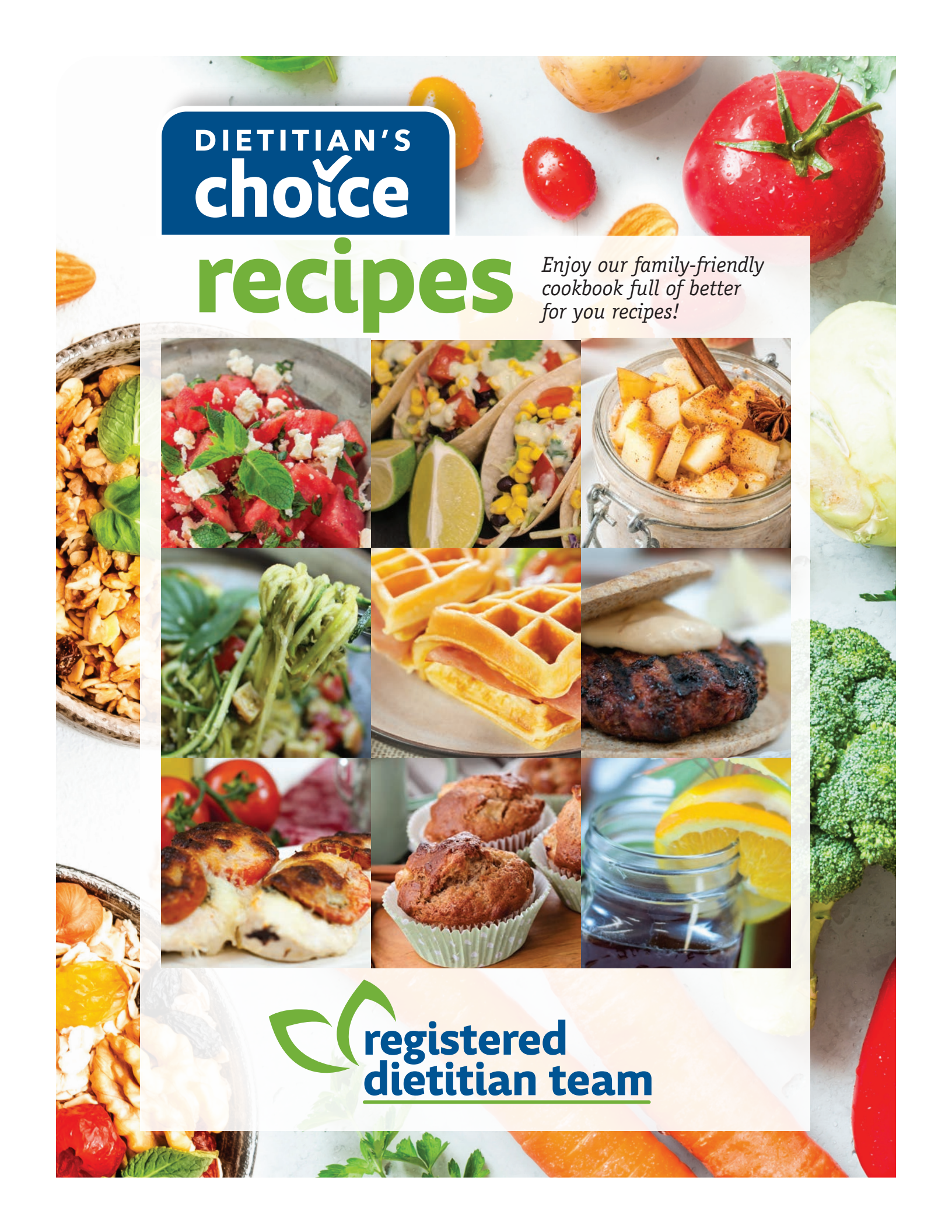




DIETITIAN'S
choice

recipes

*Enjoy our family-friendly
cookbook full of better
for you recipes!*

 **registered
dietitian team**



DIETITIAN'S choice

As Coborn's Dietitian's it's our job to be the nutrition expert and to help you make more nutritious choices for you and your family. The grocery store can often be a confusing place with numerous products to choose from. Let us help you get a jump start on a healthy lifestyle by providing tips, recipes, handouts, and in-store and online services + other resources to help meet the nutrition needs of you and your family.

This cookbook has great recipes that are all approved by our team of Registered Dietitians. They are better-for-you recipes that are made with simple ingredients, and most of all, great flavor. We know you don't have lots of extra time to cook, so let us help you out with some simple meal ideas from breakfast to dinner, and even snacks and desserts!

The recipes in this booklet aren't all considered a complete meal. To make them a complete meal, we encourage you to have all 5 food groups on your plate: Lean protein, whole grains, low fat dairy, and of course, fruits and vegetables. Check out the MyPlate to help visualize how your plate should look.



For more information regarding our dietitian services and to discover the numerous of resources that we have available, please visit us on our webpage: [Dietitian's Corner](#).

Our Dietitian's Corner Includes:

- Information about Us- Your Dietitian Team
- Dietitian's Choice recipes
- Resources, such as our handouts on Heart Health, Diabetes, Healthy Lunch Boxes + more!
- Blog articles
- Plus so much more!

