



Healthy Lifestyle Clinic

SNACK CLASS RECIPE BOOK

SKILLS FOR NUTRITIONAL AND CULINARY KNOWLEDGE



Table of Contents

Page 2 Banana Ice Cream

Page 3 Berry Oat Crumble

Page 4 Egg Muffin Bites

Page 5 Fried Rice

Page 6 Pizza Triangles

Page 7 Lentil Quesadillas

Page 8 Quick Whole Wheat Flat Bread

Page 9 Quinoa Black Bean Burger

Page 10 Spaghetti with Veggie Sauce

Page 11 Whole Wheat Waffle

Page 12 Stuffed Bell Peppers

Page 13 Zucchini hash Browns

Page 14 Apple Yogurt Parfait

Page 15 Microwave Pot Pie

Page 16 Microwave Zucchini Lasagna

Page 17 Cauliflower Pizza Crust

Page 18 Ramen Noodles

Banana Ice Cream

SERVING SIZE: 1 cup

NUMBER OF SERVINGS: 1-2 Servings

TIME: 5 minutes

Recipe Cost	
Total Cost*	\$3.37
Cost per Recipe	\$1.11
Cost per Serving	\$1.11

*assuming you don't have any of the listed items

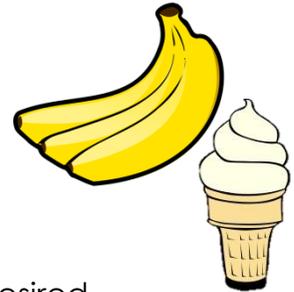
NUTRITION FACTS	
Serving	1 cup
Calories	160 calories
Fat	0.5 grams
Saturated Fat	0 grams
Sodium	85 milligrams
Carbohydrate	41 grams
Sugar	22 grams
Added Sugar	0 grams
Fiber	5 grams
Protein	2 grams

INGREDIENTS

- 2-3 overripe, frozen bananas (starting to turn brown)
- 2-3 tbsp milk of choice, if needed (optional)
- Pinch of salt

DIRECTIONS

1. Peel and cut **bananas** in large pieces. **Freeze overnight.**
2. **Throw 2-3 bananas or food processor**
3. Add **a pinch of salt and milk of choice for smoother blending** if desired
4. **Blend** until a soft-serve texture is achieved
5. Serve immediately, or transfer to freeze for an additional 30 minutes



Berry Oat Crumble

Serving Size: ½ bowl

Number of Servings: 2

Cook Time: 5 minutes

INGREDIENTS

Fruit Base

1. 1 ½ cup mixed berries
2. 1 teaspoon of Stevia
3. ½ teaspoon of cinnamon
4. 1 tablespoon of flax seeds

Crumble

1. 4 tablespoons of oats
2. 4 tablespoons of whole wheat flour
3. 2 teaspoons of canola oil
4. 2 teaspoons of honey
 - a. **OR** Brown sugar, maple syrup, etc.
5. ½ teaspoon cinnamon
6. Pinch of salt

DIRECTIONS

1. For fruit base: Place mixed berries in microwave safe bowl. Microwave for 2 minutes.
2. After cooking, add flaxseed, stevia, and ½ teaspoon of cinnamon to warm berries and stir.
3. For crumble: combine rolled oats, flour, canola oil, honey, ½ teaspoon of cinnamon, and salt into a bowl. Mix together.
4. Add half of the crumble mix into the cooked berries. Stir to combine.
5. Sprinkle the remaining crumble mix on top of the berry mix. Microwave for 1 minute or until dish is warm.
6. Let cool, then enjoy

Recipe adapted from 24carrotlife.com

RECIPE COST	
Total Cost*	\$20.62
Cost per Recipe	\$1.27
Cost per Serving	\$0.63
*assuming you don't have any of the listed items	

NUTRITION FACTS	
Serving	½ bowl
Calories	224
Fat	7 g
Healthy Fat <small>(mono- & poly-unsaturated fat)</small>	6 g
Saturated Fat	<1 g
Sodium	242 mg
Carbohydrate	37 g
Fiber	8 g
Sugar	13 g
Added Sugar	6 g
Protein	5 g

	Berry Cobbler	Betty Crocker Mug Cobbler	Walmart - Patti's Good Life Cobbler	McDonald's Apple Pie
Serving	½ bowl	1 mug	1/8 pie	1 apple pie
Calories	224	270	280	248
Fat	7 g	5 g	13 g	11 g
Saturated Fat	<1 g	3 g	7 g	6 g
Sodium	242 mg	380 mg	170 mg	95 mg
Carbohydrate	37 g	54 g	39 g	35 g
Sugar	13 g	34 g	28 g	16 g
Fiber	8 g	2 g	1 g	4 g
Protein	5 g	3 g	2 g	2 g

