Easy & Flexible Recipes

Recipes Sourced From:
MyPlate Kitchen
ChopChop Family
Eat Right
Easy Pasta Salad with Chicken & Vegetables

**Ingredients**
- 1, 15-ounce can garbanzo beans, drained and rinsed
- 1, 6-ounce can chicken breast packed in water, drained and rinsed
- ½ cup balsamic vinaigrette salad dressing
- 16 ounces uncooked whole-wheat pasta
- 1, 10-ounce bag frozen mixed vegetables

**Instructions**
1. Bring a gallon-sized pot of water to boil & cook pasta according to package instructions.
2. Two minutes before pasta is finished cooking, add in the frozen mixed vegetables.
3. Once pasta is cooked and vegetables are tender, drain into colander.
4. While pasta and vegetables are cooking, gently mix the rinsed and drained beans, chicken and salad dressing in a large bowl until combined.
5. Add the pasta and vegetables to the bowl and mix with the beans, chicken and salad dressing.
6. Serve salad warm or cold.

**Notes:** Use any white bean if garbanzo/chickpeas are unavailable. Tuna would work just as nicely as chicken breast with less prep.

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Easy Migas (Tex-Mex Breakfast)

**Ingredients**
- 5 large eggs
- 1 tablespoon olive oil
- 2 green onions, sliced
- 2 cups (about 3 ounces) coarsely broken tortilla chips
- ½ cup mild salsa
- ½ cup low-fat shredded cheddar cheese

**Instructions**
1. In a bowl, combine eggs and salt; stir with a wire whisk and set aside.
3. Add green onions and cook for 2 minutes or until they begin to soften.
4. Add egg mixture to skillet and cook for 1 minute without stirring, until the edges of the eggs are set.
5. Stir in tortilla chips and salsa; cook for 2 minutes or until tortilla chips begin to soften. At this point, the eggs' texture will resemble traditional scrambled eggs.
6. Remove from heat and add cheese; stir until combined and cheese begins to melt.
7. Sprinkle with cilantro and extra cheese, if desired.

**Notes:** Use cilantro or parsley instead of green onions. Serve with whole grain toast and a piece of fruit.
Bunny Bread (A.K.A. Carrot Bread)

Ingredients
- ½ cup all-purpose flour
- ½ cup whole-wheat pastry flour or whole-wheat flour
- ¼ teaspoon salt
- ¼ teaspoon baking soda
- ¼ teaspoon baking powder
- 1 teaspoon cinnamon
- 1 egg
- ⅓ cup canola oil
- ⅓ cup packed brown sugar
- ⅓ cup granulated sugar
- 1 teaspoon vanilla extract
- 1 cup grated carrots
- ⅓ cup raisins

Instructions
Makes 16 slices
Original recipe: https://bit.ly/3d7H0dK

1. Grease and flour a loaf pan & Preheat oven to 325°F.
2. In a medium bowl, whisk together the all-purpose flour, whole-wheat flour, salt, baking soda, baking powder and cinnamon.
3. In a large bowl, beat together egg, oil, brown sugar, granulated sugar and vanilla extract.
4. Add dry ingredients to wet ingredients and beat until combined.
5. Stir in carrots and raisins.
6. Pour batter into prepared pan.
7. Bake 50-60 minutes, until a toothpick comes out clean.
8. Remove from oven and cool in pan on wire rack for 10 minutes.
9. Remove from pan and cool completely.

Notes: If you don’t have whole wheat flour, just use all-purpose. Trade out half the oil for apple sauce to reduce fat content.

Pita Pizzas!

Ingredients
- 2 whole-wheat pitas (6-inch diameter)
- ¼ cup hummus
- ½ cup fresh or frozen spinach, chopped (if frozen, defrost and drain first)
- ½ cup black beans, rinsed
- ½ cup artichoke hearts
- ¼ cup non- or low-fat Swiss cheese, shredded

Instructions
Makes 4, 1/2 pita servings

1. Preheat over to 325°F.
2. Spread hummus evenly over pitas.
3. Add beans, spinach and artichoke hearts.
4. Top with cheese.
5. Bake in the oven for 15 minutes or until pita is toasted.
6. Let cool and enjoy.