**We are continually adding more recipes to our website. Be sure to check them out!*

Healthy and happy eating,





Apple Cinnamon Muffins Serves 24

| PREP TIME |

15 minutes

| COOK TIME |

20-25 minutes

| TOTAL TIME |

35-40 minutes

| DIFFICULTY |

Medium

Ingredients:

- ☐ 1 C. plain, non-fat greek yogurt
- ☐ 2 eggs
- ☐ 2 Tbsp. canola oil
- ☐ 2 tsp. vanilla extract
- ☐ 1 C. whole wheat white flour
- ☐ 1 C. sugar
- ☐ 3/4 C. milled oats
- ☐ 1/4 C. ground flaxseed
- ☐ 2 1/4 tsp. ground cinnamon
- ☐ 1 1/2 tsp. baking powder
- ☐ 1/2 tsp. salt
- ☐ 2 medium apples, peeled and chopped

Directions:

1. Preheat oven to 350 degrees Fahrenheit
2. In a bowl, combine the yogurt, eggs, oil and vanilla extract.
3. In a separate medium bowl, combine flour, sugar, oats, flaxseed, cinnamon, baking powder and salt.
4. In a stand mixer (or by hand), slowly add the wet ingredients to the dry ingredients. Mix until just combined. Batter should be lumpy.
5. Fold in the apples carefully with a spatula.
6. Pour the batter evenly in a lightly sprayed muffin tin. Recipe makes about 24 muffins.
7. Bake for about 20-25 minutes, or until golden brown and a toothpick comes out clean.



Apple Cinnamon Overnight Oats Serves 4

| PREP TIME |

5-10 minutes

| COOK TIME |

N/A

| TOTAL TIME |

Overnight

| DIFFICULTY |

Easy

Ingredients:

- ☐ 1/2 C. oats
- ☐ 1/2 C. skim or low fat milk
- ☐ 1/4 C. plain, non-fat yogurt
- ☐ 1/2 C. apple, chopped
- ☐ 1/8 tsp. honey
- ☐ 1 tsp. chia seeds

Directions:

1. In a mason jar or other similar-size container, pour in oats, milk and yogurt. Stir lightly.
2. Add in a layer of chopped apples and top with cinnamon, honey and chia seeds.
3. Place in fridge and let sit overnight. In the morning, stir before eating. Enjoy cold or heat up in the microwave.



Beefy Brunch Hash Serves 4-6

| PREP TIME |

15 Minutes

| COOK TIME |

20-25 minutes

| TOTAL TIME |

30-40 minutes

| DIFFICULTY |

Medium

Ingredients:

- ☐ 3 Tbsp. olive oil, divided
- ☐ 1 onion, diced
- ☐ 1 lb. 93% lean ground beef
- ☐ 2 cloves garlic, minced
- ☐ 2 tsp. rosemary, divided
- ☐ 1/2 tsp. crushed red pepper
- ☐ 1 tsp. ground pepper, divided
- ☐ 2 lbs. russet potatoes, peeled and diced
- ☐ 1/2 tsp. salt
- ☐ 1/2 pint cherry tomatoes
- ☐ 1 1/2 C. spinach

Directions:

1. In a large skillet over medium heat, add 1 Tbsp. olive oil and onions. Cook until clear, about 5 minutes.
2. Add ground beef, garlic, 1 teaspoon rosemary, 1 1/2 tsp. thyme, crushed red pepper, and 1/2 tsp. ground pepper to onions and cook until browned, stirring occasionally.
3. Remove from heat and set aside in a medium bowl.
4. Add 1 Tbsp. of olive oil to the same skillet and add diced potatoes, 1 tsp. rosemary, 1 1/2 tsp. of thyme, 1/2 tsp. ground pepper, and salt. Stir well to coat potatoes in oil and seasonings. Cook for 7-8 minutes, stirring every few minutes.
5. Add cherry tomatoes and cook for 3-4 minutes.
6. Add spinach and cook until wilted, about 1-2 minutes.
7. Add beef and onion mixture back to the skillet and mix well into potatoes.

Place scrambled or fried egg on top of hash, if desired.



Breakfast Burritos

Serves 10

Freezer Friendly!

| PREP TIME |

20 minutes

| COOK TIME |

8-10 minutes

| TOTAL TIME |

30 minutes

| DIFFICULTY |

Easy

Ingredients:

- ☐ 1 lb. cooked beef (choose either 93% lean ground beef, or try 93% lean ground turkey)
- ☐ 10 eggs, scrambled
- ☐ salt and pepper, to taste
- ☐ 1 onion, diced
- ☐ 3 bell peppers, diced
- ☐ 4 C. baby spinach, chopped
- ☐ 3/4 C. no-salt added or low sodium canned black beans (drain and rinse)
- ☐ 3/4 C. shredded cheddar cheese
- ☐ 10- 100% whole grain tortillas

Suggested Toppings:

Low-sodium salsa, plain greek yogurt, avocado slices

Directions:

