoid stirring rigorously so that it does not become a creamy texture.
05. After fluffing, fold in parsley and green onions. Serve and enjoy!

## ROASTED GARLIC PARMESAN CAULIFLOWER



**TIME TO PREPARE**

5 minutes



**COOK TIME**

15 minutes



**SERVING**

6 servings



**PREPARED BY**

[damndelicious.net](http://damndelicious.net)

### Ingredients

1 ½ pounds cauliflower florets  
¼ cup coconut oil, melted  
*(could also substitute with  
butter)*  
4 cloves garlic, minced  
salt and pepper, to taste  
¼ cup parmesan, grated  
2 Tablespoons parsley,  
minced

### Steps to Cook

01. Preheat oven to 450°F. Lightly oil a baking sheet or coat with nonstick spray.
02. Chop cauliflower and mince the garlic and parsley.
03. In a small saucepan, melt the coconut oil and set aside.
04. Place the cauliflower florets into a single layer on the prepared baking sheet. Add coconut oil and garlic to the cauliflower, season with salt and pepper and toss to combine.
05. Place into the oven and bake for 20-25 minutes, or until tender and golden brown.
06. Serve with sprinkled parmesan and parsley on top and enjoy!



# SCRUMPTIOUS SNACKS

Snacking throughout the day can decrease your hunger and prevent overeating at meal time. However, it is important that your snacks are scrumptious AND nutritious.

---

## DEILED EGGS



**TIME TO PREPARE**

20 minutes



**COOK TIME**

14 minutes



**SERVING**

12 deviled eggs



**PREPARED BY**

Lisa Bryan on  
[downshiftology.com](http://downshiftology.com)

### Ingredients

6 large eggs  
3 Tablespoons mayonnaise  
1 teaspoon Dijon mustard  
1 teaspoon apple cider vinegar  
salt & pepper, to taste  
paprika, for garnish

### Steps to Cook

01. Place eggs in a pot of water so the water just so covers the eggs. Bring the pot to a boil on medium to high heat. Once boiling, set a timer for 14 minutes.
02. While the eggs are boiling, prepare an ice water bath in a separate pot. Once your timer goes off, drain the boiling water and place the eggs in the ice water bath.
03. Once the eggs have completely cooled, peel them and slice in half lengthwise. Remove the yolk to a small bowl and place the egg whites on a plate.
04. Mash the yolks with the back of a fork. Then add the mayonnaise, mustard, vinegar, salt, and pepper. Stir together until smooth.
05. Use a spoon to add a portion of the yolk mixture back into the holes of the egg whites.
06. Sprinkle on the paprika for garnish and enjoy!

## PEANUT BUTTER BANANA YOGURT BITES



**TIME TO PREPARE**  
10 minutes



**FREEZE TIME**  
2 hours



**SERVING**  
8 servings



**PREPARED BY**  
Jessy Freimann on  
[thelifejolie.com](http://thelifejolie.com)

### Ingredients

½ cup vanilla Greek yogurt  
3 Tablespoons peanut butter  
1 banana, sliced

### Steps to Cook

01. Line a mini muffin pan with mini muffin liners and set aside.
02. In a small bowl, place the peanut butter in and microwave for 30 seconds to a minute until slightly melted.
03. In a medium bowl, whisk together the Greek yogurt, and melted peanut butter until well combined.
04. Spoon mixture into the mini muffin pans filling them  $\frac{3}{4}$  the way full.
05. Peel and slice a banana. Place a banana slice on top of each yogurt bite and press in slightly.
06. Freeze for at least two hours.
07. After they are frozen, remove from the muffin pan and peel off liners. You can store in an airtight container for up to 3 months. Enjoy!

\*Check out the website for 3 other flavored yogurt bites!  
(Shown in picture)

## RANCH CHICKEN CHEESE DIP



**TIME TO PREPARE**

5 minutes



**COOK TIME**

0 minutes



**SERVING**

12 servings



**PREPARED BY**

Jessica & Nellie on  
[butterwithasideofbread.com](http://butterwithasideofbread.com)

### Ingredients

2 – 8 ounces blocks cream  
cheese, softened to room  
temperature

1 – 12.5 ounces canned  
chicken, drained

1 cup shredded cheddar  
cheese

1 package dry ranch dressing  
mix

### Steps to Cook

01. Mix all ingredients together in a large bowl and refrigerate until ready to serve.
02. Serve with your favorite dippers and enjoy!