Notes: Trade spinach, artichoke hearts, and black beans for veggies or beans you have on-hand if needed.
Broccoli Nuggets

Ingredients
- 2 cups packed fresh broccoli, finely chopped
- 3 eggs, whisked
- ¾ cup reduced fat shredded cheddar cheese
- 1 cup panko breadcrumbs
- ½ teaspoon dried oregano
- ¼ teaspoon garlic powder
- ¼ teaspoon salt

Instructions
1. Preheat oven to 350°F.
2. Place broccoli plus one cup of water in a microwave safe bowl. Microwave for 2½ minutes — broccoli should be tender but not mushy. Depending on the strength of the microwave, cooking time may need to be increased by 30-60 seconds.
3. Once broccoli is cooked, remove and drain well. Broccoli should be finely chopped so if you need to chop the broccoli more, do so here.
4. Place chopped broccoli in a large bowl and add in the whisked eggs, cheese, breadcrumbs, oregano, garlic powder and salt.
5. Use a wooden spoon or your hands to combine well. Mixture should stick together without much effort.
6. Shape into nuggets and place on a lightly greased baking sheet. If you are having a hard time forming into nuggets, add in more breadcrumbs a tablespoon at a time.
7. Bake for 15 minutes. Flip once and bake for an additional 10 minutes.
8. Serve as is or with your favorite dip.

Makes 4 Servings of 6 nuggets


Classic Three Bean Salad

Ingredients
- 1 can (or 1.5 cups) dark red kidney or black beans
- 1 can (or 1 ½ cups) white beans or chickpeas
- 2 cups green beans, trimmed and snapped into bite-size pieces
- 3 scallions, roots trimmed off, white and green parts chopped
- ¼ cup chopped fresh flat-leaf parsley (about ½ small bunch)
- ½ cup balsamic or other vinaigrette

Instructions
1. Drain and rinse beans in cold water.
2. Put the beans, scallions, and parsley in the bowl and toss to combine.
3. Pour the vinaigrette over the beans.
4. Cover and refrigerate for at least 2 hours and up to overnight, to let the flavors meld.
5. Serve cold or at room temperature.

Makes 4 servings

Original Recipe: https://bit.ly/2IQoB7g

Notes: Any three kinds of beans will work for this salad. Use herbs you like or have on hand, like scallions, parsley, cilantro, dill, etc.
**Carrot Salad**

**Ingredients**
- 3 large carrots, scrubbed or peeled
- Juice of one lime and grated zest of half a lime
- 1 teaspoon honey
- ½ cup chopped fresh mint leaves
- ½ cup roasted peanuts (if you like peanuts)
- ½ teaspoon salt

**Instructions**
1. Grate the carrots on the large holes of the box grater.
2. Put them in a medium-large bowl.
3. Stir in the lime juice and zest, honey, salt, mint, and peanuts.
4. Taste the salad. Do you think it needs more lime? Mint? Honey? Salt? If so, add it, and taste again.
5. Serve right away or cover and refrigerate for up to 3 days.

**Notes:** Use lemon juice and zest instead of the lime juice and zest, or use vinegar if you don’t have limes. Use parsley or cilantro instead of the mint, or use the fragrant leaves inside a bunch of celery.

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**Any Vegetable Minestrone Soup**

**Ingredients**
- 2 tablespoons olive oil
- 1 large onion, peeled and chopped
- 2 carrots, scrubbed and diced
- 2 celery stalks, diced, with a handful of celery leaves, finely chopped
- 2 garlic cloves, peeled and minced
- 4 cups diced or shredded vegetables (try potatoes, cabbage, chard, kale, spinach, squash, parsnips, etc.)
- ½ cup barley or brown rice (or 1–2 cups cooked, leftover grains or pasta)
- 4 cups low-sodium chicken or vegetable broth
- 4 cups water
- 2 cups cooked beans or one (15-ounce) can beans, drained

**Instructions**
1. Put the pot onto the stove and turn the heat to medium. When the pot is hot, add the oil.
2. Add the onion, carrots, and celery and cook for about 10–15 minutes or until they are tender.
3. Add the garlic and remaining vegetables and cook, stirring once, until tender (~10 minutes).
4. Add the barley or rice, broth, and water, then simmer the soup, covered, until all the vegetables are cooked and the barley or rice is tender (~45 minutes).
5. Add the beans (and the cooked grains or pasta, if you’re using them), simmer another 15 minutes, then carefully taste the soup.
6. Does it need salt? Add a pinch if it does.
7. Serve garnished with a teaspoonful of olive oil and a sprinkle of Parmesan cheese.