1. Preheat oven to 350 F°. Grease 9" x 13" pan with olive oil. Set aside.
2. In a medium bowl, whisk eggs together with salt and pepper.
3. In a medium skillet over medium-heat, add ½ Tbsp. olive oil. Add eggs and scramble.
4. In a separate skillet, over medium-heat add 1 Tbsp. oil. Add onion and bell peppers, cook for 5-7 minutes, or until soft.
5. Add spinach and cover skillet until wilted. Set aside.
6. Evenly fill whole wheat tortillas with your choice of beef, eggs, cooked vegetables, beans, and cheese. Try making a burrito bar for guests to fill a burrito to their own liking!
7. Fold ingredients into the tortilla, like a burrito.
8. Add wrapped burritos to pan and bake for 8 minutes.
9. *Make freezer friendly:* Take burritos and wrap individually in parchment paper and then foil. Place in freezer. To reheat frozen burritos, remove foil and place in microwave for 1-3 minutes.



Crock Pot Overnight Egg Bake Serves 8-12

| PREP TIME |

20 minutes

| COOK TIME |

4-8 hours

| TOTAL TIME |

4 1/2– 8 hours

| DIFFICULTY |

Medium

Ingredients:

- ☐ 1 Tbsp. olive oil
- ☐ 1 onion, diced
- ☐ 1 lb. 93% lean ground beef
- ☐ 2 tsp. rosemary, divided
- ☐ 3 tsp. thyme, divided
- ☐ 3 tsp. ground pepper, divided
- ☐ 2 garlic cloves, minced
- ☐ 12 eggs
- ☐ 1/2 C. skim milk
- ☐ 1 1/2 tsp. garlic powder
- ☐ 2 tsp. crushed red pepper, divided
- ☐ 26 oz. of frozen hash browns
- ☐ 1 red bell pepper, diced
- ☐ 1 green bell pepper, diced
- ☐ 2 C. shredded cheddar cheese

Directions:

1. In a medium skillet over medium heat, heat olive oil and chopped onion until cooked, about 5 minutes.
2. To the same pan, add ground beef, 1 tsp. rosemary, 1 tsp. of thyme, 1 1/2 tsp. ground pepper, and garlic cloves. Cook until browned. Set aside.
3. In a medium bowl, whisk together eggs, 1 tsp. rosemary, 1 tsp. thyme, 1 1/2 tsp. ground pepper, garlic powder, crushed red pepper, and milk. Set aside.
4. In the bottom of the 3.5 quart crockpot (or larger), add half of the hash browns.
5. Top with the half of the beef mixture, cheese, green and red bell peppers, Repeat layers with the remaining ingredients.
6. Pour egg mixture evenly over hash brown and beef layers.
7. Set on high for 4 hours, or low for 6-8 hours until evenly cooked and slightly brown around the edges.



Baked Zucchini Boats Serves 4

| PREP TIME |

10-15 minutes

| COOK TIME |

35 minutes

| TOTAL TIME |

50 minutes

| DIFFICULTY |

Easy

Ingredients:

- ☐ 3 Medium zucchini
- ☐ ½ C. Pasta sauce
- ☐ ½ lb. ground beef
- ☐ 1 bell pepper, chopped
- ☐ ½ tsp. minced garlic
- ☐ ¼ C. shredded cheese
- ☐ ¼ C. tomatoes, chopped

Directions:

1. Preheat oven 350 degrees.
2. Trim ends off of zucchini and slice lengthwise. Using a spoon, scrape out pulp to create zucchini boats.
3. In a medium skillet on medium heat, cook beef, pasta sauce, bell pepper, and garlic. Cook until beef is cooked through. Drain excess liquid off.
4. Place zucchini boats in a baking dish and evenly fill with beef mixture using a spoon. Top with tomatoes and shredded cheese.
5. Bake for 25-30 minutes or until zucchini is tender.



Butternut Squash Mac & Cheese Serves 9

| PREP TIME |

10 -20 minutes

| COOK TIME |

30-35 minutes

| TOTAL TIME |

60 minutes

| DIFFICULTY |

Medium

Ingredients:

- ☐ 2 C. butternut squash, peeled and cubed
- ☐ 10 oz. whole wheat pasta, dry
- ☐ 2 Tbsp. low-sodium vegetable broth
- ☐ 1 1/2 Tbsp. butter
- ☐ 1 1/2 Tbsp. flour
- ☐ 1 tsp. garlic powder
- ☐ 3/4 C. skim milk
- ☐ 2 1/2 C. shredded cheddar cheese

Directions:

1. Bring a large pot of water to boil and add butternut squash. Cook until squash is softened and drain. Alternatively, microwave squash until softened (about 4-5 minutes).
2. Prepare pasta according to box. Drain and set aside.
3. Place squash and vegetable broth in food processor or blender. Pulse until mixture is smooth. Add water by 1/4 tsp. if mixture is too firm.
4. Heat butter over medium-low heat until melted in a small sauce pan. Whisk in flour and cook for 1-2 minutes.
5. Whisk in garlic powder, milk, and squash. Continue to whisk for another 1-2 minutes until mixture thickens.
6. Once thickened, add cheese and stir until melted (about 5 minutes). Stir mixture into pasta. Enjoy!