Dipper ideas: wheat thin crackers, carrots, celery, pretzels



## ROASTED CHICKPEAS



**TIME TO PREPARE**

10 minutes



**COOK TIME**

40 minutes



**SERVING**

8 servings



**PREPARED BY**

Laura on [joyfoodsunshine.com](http://joyfoodsunshine.com)

### Ingredients

1 – 15 ounces canned chickpeas  
½ teaspoon ground cumin  
½ teaspoon paprika  
½ teaspoon garlic powder  
¼ teaspoon onion powder  
½ teaspoon salt  
¼ teaspoon black pepper  
½ to 1 Tablespoon olive oil

### Steps to Cook

01. Preheat the oven to 400°F. Lightly spray a baking sheet with cooking spray and set aside.
02. Rinse and thoroughly dry the chickpeas.
03. In a small bowl, mix together the cumin, paprika, garlic powder, onion powder, salt, and pepper. Set aside.
04. Place the dried chickpeas on the prepared baking sheet and bake in the preheated oven for 15 minutes. (Do not add any of the other ingredients yet!)
05. Remove the chickpeas from the oven and drizzle ½ Tablespoon olive oil over the chickpeas, stirring until evenly coated.
06. Add spices to the chickpeas and stir until coated.
07. Bake for 10 more minutes, then stir. Return to oven for an additional 5-10 minutes, until desired crispiness.
08. Turn off oven and crack the door a little. Let the chickpeas cool in the oven to achieve maximum crispiness. Enjoy!

## SALMON DIP & CRACKERS



**TIME TO PREPARE**

8 minutes



**COOK TIME**

0 minutes



**SERVING**

8 servings



**PREPARED BY**

Dan on [mantitlement.com](http://mantitlement.com)

### Ingredients

3 – 5 ounces canned salmon  
2 to 3 Tablespoons dill  
2 ounces cream cheese, room temperature  
¼ cup mayonnaise  
½ teaspoon salt  
½ teaspoon black pepper  
2 Tablespoon lemon juice  
crackers for serving

### Steps to Cook

01. Drain the canned salmon and place into a medium sized bowl. Flake with a fork.
02. Add the cream cheese, mayonnaise, dill, salt and pepper, and lemon juice.
03. Stir to combine. Cover with plastic wrap and chill until ready to serve.
04. Serve with your favorite type of cracker. Enjoy!

## TRAIL MIX



**TIME TO PREPARE**  
15 minutes



**COOK TIME**  
0 minutes



**SERVING**  
4 servings



**PREPARED BY**  
House of Fauci's on  
[yummly.com](http://yummly.com)

### Ingredients

1 cup chocolate chips  
1 cup marshmallows  
1 cup cereal  
1 cup cracker  
1 cup pretzels  
nuts  
raisins

### Steps to Cook

01. Combine all ingredients into a large bowl.
02. Store in an airtight container and enjoy!

\*This recipe is very versatile and can be made with your favorite ingredients. Other mix-ins could include oats, dried fruit, peanut butter chips, M&Ms, banana chips, and seeds.



# DELIGHTFUL DESSERTS

Because who doesn't enjoy some sweets in their life?

---

## AMBROSIA



**TIME TO PREPARE**

10 minutes



**COOL TIME**

4 hours



**SERVING**

6 servings



**PREPARED BY**

Trisha on [saltysidedish.com](http://saltysidedish.com)

### Ingredients

- 1 – 15 ounce can mandarin oranges, drained
- 1 – 20 ounce can pineapple chunks, drained
- 1 -12 ounce jar maraschino cherries, drained
- ¾ cup vanilla Greek yogurt
- 1 cup coconut flakes
- 1 cup mini colorful marshmallows
- 1 – 8 ounce tub whipped topping, thawed
- pecan, chopped (*optional*)

### Steps to Cook

01. In a large mixing bowl, mix drained mandarin oranges, drained pineapple chunks and drained maraschino cherries together.
02. Add vanilla Greek yogurt, shredded coconut and mini marshmallows and mix well.
03. Fold in whipped topping with a rubber spatula.
04. Cover and place in the refrigerator for at least 1 hour prior to serving.
05. Stir well before serving to prevent any fruit or cool whip from settling. Enjoy!