Egg Muffin Bites

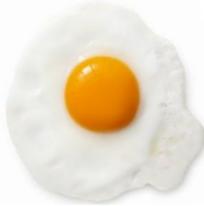
Serving Size: 2 Egg Muffins

Number of Servings: 6

Cook Time: 15-20 minutes

BASE

4 eggs
4 egg whites
1 cup of chopped onion
1/4 teaspoon of salt



TOPPING COMBINATIONS:

Tomato Spinach Mozzarella

1 cup fresh spinach
1/4 cup shredded mozzarella
1 tomato, diced and drained



Asparagus & Cheddar

1 tomato, diced and drained
1-2 green onion, sliced thinly
3-4 stalked asparagus, finely diced
1/3 cup cheddar cheese



Pepper, Spinach, & Onion

1 cup of baby spinach
1 cup sliced mushrooms
1 cup red bell pepper
1 cup green bell pepper
2 cloves of minced garlic



DIRECTIONS

1. **Preheat oven to 350°F.** Lightly spray a 12-cup capacity muffin tin with nonstick oil spray.
2. In a large bowl, **whisk together eggs and egg whites. Season with salt, to taste.**
3. Chop your red pepper, green pepper and onions (remember knife safety!) and sauté over medium heat for 5-7 minutes.
4. Chop spinach and mushrooms. Add in and cook for 2 minutes.
5. Add minced garlic in the last 30 seconds.
6. Mix eggs and sautéed vegetables together to create egg mixture.
7. Fill up the **greased** muffins tins with **egg mixture.**
8. **Bake for 20 minutes.**
9. Serve **OR** store in an airtight container in the refrigerator for up to 4 days **OR** in the freezer for up to 3 months **AND** reheat when ready to serve
10. Enjoy

RECIPE COST	
Total Cost*	\$14.61
Cost per Recipe	\$6.24
Cost per Serving	\$1.04
*assuming you don't have any of the listed items	

NUTRITION FACTS	
Serving	2 egg muffins
Calories	102
Fat	5.3 g
Saturated Fat	1.3 g
Sodium	165 mg
Carbohydrate	6.46 g
Fiber	1.6 g
Sugar	3.27 g
Protein	7.4 g

Recipe adapted from Food Network and CafeDelites.com

Fried Rice

Serving Size: 1 cup

Number of Servings: 3

Cook Time: 10 minutes

INGREDIENTS

1. Brown Rice – 2 cups, cooked
2. Peas & Carrots – 1 cup, frozen
3. Red Onion – 2 tablespoons
4. Garlic – 1 tablespoon
5. Eggs – 2 medium
6. **Low Sodium** Soy Sauce – 2 tablespoons
7. Sesame Oil – 1 tablespoon
8. Rice Vinegar – 1 tablespoon



DIRECTIONS

1. Cook instant brown rice in the microwave for 7 minutes (or follow instructions on package). Use a microwave safe bowl, and cover with paper plate or thin towel.
2. Take bowl of cooked rice and top with frozen peas and carrots and chopped red onion.
3. Cook rice/vegetable mix in microwave for 1 minute (be sure to cover the microwave-safe bowl with a paper plate before cooking). After cooking, stir, then cook for another minute.
4. *******In a separate bowl, crack eggs. Beat together. Cook for 45 seconds, stir, and cook again for 45 seconds. **(also a good way to make regular scrambled eggs!)**
5. Combine garlic, soy sauce, rice vinegar, and sesame oil to make a sauce mix.
6. After rice/vegetable mix is done, add the cooked egg and sauce mix.
7. Stir and enjoy!

Recipe adapted from fitmencook.com

RECIPE COST	
Total Cost*	\$12.29
Cost per Recipe	\$2.87
Cost per Serving	\$0.96
*assuming you don't have any of the listed items	

NUTRITION FACTS	
Serving	1 cup
Calories	270
Fat	9 g
Saturated Fat	2 g
Sodium	470 mg
Carbohydrate	38 g
Fiber	4 g
Sugar	< 1 g
Protein	10g

NUTRITION COMPARISON

	Fried Rice	Walmart Steamfresh Fried Rice	Panda Express Fried Rice	Kroger Tai Pei Fried Rice
Serving	1 cup	1 bag	1 cup	1 bowl
Calories	270	520	520	520
Fat	9 g	8 g	16 g	13 g
Saturated Fat	2 g	1.5 g	3 g	1 g
Sodium	470 mg	890 mg	850 mg	740 mg
Carbohydrate	38 g	96 g	85 g	80 g
Sugar	<1 g	8 g	3 g	8 g
Fiber	4 g	4 g	1 g	4 g
Protein	10 g	11 g	11 g	19 g

PIZZA TRIANGLES

Serving Size: 6 Triangles **Number of Servings:** 4 **Time:** 30-35 minutes

Recipe Cost	
Total Cost*	\$17.84
Cost per Recipe	\$5.53
Cost per Serving	\$1.38

*assuming you don't have any of the listed items

PIZZA ROLLS

- 24 Wonton wrappers

SAUCE/FILLING

- 1 cup spinach, chopped
- 2 medium bell pepper
- 1 cup mushrooms (baby bella or white)
- ½ - 1 medium onion
- 4 medium tomatoes
- 3 medium carrots
- 3 medium zucchini
- 1/2 cup Shredded mozzarella cheese (or Italian/Pizza blend)
- 1/2 cup **no salt added** tomato sauce
- 1 tablespoon Italian seasoning
- 1 tablespoon Garlic powder
- ½ teaspoon Black Pepper