Crock Pot White Chicken Chili Serves 4-6

| PREP TIME |

5 minutes

| COOK TIME |

4-6 hours

| TOTAL TIME |

4-6 hours

| DIFFICULTY |

Easy

Ingredients:

- ☐ 32 oz. low sodium chicken broth
- ☐ 16 oz. boneless, chicken breasts
- ☐ 1- 15 oz. can cannellini beans
- ☐ 1- 15 oz. can no salt added black beans
- ☐ 16 oz. salsa verde
- ☐ 2 tsp. ground cumin
- ☐ 2-3 Tbsp. corn starch

Directions:

1. In a crockpot, add chicken broth, chicken breasts, beans, salsa, cumin, and corn starch to a crock pot. Stir to combine.
2. Cook on high for 4 hours or low for 6 hours until chicken is cooked through. Shred chicken with a fork.
3. On-hand toppings: cilantro, shredded cheese, green onion, crumbled tortilla chips, avocado, etc.
4. Also, serve with take and bake bread.

Dietitian's Tips

- Try serving with whole grain bread and a side of fresh fruit.
- Drain and rinse your canned beans to reduce up to 41% of the sodium.



Greek Salad with Tzatziki Sauce Serves 4

| PREP TIME |

15 minutes

| COOK TIME |

N/A

| TOTAL TIME |

15 minutes

| DIFFICULTY |

Easy

Ingredients:

Tzatziki Sauce

- ☐ 2- 6oz. containers of plain, non-fat greek yogurt
- ☐ 2 medium cucumbers, peeled, seeded, and grated (or diced)
- ☐ 2 Tbsp. olive oil
- ☐ 1/2 fresh lemon, juiced
- ☐ salt and pepper, to taste
- ☐ 1 tsp. fresh dill, chopped
- ☐ 3 cloves fresh garlic, chopped

Greek Salad

- ☐ 4-5 C. mixed greens salad mixture
- ☐ 1/2 C. tomatoes, chopped
- ☐ 1/2 fresh onion, sliced
- ☐ 1/2 C. Kalamata olives
- ☐ 1/8 C. reduced fat feta cheese
- ☐ 2-3 Tbsp. blend of balsamic vinegar and olive oil as dressing

Directions:

1. Combine all ingredients of the tzatziki sauce together in a small bowl and whisk together.
2. (Optional) let set in the fridge for about an hour
3. For the salad, top mixed greens with tomatoes, onions and olives.
4. Top the salad with a blend of olive oil and balsamic vinegar as the dressing.
5. The tzatziki sauce is great for dipping whole grain bread or even adding a little to the salad.



Quinoa Salad with Apples, Baby Spinach and Chick Peas

in Maple Vinaigrette Serves 4-6

| PREP TIME |

10 minutes

| COOK TIME |

20 minutes

| TOTAL TIME |

30 minutes

| DIFFICULTY |

Easy

Ingredients:

- ☐ 1 C. quinoa, dry
- ☐ 2 handfuls of baby spinach leaves, washed and drained
- ☐ 1 large apple, diced
- ☐ 1/2 C. chick peas, drained and rinsed
- ☐ 2 Tbsp. fresh chopped parsley
- ☐ salt and pepper to taste

Maple Vinaigrette Dressing

- ☐ 4 Tbsp. extra virgin olive oil
- ☐ 3 Tbsp. balsamic vinegar
- ☐ 2 Tbsp. pure maple syrup

Directions:

1. In a sauce pan or rice cooker, pour in 1 C. of dry quinoa and 2 C. of water. Cover and cook on a low simmer until all the water is evaporated and the quinoa is tender. Approximately 20 minutes.
2. Dump the cooked quinoa into a large bowl.
3. Mix in the baby spinach, apple, chick peas, and chopped parsley.
4. Mix together the extra virgin olive oil, balsamic vinegar, and maple syrup to make the vinaigrette.
5. Pour the vinaigrette over the quinoa salad and toss gently to coat. Season with salt and pepper to taste.



Savory Pancakes Serves 4

| PREP TIME |

10 minutes

| COOK TIME |

10 minutes

| TOTAL TIME |

45 minutes

| DIFFICULTY |

Easy

Ingredients:

- ☐ 1 1/2 C. whole wheat white flour
- ☐ 2 tsp. sugar
- ☐ 1 1/2 tsp. baking powder
- ☐ 1/2 tsp. baking soda
- ☐ 2 large eggs
- ☐ 1 3/4 C. low-fat buttermilk
- ☐ 2 Tbsp. canola oil
- ☐ 2 C. sharp white cheddar cheese, shredded
- ☐ 1/2 C. diced green onions

Directions:

1. In a large bowl, combine flour, sugar, baking powder and baking soda.
2. In a separate bowl, mix together eggs, buttermilk and canola oil.
3. Pour the liquid mixture into the flour mixture and mix well.
4. Stir in white cheddar cheese and diced green onions.
5. Cook over stove-top or on griddle over medium heat until cooked through.
6. Top with plain, non-fat green yogurt, extra shredded cheddar cheese and green onions as a garnish.