## BLACK BEAN BROWNIES



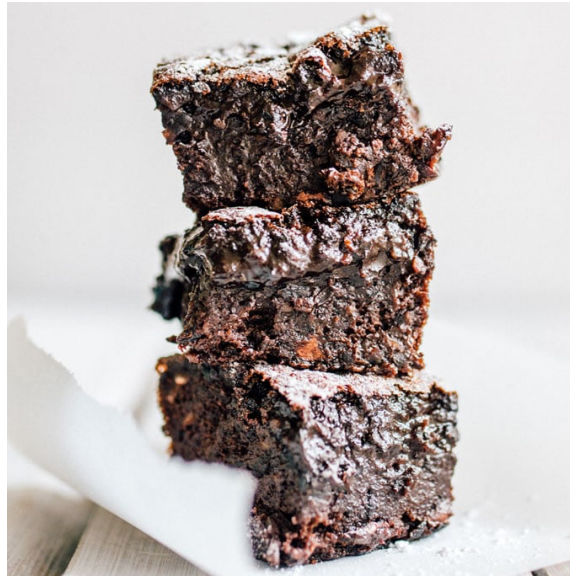
**TIME TO PREPARE**

5 minutes



**COOK TIME**

40 minutes



**SERVING**

16 servings



**PREPARED BY**

Sarah Bond on [liveeatlearn.com](http://liveeatlearn.com)

### Ingredients

1 – 15 ounce can black beans,  
rinsed and drained  
3 large eggs  
3 Tablespoons canola oil  
1 teaspoon vanilla  
¼ cup cocoa powder  
2/3 cup sugar  
½ teaspoon baking powder  
¼ teaspoon salt  
½ teaspoon finely ground or  
instant coffee (*optional*)  
½ cup semi-sweet chocolate  
chips

### Steps to Cook

01. Preheat oven to 350°F. Grease an 8x8 or 9x9 inch pan and then line with parchment paper.
02. Puree black beans in food processor or smash with a fork in a medium mixing bowl until turned into a rough paste.
03. Add in eggs, oil and vanilla and mix until combined.
04. In a separate bowl, combine cocoa powder, sugar, baking powder, salt, and coffee (if using).
05. Add the dry ingredients to the wet ingredients and mix. Then stir in the chocolate chips.
06. Pour batter into prepared baking pan and bake 30-40 minutes or until the edges are visibly cooked and a toothpick can be inserted in the center and come out clean.
07. Allow brownies to cool before cutting. Enjoy with a glass of milk!

## CINNAMON APPLESAUCE COOKIES



**TIME TO PREPARE**

5 minutes



**COOK TIME**

13 minutes



**SERVING**

9 cookies



**PREPARED BY**

Kirbie on  
[kirbi cravings.com](http://kirbi cravings.com)

### Ingredients

½ cup applesauce  
1 cup quick oats  
½ cup mix-ins of your choice

Mix-In Options:

chopped dried fruit  
chocolate chips  
peanut butter chips  
nuts or seeds

### Steps to Cook

01. Preheat oven to 350°F. Line a baking sheet with parchment paper.
02. In a large mixing bowl, add applesauce and oats. Mix with a spoon until combined and all oats are moistened.
03. Stir in your choice of mix-ins (You could also wait right before baking to add them to the top for prettier presentation).
04. Using your spoon, scoop into 9 similar sized balls and place onto the prepared baking sheet 2 inches apart. Using the back of the spoon, press down on the ball to form thick round disks. (The cookies will not change shape once baked so shape them as your desire)
05. Bake for 13-15 minutes or until they are set. Let cool for 1-2 minutes and enjoy!



## PEACH & PEAR COBBLER



**TIME TO PREPARE**

10 minutes



**COOK TIME**

20 minutes



**SERVING**

12 servings



**PREPARED BY**

My Kosher Recipe Contest  
on [kosher.com](http://kosher.com)

### Ingredients

Filling: (Step 2)

2 - 12.5 ounces canned pears,  
diced

2 - 12.5 ounces canned peaches,  
diced

3 1/3 Tablespoons sugar

2 Tablespoons lemon juice

Crust: (Steps 3-4)

1 cup sugar

1/2 cup oil

1 cup all-purpose flour

1 teaspoon baking powder

pinch of salt

1 large egg

1 teaspoon vanilla extract

### Steps to Cook

01. Preheat oven to 350°F and grease ramekins (small oven safe dishes).

\*You could also use a large baking dish and make one large dessert instead of many small dishes.

