



# Easy & Flexible Recipes



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## Recipes Sourced From:

MyPlate Kitchen

ChopChop Family

Eat Right

Spend Smart. Eat Smart.



## Easy Pasta Salad with Chicken & Vegetables

**Servings:** 6

**Original recipe:** <https://bit.ly/2TX7UNX>

### 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 pot of water to boil & cook pasta as instructed on the package.
2. About 2-minutes before pasta is finished cooking, add the frozen mixed vegetables into the pot.
3. While pasta and vegetables are cooking, gently mix the beans, chicken and salad dressing in a large bowl.
4. Once the pasta is cooked and vegetables are tender, drain them into a colander.
5. Add the pasta and vegetables into the bowl with the chicken and bean mixture and stir together well.
6. Serve salad warm or cold and enjoy!

Notes: Use any white bean you have at home. Canned tuna would be just as tasty as canned chicken.

## Easy Migas (Tex-Mex Breakfast)

**Servings:** 6

**Original recipe:** <https://bit.ly/2WmqiBy>

### INGREDIENTS

- 5 large eggs
- 1 TBSP 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 stir with a whisk or fork and set aside.
2. Heat olive oil in a large skillet over medium-high heat.
3. Add green onions and cook for 2 minutes or until they start 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' will look like 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: If you prefer, use cilantro or parsley instead of green onions. Serve with whole grain toast and a piece of fruit.



## Bunny Bread (Carrot Bread)

Servings: 16 slices

Original Recipe: <https://bit.ly/3d7H0dK>

### 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

1. Grease and flour a loaf pan & Preheat oven to 325°F.
2. In a medium bowl, mix together the flours, salt, baking soda, baking powder and cinnamon.
3. In a large bowl, mix together the egg, oil, sugars, and vanilla extract.
4. Add dry ingredients to wet ingredients and stir 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 before enjoying!

Notes: If you don't have whole wheat flour, just use all-purpose. You could also trade out half of the canola oil for apple sauce to reduce fat content.

## Easy Mediterranean Pita Pizzas!

Servings: 6

Original recipe: <https://bit.ly/3HaJhnM>

### 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

1. Preheat oven 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, if needed.



## Broccoli Nuggets

Servings: 4 servings (6 nuggets) Original Recipe: <https://bit.ly/2WsDzrY>

### INGREDIENTS

- 2 cups packed fresh broccoli, finely chopped
- 3 eggs, whisked
- $\frac{3}{4}$  cup reduced fat shredded cheddar cheese
- 1 cup panko breadcrumbs
- $\frac{1}{2}$  teaspoon dried oregano
- $\frac{1}{4}$  teaspoon garlic powder
- $\frac{1}{4}$  teaspoon salt

### INSTRUCTIONS

1. Preheat the 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. Remove and drain broccoli.
3. In a large bowl, combine broccoli, eggs, cheese, breadcrumbs, oregano, garlic powder and salt.
4. Use a wooden spoon or your hands to combine well. Mixture should stick together without much effort.
5. 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.
6. Bake for 15 minutes. Flip once and bake for an additional 10 minutes.
7. Serve as is or with your favorite dip.

## Classic Three Bean Salad

Servings: 4

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

### INGREDIENTS

- 1 can (or 1.5 cups) dark red kidney or black beans
- 1 can (or 1½ 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
- $\frac{1}{4}$  cup chopped fresh flat-leaf parsley (about  $\frac{1}{2}$  small bunch)
- $\frac{1}{3}$  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.

Notes: Any three kinds of beans will work for this salad. Use herbs you like or have at home, like scallions, parsley, cilantro, dill, etc.



## Carrot Salad

**Servings:** 4 servings

**Original Recipe:** <https://bit.ly/2IWm8bn>

### 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
- ⅓ 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 (or use vinegar) if you don't have limes. You can use parsley or cilantro instead of the mint, or use the fragrant leaves inside a bunch of celery.