Sloppy Joes Serves 6

| PREP TIME |

15 minutes

| COOK TIME |

45 minutes

| TOTAL TIME |

60 minutes

| DIFFICULTY |

Medium

Ingredients:

- ☐ 1 Tbsp. of olive oil
- ☐ 1/2 C. diced onion
- ☐ 1 bell pepper, chopped
- ☐ 5 oz. of carrot matchsticks
- ☐ 1 lb. 93% lean ground beef
- ☐ 1 tsp. minced garlic
- ☐ 1 C. no-salt-added ketchup
- ☐ 1 Tbsp. brown sugar
- ☐ 1 tsp. of mustard
- ☐ 1 package of whole wheat buns

Directions:

1. On the stove top, warm 1 Tbsp. of olive oil in large skillet over medium-high heat. Cook onion, peppers and 1/2 bag of carrot matchsticks until tender, about 8 minutes.
2. Push the vegetables over and add the beef. Break apart as it cooks until browned, about 5 minutes.
3. Mix beef and vegetables together and add garlic and cook for 1 minute. Stir in ketchup, mustard, and brown sugar.
4. Mix thoroughly. Reduce heat to low and simmer until sauce has thickened, about 30 minutes. Season with pepper. Serve on buns.

Recipe adapted from: cobornsdelivers.com



Taco Pinwheels Serves 4-6

| PREP TIME |

15 minutes

| COOK TIME |

N/A

| TOTAL TIME |

20-40 minutes

| DIFFICULTY |

Easy

Ingredients:

- ☐ 8 oz. of fat-free cream cheese
- ☐ 1/3 C. of low sodium salsa
Try Full Circle medium salsa
- ☐ 1/2 C. Shredded cheddar cheese
- ☐ 1 Tbsp. Mrs. Dash taco seasoning
- ☐ 1 lb. rotisserie chicken, cubed
- ☐ 3 stalks green onion, diced (optional)
- ☐ 4 medium whole wheat tortillas

Directions:

1. Put all ingredients, except the tortillas, in a large bowl and mix well.
2. Spread some of the mixture onto the entire surface of tortillas and roll it up tightly.
3. Cut the rolled tortilla in approximately 1 inch pieces. Tip! The tortillas may be easier to cut once they have chilled in the refrigerator for about 20 minutes.

Dietitian's Tips

- This is an easy item to make for lunches or a simple after school snack.
- Use leftover rotisserie chicken from dinner the night before.
- An easy recipe for kids to make on their own.



Veggie Roll Up

| PREP TIME |

10 minutes

| COOK TIME |

N/A

| TOTAL TIME |

10 minutes

| DIFFICULTY |

Easy

Ingredients:

- ☐ 1—100% whole wheat tortilla
- ☐ 2 Tbsp. of hummus
- ☐ 1/2 C. spinach leaves
- ☐ 1/4 C. grapes tomatoes, halved
- ☐ 1/4 C. shredded carrots
- ☐ 1/4 C. zucchini, diced
- ☐ 1/8 C. of garbanzo beans
- ☐ Pinch of shredded cheddar cheese

Directions:

1. Spread hummus evenly over the tortilla
2. Add spinach leaves, grape tomatoes, shredded carrots, zucchini, chick peas, and shredded cheese.

Dietitian's Tip

- What to add more? Try adding lean protein such as chicken and even some shredded cheese.
- Add additional flavors by choosing fun flavors of hummus such as roasted garlic, roasted red pepper, or even beet hummus!



Waffle Sandwich

Makes 1 sandwich

| PREP TIME |

5-10 minutes

| COOK TIME |

5-10 minutes

| TOTAL TIME |

15-20 minutes

| DIFFICULTY |

Easy

Ingredients:

- ☐ 2 small 100% whole wheat waffles, lightly toasted
- ☐ 2 oz. lower sodium honey ham
- ☐ 1 slice provolone cheese
- ☐ 1/4 apple, sliced
- ☐ 1/2 Tbsp. honey mustard (optional)

Directions:

1. On one of the lightly toasted waffles, drizzle honey mustard, then later honey ham, and provolone cheese.
2. Place in a toaster oven and bake for about 5 minutes at 350 degrees.
3. Remove from toaster oven and add on thinly sliced apples. Place other waffle on top to create your delicious sandwich.

Dietitian's Tip

- Serve with fresh fruit for a delicious and easy lunch. Breakfast food is great anytime of the day!



Watermelon Feta Salad Serves 6-10

| PREP TIME |

15 minutes

| COOK TIME |

N/A

| TOTAL TIME |

15 minutes

| DIFFICULTY |

Easy

Ingredients:

- ☐ 1 seedless watermelon, chilled
- ☐ 1/2 C. extra virgin olive oil
- ☐ 3 limes, juiced
- ☐ 1 1/2 tsp. salt
- ☐ 3/4 tsp. black pepper
- ☐ 1 C. fresh mint leaves, chopped
- ☐ 1 1/2 C. crumbled feta cheese

Directions:

1. Cut rind from the watermelon, then chop into 1 inch chunks. Place them in a colander to drain extra fluid.
2. In a small bowl, whisk together extra virgin olive oil, lime and salt and pepper to create a dressing. Place watermelon in a large salad bowl. Pour dressing and chopped mint over the watermelon and toss gently to coat.
3. Pour the crumbled feta into the salad bowl and stir gently.