02. Drain and rinse off pears and peaches. Dice into small pieces and mix in a medium mixing bowl. Add sugar and lemon juice and mix well. Fill greased ramekins (or large baking dish) almost to the top with the fruit mixture. Set aside.

03. In a separate medium bowl, whisk together sugar and oil until combine. Add flour, baking powder and salt and mix. Add in egg and vanilla and continue to whisk until just combined.

04. Take pieces of dough and spread on top of fruit mixture(s).

05. Bake in preheated oven for 20 minutes or until crust is golden brown. Remove from oven and let stand for 5-10 minutes.

06. Enjoy with vanilla ice cream, whipped cream or on its own!

## PINEAPPLE CREAM PIE



**TIME TO PREPARE**

15 minutes



**COOK TIME**

0 minutes



**SERVING**

6-8 servings



**PREPARED BY**

Allison Bashore

### Ingredients

1 graham cracker crust  
1 large can crushed pineapple  
1 pint sour cream  
1 package vanilla instant  
pudding  
whipped cream (*optional*)

### Steps to Cook

01. In a large mixing bowl, mix the crushed pineapple, sour cream, and vanilla instant pudding until combined.
02. Pour mixture into the graham cracker crust and cover with lid.
03. Refrigerate for 6 hours to help thicken.
04. Cut yourself a slice, top with whip cream and enjoy!

# HOW TO...

If unsure of how to prepare, cut, or cook a certain food product, just look below.

If your answer is not provided, do not be afraid to do some research of your own.

You will be surprised with how much versatility there is when it comes to cooking!

---

## CUT & DESEED AVOCADOS



Step 1

Place avocado on secure surface

*\*Tip: place a damp paper towel under cutting board to avoid slipping*

Slice down the center lengthwise around the seed, starting at the narrower end as shown in photo

Holding the avocado in the palm of one hand, use your other hand to twist and rotate the two halves apart



Step 2

Remove the seed by slipping a spoon between the seed and fruit

*\*Alternative: carefully hit seed with sharp side of knife until it sticks into the seed. Then twist the seed until it pops out.*



Step 3

Slice the avocado in half or in wedges

Grab the outer dark shell or skin and pull away from the inner flesh of the fruit. If any dark skin remains on the flesh, simply cut it away with a knife. The yellow and green portions of the fruit are what you want to consume, not the peel.

## FREEZE FRESH FRUITS



Step 1

It is always crucial to wash your fruits. Place them in a bowl filled with water. Allow them to sit in the water for 5 minutes to remove any debris. Once they have soaked, remove from the bowl and rinse with water.



Step 2

Depending on the fruit, you will want to deseed or peel the produce. Then you can slice or cut your fruit how you desire.



Step 3

Place the cut fruit on a parchment lined baking sheet. This will allow the fruit to freeze without sticking together in clumps. Place in the freezer for 1 hour.



Step 4

Once the fruit is mostly frozen, transfer them to desired bags or containers. Label the containers with what they contain as well as the date and place back into the freezer until ready to eat.

## FREEZE FRESH VEGETABLES



Step 1

To keep fresh vegetables tasting fresh after freezing, blanching is required. To blanch your vegetables, first submerge them into boiling water for ~5 minutes. Then remove them from the boiling water and submerge them into a bowl of ice water to stop the cooking process. Do this for ~5 additional minutes.



Step 2

After blanching, pat the vegetables dry with a towel. Once they are dry, place in a single layer on a parchment lined baking sheet. Freeze for about 1 hour.



Step 3

Once the vegetables are mostly frozen, you can store them into separate bags or containers. Place back into the freezer until ready to eat.

## ROAST A WHOLE CHICKEN



Step 1

Preheat oven to 350°F.



Step 2

Place the chicken in a roasting pan. Season generously inside and out with salt and pepper. Sprinkle inside and out with onion powder. Place 3 Tablespoons margarine in the chicken cavity. Arrange 3-4 dollops of margarine around the chicken's exterior. Cut one stalk of celery into 3 or 4 pieces and place in the chicken cavity.



Step 3

Bake uncovered 1 hour and 15 minutes in the preheated oven, to a minimum internal temperature of 180°F. Remove from heat, and baste (with a ladle, scoop the juices and melted margarine over the chicken). Cover with aluminum foil and allow to rest about 30 minutes before serving.

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