## Any-Vegetable Minestrone Soup

**Servings:** 12 (1 cup each)

**Original Recipe:** <https://bit.ly/3aW3tsm>

### INGREDIENTS

- 2 TBSP 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 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. Warm the oil in a pot over medium heat.
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.
6. 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, you could use corn, peas or edamame (frozen is good too, just add these when the beans are added instead).



## Any Vegetable Easy Crust Pizza

Servings: 8 servings

Original Recipe: <https://bit.ly/2UdLhUr>

### INGREDIENTS

- 2 tsp plus 2 TBSP olive oil
- 1 cup all-purpose flour
- 1 cup whole-wheat flour
- ½ tsp salt
- 2 tsp baking powder
- ¾ cup water
- ⅔ 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 tsp oil.
3. Put the flours, salt, and baking powder in the bowl and stir well.
4. Add in the water and olive oil and stir well.
5. If the dough needs more liquid to come together, add water, 1 TBSP at a time, until it comes together in a ball.
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

Servings: 6

Original Recipe: <https://bit.ly/392wpgl>

### INGREDIENTS

- 1 (15-ounce) can beans, drained and rinsed with cold water
- 1 garlic clove, peeled and finely minced
- ¼ 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 you don't have a food processor.



## Sensational Skillet Lentil Stew

Servings: 8 servings

Original Recipe: <https://bit.ly/3b5fD2g>

### INGREDIENTS

- 2 TBSP olive oil
- 1 cup onion, chopped
- 6 cups water
- 1 cup lentils (dry)
- 1 tsp Worcestershire sauce
- 1/2 tsp oregano
- 1/4 tsp garlic powder
- 6 carrots, cut into 1/2-inch pieces
- 4 celery stalks
- 1 tsp 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 you can use parsnips, sweet potato, squash, or wilted greens mixed into the stew during the last few minutes of cooking.

## Baked Chicken with Veggies

Servings: 6

Original Recipe: <https://bit.ly/2vqsPiO>

### INGREDIENTS

- 4 potatoes, chopped
- 6 carrots, 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 the 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 if you don't have potatoes and carrots, like parsnips, sweet potato, squash, etc.

## A Better Ranch Dip!

Servings: 4 servings

Original Recipe: <https://bit.ly/2J02U4B>

### INGREDIENTS

- 1, 15 oz. can great northern beans, drained and rinsed.
- 1/4 cup water
- 1/2 cup plain yogurt
- 1/2 tsp garlic powder
- 1/8 tsp cayenne pepper
- 1/4 tsp black pepper
- 1 TBSP chives, chopped
- 1 TBSP parsley, chopped
- 1/4 tsp dried tarragon
- 1/4 tsp salt
- 1 TBSP 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 flavor of the dip. If you happen to miss a spice, don't worry, make it without and adjust others as needed.

## Delicious Simmered Beans

Servings: 12

Original Recipe: <https://bit.ly/33BrvGN>

### INGREDIENTS

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

### INSTRUCTIONS

1. Place dried 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 serve with a whole grain, like brown rice or barley. These beans can be stored in the refrigerator for 3-4 days.



## Perfect Pasta Primavera

Servings: 4 servings

Original Recipe: <https://bit.ly/2J02U4B>

### INGREDIENTS

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

### INSTRUCTIONS

1. Cook noodles according to the package directions.
2. While the noodles are cooking, heat the oil in a skillet.
3. Add the mixed vegetables to the the skillet 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 to this dish with chicken or beans. Small pasta works best, and try whole grain options! Use frozen mixed vegetables for a quicker dish (no need to defrost, just toss in the pan frozen).

## Peach Apple Crisp

Servings: 8

Original Recipe: <https://bit.ly/33BrvGN>

### INGREDIENTS

- 1, 15 oz. can peaches, in water or light syrup, drained & sliced
- 2 tart apples, peeled & sliced
- 1/2 tsp vanilla extract
- 1/4 tsp 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 use 1/2 flour and 1/2 quick cook oats to increase the fiber in this recipe in a tasty way. Frozen peaches can be used in place of canned ones, use 1.5-2 cups if substituting.