Dietitian's Tips

- This is a great summer salad and an easy way to use watermelon.
- Looking for more? Add in some chopped cucumbers!



Blueberry Maple Burgers

| PREP TIME |

15 minutes

| COOK TIME |

15 minutes

| TOTAL TIME |

30 minutes

| DIFFICULTY |

Medium

Ingredients:

Burger

- ☐ 1 lb. 93% lean ground beef
- ☐ 1 egg beaten
- ☐ 1/4 C. whole wheat bread crumbs
- ☐ 1/3 C. fresh blueberries
- ☐ 1/8 C. pure maple syrup
- ☐ 1 tsp. of garlic powder + pinch of pepper, to taste

Toppings

- ☐ sliced Brie cheese
- ☐ 4 whole wheat sandwich thins

Easy Adobo Sauce

- ☐ 1/3 C. olive oil mayonnaise
- ☐ 1 tsp. adobo sauce from chipotle peppers

Directions:

1. Mix the burger ingredients together and make into 4 patties.
2. Grill the burgers or 3-4 minutes on each side, or until they reach an internal temperature of 160 degrees Fahrenheit.
3. While the burger is grilling, mix the olive oil mayo and the adobo sauce together and set aside.
4. Slice the brie and a couple slices on each burger just enough for it to melt.
5. Spread some chipotle mayonnaise blend on each bun and add the burgers. Enjoy!



Caprese Chicken Bake Serves 4-6

| PREP TIME |

10 minutes

| COOK TIME |

35-40 minutes

| TOTAL TIME |

45 minutes

| DIFFICULTY |

Easy

Ingredients:

- ☐ 2 boneless skinless chicken breast
- ☐ 4 Tbsp. basil pesto
- ☐ 2 tomatoes, sliced
- ☐ 2 C. shredded mozzarella cheese
- ☐ salt & pepper, to taste

Directions:

1. Preheat the oven to 400 degrees Fahrenheit.
2. Lightly season the chicken breasts with salt and pepper and place in a baking dish that has been sprayed with non-stick spray.
3. Spread 1 Tbsp. of basil pesto on top of each chicken breast. Then top with tomato slices and shredded mozzarella cheese.
4. Bake for 35-40 minutes, or until chicken reaches an internal temperature of 165 degrees Fahrenheit.

Recipe from Smart Chicken ®



Sweet Potato Tater Tot Casserole Serves 4-6

| PREP TIME |

20 minutes

| COOK TIME |

25 minutes

| TOTAL TIME |

45 minutes

| DIFFICULTY |

Medium

Ingredients:

- ☐ 1 lb. 93% lean ground beef
- ☐ 2 tsp. garlic powder
- ☐ 2 tsp. chili powder
- ☐ 2 tsp. Italian dressing
- ☐ 16 oz. mixed vegetables
- ☐ 3 Tbsp. butter
- ☐ 2 Tbsp. whole wheat white flour
- ☐ 1- 15oz. can reduced sodium beef broth
- ☐ 1 C. skim or low fat milk
- ☐ 1- 20 oz. bag sweet potato tots.

Directions:

1. Preheat the oven to 425 degrees F.
2. In a medium skillet over medium heat, brown ground beef. About 7 minutes or until cooked through.
3. While browning ground beef, mix together garlic powder, chili powder, and Italian seasoning. Set aside.
4. Once beef is cooked through, drain grease and pour beef into an 8 x 8 inch baking dish. Spread mixed vegetables over beef. Set aside.
5. In the same skillet, add butter. When butter is melted, stir in flour and cook for 5 minutes, stir often. Add broth, milk and half of the spice mix. Heat to a low boil and cook until thickened, stirring often.
6. Pour sauce over beef and vegetables in baking dish. In an even layer, top beef and vegetables with sweet potato tots. Sprinkle remaining seasoning over top.
7. Bake for 20-25 minutes or until sweet potatoes are slightly browned.