**Notes:** Use any kind of bean here. If you don’t have the vegetables listed, go for corn, peas or edamame (frozen is fine, just add these when beans are added).
Any Vegetable Easy Crust Pizza

**Ingredients**
- 2 teaspoons plus 2 tablespoons olive oil
- 1 cup all-purpose flour
- 1 cup whole-wheat flour
- ½ teaspoon kosher salt
- 2 teaspoons baking powder
- ⅔ cup water
- ⅓ cup canned, jarred, or homemade tomato sauce
- 1 cup shredded cheese
- 1 ½ cups chopped or sliced vegetables

**Instructions**
1. Preheat oven to 400 degrees.
2. Lightly grease the baking sheet with 2 teaspoons oil.
3. Put the flours, salt, and baking powder in the bowl and stir well.
4. Add the water and olive oil and stir well.
5. If the dough needs more liquid to come together, add water, 1 tablespoon at a time, until it does.
6. Scoop the dough onto the oiled pan, then oil your hands and fingers and start gently pressing and flattening the dough. Take your time and work from the middle out toward the edges, until it mostly covers the pan.
7. Drizzle the dough with the sauce and use the back of the spoon to spread it to the edges.
8. Sprinkle the sauce with cheese, then add the toppings.
9. Bake until the crust is lightly browned and the toppings look cooked (~10-15 minutes).

**Notes:** Try Monterey jack, cheddar, or mozzarella cheese. Use a mix of vegetables, like mushrooms, peppers, onions, tomatoes, cauliflower, Brussels sprouts, etc.

Any Bean Dip

**Ingredients**
- 1 (15-ounce) can beans, drained and rinsed with cold water
- 1 garlic clove, peeled and finely minced
- ¼ cup cup olive or vegetable oil
- 3 tablespoons fresh lemon juice (about 1 lemon) or apple cider vinegar
- ½ teaspoon kosher salt
- Optional: Grated zest of 1 lemon or lime, ½ cup chopped fresh basil, parsley, or cilantro leaves, ¼ cup Spinach Pesto or chopped olives, 2 tablespoons chopped chili peppers, chives, onions, or shallots.

**Instructions**
1. Put all the ingredients in the food processor fitted with a steel blade and process until completely smooth.
2. If you are adding optional ingredients add them now, and pulse to combine.

**Notes:** Use any kind of bean here, like black, kidney, garbanzo, cannellini, etc. A blender would work if no food processor is available.
Delectable Skillet Lentil Stew

**Ingredients**
- 2 tbsp olive oil
- 1 cup onion, chopped
- 6 cups water
- 1 cup lentils (dry)
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon oregano
- 1/4 teaspoon garlic powder
- 6 carrots, cut into 1/2-inch pieces
- 4 celery stalks
- 1 teaspoon salt
- 1, 16 oz. can whole tomatoes (or 3-4 fresh tomatoes cut in wedges)

**Instructions**
1. Heat oil over medium-high heat in a large skillet.
2. Add onion and sauté until tender.
3. Add water, lentils, Worcestershire sauce, oregano, and garlic powder, cover and bring to a boil.
4. Reduce heat, and simmer for 45 minutes.
5. Add carrots, celery, and salt.
6. Cover and simmer 30 minutes more or until the vegetables are tender.
7. Add tomatoes.
8. Heat thoroughly and serve.

**Notes:** If you don't have carrots or celery try parsnips, sweet potato, squash, or wilt greens into the stew during the last few minutes of cooking.

Baked Chicken with Veggies

**Ingredients**
- 4 potatoes, chopped
- 6 carrot, sliced
- 1 large onion, quartered
- 1 chicken (raw, cut into pieces, skin removed)
- 1/2 cup water
- 1 teaspoon dried thyme
- 1/4 teaspoon pepper

**Instructions**
1. Preheat oven to 400 degrees.
2. Place potatoes, carrots and onions in a large roasting pan.
3. Put chicken pieces on top of the vegetables.
4. Mix water, thyme and pepper and pour over chicken and vegetables.
5. Bake at 400 degrees for one hour or more until browned and tender (using a meat thermometer, temperature should reach 165 degrees F). Spoon juices over chicken once or twice during cooking.