## Whole Wheat Pumpkin Pancakes

**Servings:** 4 servings

**Original Recipe:** <https://bit.ly/3zw5Bq9>

### INGREDIENTS

- 1 cup whole wheat flour
- 1/2 tsp baking powder
- 1/4 tsp baking soda
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp salt
- 1 cup nonfat milk
- 1/3 cup pumpkin puree
- 1 egg
- 1 TBSP oil (canola or vegetable)
- 2 TBSP maple or pancake syrup

### INSTRUCTIONS

1. Mix flour, baking powder, baking soda, cinnamon, nutmeg, and salt together in a medium bowl.
2. Beat milk, pumpkin puree, egg, oil, and syrup together in a small bowl.
3. Add the wet ingredients to the dry ingredients. Stir until just combined.
4. Heat a skillet over medium low heat. Spray with nonstick cooking spray.
5. Pour pancake batter into the skillet using a 1/4 cup measuring cup. Cook until the pancakes have bubbles on the top and the edges are slightly dry, about 3–4 minutes. Flip pancakes and cook for about 2–3 minutes more.

Notes: These are a fun twist on regular pancakes and they add important nutrients as well! Enjoy pancakes with sliced bananas and/or chopped walnuts.

## Teriyaki Rice Bowls

**Servings:** 6

**Original Recipe:** <https://bit.ly/3MGU7Dp>

### INGREDIENTS

- 1 TBSP canola oil
- 3/4 pound boneless chicken, beef, or pork (thinly sliced)
- 2 cloves garlic, minced
- 2 cups water
- 1/2 cup teriyaki sauce
- 2 cups instant brown rice, uncooked
- 1 package (16 ounces) frozen stir fry vegetables

### INSTRUCTIONS

1. Heat oil in a large skillet over medium-high heat. Add meat. Cook and stir 5 minutes.
2. Add garlic, water, and teriyaki sauce and stir. Bring to a boil.
3. Stir in the rice and return to a boil. Once boiling, reduce the heat to low and cover. Simmer for 5 minutes.
4. Stir in the frozen vegetables. Cook for 5 minutes, stirring as needed.
5. Cover and let stand 5 minutes. Fluff mixture with a fork.

Notes: Use your favorite frozen vegetable mixture here. Do not defrost vegetables before adding them to the pan. For a vegetarian version, use tofu, edamame or chickpeas instead of meat. Look for low sodium teriyaki sauce.



## Quick Pad Thai

Servings: 4 servings

Original Recipe: <https://bit.ly/39fMvdn>

### INGREDIENTS

- 6 ounces whole wheat thin spaghetti
- 2 TBSP canola oil
- 24 ounces frozen vegetable mix
- 3 TBSP light soy sauce
- 1/4 cup water
- 1/4 cup peanut butter
- 2 TBSP sugar
- 1/2 pound boneless, skinless chicken breast, cut into bite sized pieces
- 3 eggs
- 1/3 cup peanuts, chopped

### INSTRUCTIONS

1. Cook spaghetti according to package directions. Drain in colander. Toss with 1 TBSP oil.
2. Defrost vegetables in microwave for 5 minutes as spaghetti cooks.
3. Combine soy sauce, water, peanut butter, and sugar in a small bowl. Stir until smooth. Set aside.
4. Heat 1 TBSP of oil in large skillet over medium high heat. Add chicken pieces. Cook and stir until no longer pink.
5. Crack eggs into a small bowl and beat. Add to skillet with chicken. Scramble until firm. Add the vegetables and spaghetti to the pan with the chicken mixture. Stir to heat through.
6. Add the soy sauce mixture to the skillet. Stir to coat.
7. Sprinkle peanuts on top when serving.