Tilapia Tacos Serves 4

With Cilantro Avocado Dressing

| PREP TIME |

15-20 minutes

| COOK TIME |

10-15 minutes

| TOTAL TIME |

35 minutes

| DIFFICULTY |

Medium

Ingredients for Tacos:

- ☐ 2 tilapia fillets, thawed
- ☐ 1 1/2 Tbsp. olive oil
- ☐ 1/2 tsp. cumin
- ☐ 1/2 tsp. cayenne (red pepper)
- ☐ 2 tsp. minced garlic
- ☐ 2 Tbsp. freshly squeezed lime juice
- ☐ 3 Tbsp. fresh cilantro, chopped
- ☐ 6 corn tortillas (or lettuce leaves)
- ☐ 2 1/2 C. broccoli slaw
- ☐ 1/4 C. cilantro dressing (see below)
- ☐ Optional: corn, black beans, tomatoes, green onions

Ingredients for Cilantro Avocado Dressing

- ☐ 1/4 C. plain, non-fat greek yogurt
- ☐ 1 1/2 Tbsp. honey
- ☐ 1/4 tsp. garlic
- ☐ 1/2 medium avocado
- ☐ 1 Tbsp. freshly squeezed lime juice
- ☐ 3-4 Tbsp. fresh cilantro, chopped
- ☐ 1 tsp. water

Directions:

Cilantro Avocado Dressing:

1. To make the cilantro avocado dressing, combine all the ingredients, and mix in a food processor, or whisk together until fully combined. Set aside.

Tilapia Tacos:

1. Season tilapia with cumin and cayenne on both sides.
2. In a large non-stick skillet, heat olive oil with minced garlic over medium heat.
3. Add seasoned tilapia to the pan and cook for 5-7 minutes. Flip halfway through. Cook until internal temperature is 145 degrees Fahrenheit.
4. Once fully cooked, remove from heat and chop into bit sized pieces. It might flake on it's own.
5. Place chopped tilapia in a medium bowl and toss with lime juice and cilantro.

The Slaw:

1. Combine the broccoli slaw with avocado cilantro dressing (only about 1/4 C.)

To serve, top corn tortillas evenly with tilapia, cilantro avocado slaw and garnish with tomatoes, corn, black beans, and green onions.



Whole Grain Lasagna Roll Ups Serves 12

| PREP TIME |

20 minutes

| COOK TIME |

30-35 minutes

| TOTAL TIME |

60 minutes

| DIFFICULTY |

Medium

Ingredients:

- ☐ 1 lb. 93% lean ground beef or turkey, cooked
- ☐ 1-16 oz. package of 100% whole grain lasagna noodles
- ☐ 1 lb. mozzarella cheese, shredded
- ☐ 1- 15 oz. container ricotta cheese
- ☐ 2 C. fresh spinach
Or use 1-10 oz. package of frozen chopped spinach (thawed, drained, and squeezed dry)
- ☐ 1 1/2 C. parmesan cheese
- ☐ 3 tsp. minced garlic
- ☐ 28 oz. lower sodium pasta sauce

Directions:

1. Cook lasagna noodles in boiling water for 5 to 8 minutes. Cook to al dente. Drain and rise.
2. In a mixing bowl, combine the shredded cheese, minced garlic, ricotta cheese, spinach, parmesan and cooked ground beef or turkey.
3. On each lasagna noodle, spread a layer of the cheese mixture evenly over the noodle. Then add a thin layer of pasta sauce.
4. Carefully roll up and place in lightly greased pan. 9 x 13 works well. Repeat with all noodles.
5. Top with extra parmesan and sauce.
6. Bake at 350 degrees for approximately 30-35 minutes, or until cooked through.

Freezer Friendly!



Zucchini Pasta with Basil Pesto Serves 2

| PREP TIME |

10 minutes

| COOK TIME |

2-5 minutes

| TOTAL TIME |

10 minutes

| DIFFICULTY |

Easy

Ingredients:

- ☐ 10 oz. zucchini noodles
You can purchase zucchini noodles or else you can make them at home with a spiralizer
- ☐ 2-3 Tbsp. basil pesto
- ☐ 4 Tbsp. feta cheese
- ☐ 1/4 C. cherry tomatoes, halved

Directions:

1. In a saucepan, cook zucchini noodles with basil pesto for about 2-5 minutes on medium heat until warmed and zucchini is cooked.
2. Remove from heat and place on a dinner plate. Top with feta cheese and cherry tomatoes.

You can eat this warmed or chilled!



Caprese Salad Serves 2-4

| PREP TIME |

15 minutes

| COOK TIME |

N/A

| TOTAL TIME |

15 minutes

| DIFFICULTY |

Easy

Ingredients:

- ☐ 2 fresh medium tomatoes
- ☐ 1-8 oz. smoked mozzarella ball
- ☐ 15 leaves of fresh basil
- ☐ 1 Tbsp. Beano's Sub Dressing

Directions:

1. Slice the tomatoes and mozzarella into 1/4 inch thick slices.
2. Layer alternating slices of tomatoes and mozzarella, adding a basil leaf between each on a platter.
3. Drizzle with Beano's Sub Dressing and season with salt and pepper to taste.
4. Serve chilled.



Cowboy Caviar Serves 4-6

| PREP TIME |

5 minutes

| COOK TIME |

N/A

| TOTAL TIME |

2 hours 5 minutes

| DIFFICULTY |

Easy

Ingredients:

- ☐ 1- 15 oz. can of black beans (no salt added), rinsed, drained
- ☐ 1-15 oz. can pinto beans (no salt added), rinsed, drained
- ☐ 1-15 oz. can whole kernel corn (no salt added), drained, rinsed
- ☐ 3/4 C. Pico de Gallo
- ☐ 1/4 C. Italian dressing
- ☐ 2 Tbsp. fresh cilantro, chopped

Directions:

1. Put all ingredients into large bowl and mix well.
2. For best flavor, cover and refrigerate for at least 2 hours before serving.
3. Enjoy with whole grain chips .