**Notes:** Use other vegetables is needed, like parsnips, sweet potato, squash, etc.
A Better Ranch Dip!

Ingredients
- 1, 15 oz. can great northern beans, drained and rinsed.
- 1/4 cup water
- 1/2 cup plain yogurt
- 1/2 teaspoon garlic powder
- 1/8 teaspoon cayenne pepper
- 1/4 teaspoon black pepper
- 1 tablespoon chives, chopped
- 1 tablespoon parsley, chopped
- 1/4 teaspoon dried tarragon
- 1/4 teaspoon salt
- 1 tablespoon lemon juice

Instructions
1. Blend the beans and garlic in a blender, adding enough water for the desired consistency.
2. Blend for 2 minutes to make it silky smooth.
3. Use a spatula to scrape the mixture into a medium bowl.
4. Stir in the yogurt, cayenne, chives, parsley, and tarragon, salt and lemon juice.
5. Serve in a bowl.

Notes: You can use any white bean here, like cannellini, garbanzo, butter beans, etc. Avoid yogurts with added sugar as this will change the flavors. If you happen to missing a spice, don’t worry, make it without and adjust others as needed.

Delicious Simmered Beans

Ingredients
- 2 cup dried beans (pinto, black, or pink)
- 8 cups water
- 1 onion, chopped
- 1 bay leaf
- 1/4 teaspoon salt

Instructions
1. Place beans, water, onion and bay leaf in a large pot.
2. Cover and bring to a boil over high heat.
3. Reduce heat to low and simmer for 1-1.5 hours or until beans are tender.
4. Remove bay leaf and stir in salt.
5. Cook 15 minutes longer.
6. Serve warm!

Notes: Top each serving of beans with salsa, avocado, herbs, and/or rice. These can be stored in the refrigerator for 3-4 days.
Perfect Pasta Primavera

Ingredients

- 6 oz. noodles, uncooked
- 1 tbsp vegetable oil
- 2 cup mixed vegetables, chopped
- 1 cup tomatoes, chopped
- 1 tablespoon butter
- 1/4 teaspoon garlic powder
- 1/8 teaspoon black pepper
- 3 tablespoon Parmesan cheese

Instructions

1. Cook noodles according to package directions.
2. While noodles are cooking, heat oil in a skillet.
3. Add vegetables and saute until tender, stirring constantly.
4. Add tomato and saute 2 more minutes.
5. Toss vegetables with noodles and butter.
6. Add seasonings and sprinkle with Parmesan cheese.

Notes: You can add some protein with chicken or beans. Small shaped pasta mixes best, however any style pasta will work (try to find whole-grain pasta).

Peach Apple Crisp

Ingredients

- 1, 15 oz. can peaches, in water or light syrup, drained & sliced
- 2 tart apples, peeled & sliced
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon ground cinnamon
- 3/4 cup flour
- 1/4 cup brown sugar (packed)
- 3 tbsp butter (chilled)

Instructions

1. Preheat oven to 350 degrees.
2. Lightly grease 9x9 inch casserole dish.
3. Combine peaches, apples, vanilla, and cinnamon in a bowl.
4. Toss well and spread evenly in greased casserole dish.
5. Combine flour and sugar in small bowl. Cut in butter with two knives until the mixture resembles coarse meal.
6. Sprinkle flour mixture evenly over fruit.
7. Bake until lightly browned and bubbly, about 20 minutes.

Notes: You can go 1/2 flour and 1/2 quick cook oats to increase the filling fiber in this recipe. Frozen peaches can be used in place of canned ones, use 1.5-2 cups if substituting.
AGE-APPROPRIATE KITCHEN TASKS

8-9 YEARS OLD
- Rinse and clean vegetables
- Use a can opener
- Measure and mix dry ingredients
- Use a food thermometer
- Juice citrus fruits
- Pound chicken on a cutting board

3-5 YEARS OLD
- Use cookie cutters to cut small food items
- Mix simple ingredients
- Use a pastry brush to oil bread, vegetables and other foods
- Use a plastic knife to cut soft fruit or vegetables
- Use pieces of fruit to create fruit salad

10-12 YEARS OLD
- Help prepare meals independent in the kitchen by providing them with more responsibilities (but still keep an eye on them)
- Bake and chop vegetables
- Boil pasta and cook vegetables
- Follow a simple step-by-step recipe
- Make and mix dry ingredients

6-7 YEARS OLD
- Crack eggs into a bowl
- De-seed peppers and tomatoes
- Shred and rinse corn
- Shred and rinse carrots
- Shred and rinse broccoli

Adapted from eatright.org