Notes: Add red pepper flakes for a little spice and squeeze lime slices over the whole meal right before serving for an extra boost!

## Easy Vegetable Frittata

Servings: 4

Original Recipe: <https://bit.ly/3aMG01M>

### INGREDIENTS

- 2 cups vegetables, chopped (mushrooms, onions, peppers, tomatoes)
- 6 eggs
- 1/4 cup milk
- 1/2 cup shredded cheese

### INSTRUCTIONS

1. Heat an oven proof skillet over medium heat. Spray with nonstick cooking spray. Add vegetables and sauté until tender, 3–5 minutes. Reduce heat to medium low.
2. While vegetables are cooking, beat eggs and milk together in a medium sized bowl. Stir in cheese.
3. Turn oven broiler on high.
4. Pour egg and cheese mixture over vegetables. Cover with a lid. Cook until eggs are nearly set, about 6 minutes. Do not stir and do not remove lid.
5. Remove lid from skillet and place skillet in the oven. Broil until eggs are completely set and lightly browned, 2–3 minutes.

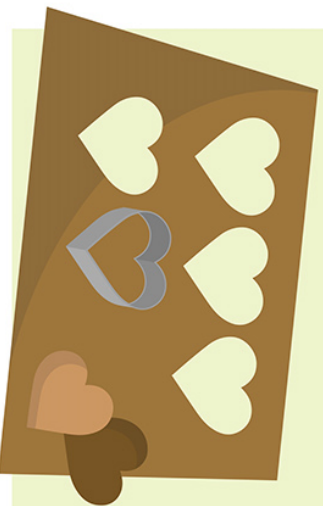
Notes: Any vegetables you have in the fridge will work, try mushrooms, peppers, onions, asparagus, spinach, zucchini, etc. Try reduced fat milks for a lower saturated fat content meal.

# AGE-APPROPRIATE KITCHEN TASKS

Adapted from [eatright.org](http://eatright.org)

## 3-5 YEARS OLD

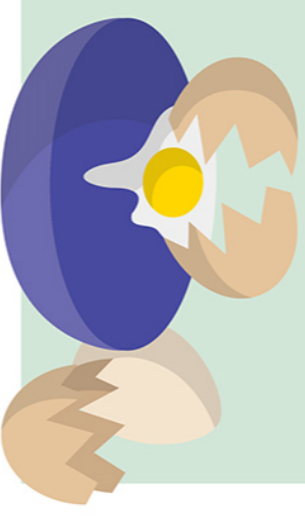
Children at this age love to help in the kitchen, but be sure to supervise them closely.



- Use cookie cutters
- Rinse produce in a large bowl filled with water
- Clear tabletops
- Mix simple ingredients
- Use a pastry brush to oil bread, vegetables and other foods
- Use a plastic knife to cut soft fruit or vegetables on a cutting board
- Use pieces of fruit to craft funny fruit faces

## 6-7 YEARS OLD

Kids can start to handle more complex kitchen tasks as their fine motor skills further develop around this age range.



- Crack eggs into a bowl
- Use a vegetable peeler
- De-seed peppers and tomatoes
- Shuck and rinse corn
- Use blunt scissors to cut green onions, parsley and other herbs
- Stir and prepare instant pudding
- Prepare lettuce for a salad

## 8-9 YEARS OLD

Skills and abilities within this age range tend to vary. Tailor cooking tasks to the child's maturity level.



- Rinse and clean vegetables
- Use a can opener
- Beat eggs
- Measure and mix dry ingredients
- Use a food thermometer
- Juice citrus fruits
- Pound chicken on a cutting board

## 10-12 YEARS OLD

Help preteens feel independent in the kitchen by providing them with more responsibilities (but still keep an eye on them).



- Boil pasta and vegetables
- Simmer ingredients on the stovetop
- Follow a simple step-by-step recipe
- Slice and chop vegetables
- Bake and microwave foods