Dietitian's Tips

- Always look for no-salt added versions of canned products.
- Did you know that draining and rinsing canned vegetables and beans can reduce the sodium up to 41%?



Creamy Pumpkin Dip

| PREP TIME |

15 minutes

| COOK TIME |

N/A

| TOTAL TIME |

15 minutes

| DIFFICULTY |

Easy

Ingredients:

- ☐ 8 oz. 1/3 less fat cream cheese
- ☐ 3/4 C. 100% pumpkin puree
- ☐ 1 tsp. vanilla extract
- ☐ 1 1/2 tsp. ground cinnamon
- ☐ 2 tsp. pumpkin spice
- ☐ 2 Tbsp. brown sugar
- ☐ 1/4 C. applesauce, unsweetened

Directions:

1. Blend together in a blender or food processor until smooth.



Crustless Pumpkin Pie Serves 8-10

| PREP TIME |

10-15 minutes

| COOK TIME |

35 minutes

| TOTAL TIME |

50 minutes + 6 hours to cool

| DIFFICULTY |

Medium

Ingredients:

- ☐ 1 tsp. pumpkin pie spice
- ☐ 2 tsp. cinnamon
- ☐ 1/2 tsp. salt
- ☐ 2 tsp. baking powder
- ☐ 1/3 C. whole wheat white flour
- ☐ 1/3 C. brown sugar
- ☐ 2 Stevia packets
- ☐ 1-15 oz. can 100% pumpkin puree
- ☐ 3/4 C. + 2 Tbsp. skim milk
- ☐ 2 Tbsp. canola oil
- ☐ 1 Tbsp. ground flaxseed
- ☐ 2 1/2 tsp. pure vanilla extract

Directions:

1. Preheat the oven to 400 degrees F.
2. Lightly spray a 10 inch round pan with non-stick spray.
3. In a large mixing bowl, combine pumpkin pie spice, cinnamon, salt, baking powder, whole wheat white flour, brown sugar and stevia packets. Stir well.
4. In a separate bowl, combine pumpkin puree, skim milk, canola oil, ground flaxseed and vanilla extract. Whisk together.
5. Pour the wet ingredients into the dry ingredients and combine.
6. Pour into the greased 10 inch round pan and bake for 35 minutes.
7. Remove from the oven and let cool completely. Once cooled, let the pie set in the refrigerator for at least 6 hours prior to serving.



Greek Yogurt Fruit Dip Serves 4-8

| PREP TIME |

5 minutes

| COOK TIME |

N/A

| TOTAL TIME |

1 hour 5 minutes

| DIFFICULTY |

Easy

Ingredients:

- ☐ 1 1/2 C. of plain greek yogurt
- ☐ 1/4 C. honey
- ☐ 1 tsp. of cinnamon
- ☐ 1 tsp. vanilla extract

Directions:

1. Mix all ingredients together in a bowl and refrigerate for 1 hour so flavors can combine.

Dietitian's Tips

- Look for a plain greek yogurt that is fat free and has less than 10 grams of sugar.
- Cut up all types of fruit including melon, grapes, apples, pineapple, + more.
- This is a great after school snack or have after dinner as a sweet dessert!



Lipton® Sparkling Sangria Tea

| PREP TIME |

15 minutes

| COOK TIME |

N/A

| TOTAL TIME |

15 minutes

| DIFFICULTY |

Easy

Ingredients:

- ☐ 3 1/2 C. cool or room temperature water
- ☐ 3 Lipton® Cold Brew Iced Tea Family Sized Tea Bags or 5 Cup size Cold Brew Tea Bags
- ☐ 1 1/2 C. 100% (no sugar added) purple grape juice, chilled
- ☐ 1/2 medium orange, sliced
- ☐ 1/2 medium lemon, sliced
- ☐ 1/2 medium lime, sliced
- ☐ 1 1/2 C. chilled club soda or seltzer

Directions:

1. Pour cool water over Lipton® Cold Brew Iced Tea Family Sized Tea Bags in a 2 quart pitcher and brew for 5 minutes, dunking several times. Remove tea bags and squeeze.
2. Combine tea with remaining ingredients except soda. Just before serving, add soda. Pour into ice filled glasses.



Mango Pineapple Salsa Serves 4-6

| PREP TIME |

15 minutes

| COOK TIME |

20-25 minutes

| TOTAL TIME |

35-40 minutes

| DIFFICULTY |

Medium

Ingredients:

- ☐ 1 C. fresh pineapple, diced
- ☐ 1 C. fresh mango, diced
- ☐ 1 C. yellow and orange peppers, diced
- ☐ 1/3 C. chopped cilantro
- ☐ 1/4 C. onion, chopped
- ☐ 2 limes, juiced (about 3 Tbsp.)
- ☐ salt and pepper to taste

Directions:

1. Combine all ingredients into a medium mixing bowl and mix well.



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