PIZZA TRIANGLES	
Serving	6 triangles
Calories	230
Fat	4 g
Saturated Fat	2 g
Sodium	380 mg
Carbohydrate	41 g
Fiber	6 g
Protein	12 g

DIRECTIONS

1. **Preheat oven to 450 degrees.** Prepare a large baking sheet with parchment paper, or foil coated with non-stick cooking spray. Gather ingredients.
2. **Chop your veggies** for the sauce and roast for **20-25 minutes**. Once finished blend in a food processor or blender with **tomato sauce**.
 - a. **If you don't have a food processor or blender, just mash the vegetable mixture with a fork.**
3. Add **pizza tomato sauce, garlic powder, and Italian seasoning** into your vegetables. Mix everything is combined.
4. To begin filling **wonton wrappers**, create an 'assembly line'. Line up a stack of wonton wrappers, have the filling next and a small bowl of water nearby to seal the wrappers shut.
5. **Fill each wrapper with about one tablespoon of filling** in the center of each wrapper. You could use a little more or less, just try not to over-fill them, or the filling will ooze out the sides when you are baking them.
6. To seal them shut, place your finger in the water. Then trace two of the corners with the water.
7. **Fold the wrapper in half – so the dry side meets the wet side.** Press to seal the two sides together. *(Note: the water acts like glue to seal the corners shut!)*
8. When wonton wrappers are filled, **give them a light spray with non-stick cooking spray** and sprinkle parmesan cheese over the top of each one.
9. Lay pizza rolls out on prepared baking sheet. **Bake in preheated oven (450 degrees) for 10-15 minutes, or until the tops are lightly golden brown.**
10. Serve warm and enjoy!

Note: Store these in the freezer for up to 2 months. To reheat, place on a plate and heat for 3 minutes.

LENTIL QUESADILLAS

Serving Size: 1 Quesadilla

Number of Servings: 4

Time: 30 minutes

LENTILS

- 1 cup Lentils
 - 3 cups water

FILLING

- 1 tablespoon Extra Virgin Olive Oil
- 1/4 cup **no salt added or low sodium** tomato sauce
- 1/4 cup Shredded Mexican Four Cheese
- 1 tablespoon + 1 teaspoon Chili Powder
- 2 teaspoon Cumin
- 2 teaspoon Garlic Powder
- 1 teaspoon Salt
- 1/2 teaspoon Black Pepper
- 4 Tortillas (Corn or Flour)

VEGETABLES

- 1 Onion, diced
- 2 Tomatoes, diced
- 1 Bell Peppers, thinly chopped

OPTIONAL:

- Salsa

DIRECTIONS

1. **Rinse the lentils** and stir together the **water and lentils** in a large pot on **medium-high heat** and bring to a boil.
2. Once boiling, turn the heat to **medium-low**, cover and cook until tender, about **15-20 minutes**.
3. Gather ingredients. **Chop your veggies** and add olive oil in a medium skillet over **medium heat**.
4. **Add your veggies** for the filling and sauté for **5-10 minutes**.
5. Add **2 cups cooked lentils, tomato sauce, and seasonings**. Stir until well combined. **Set aside**.

WARNING! Be careful not to mash the lentils while stirring.

6. Place **tortillas** in the skillet, and spread **1/2 cup of the lentil mixture** on **one-half** of each tortilla. Top with **1 tablespoon of cheese** (or more, if desired).
7. **Fold the tortilla** and cook until both sides are golden brown. Cut into **four triangles**.
8. Serve with **salsa** and enjoy!

Note: Store the lentil mixture in the freezer for up to 4 months. To reheat, place on a plate and heat for 3 minutes



Cost of Ingredients	
<i>*assuming you don't have any of the listed items</i>	
Total*	\$18.78
Cost of Recipe	
Total	\$5.60
Per Serving	\$1.40

Lentil Quesadilla	
Serving	1 quesadilla
Calories	310
Fat	3.5 g
Saturated Fat	1.5 g
Sodium	960 mg
Carbohydrate	55 g
Fiber	12 g
Protein	17 g

QUICK WHOLE WHEAT FLATBREAD

Serving Size: 1 large piece

Number of Servings: 2

Time: 20 minutes

Recipe Cost	
Total Cost*	\$9.60
Cost per Recipe	\$0.46
Cost per Serving	\$0.11

*assuming you don't have any of the listed items



INGREDIENTS

- 1/2 cup whole wheat flour
- 1/3 cup all-purpose flour
- 3/4 tsp salt
- 1/4 tsp baking powder
- 1/2 cup yogurt
 - Non-fat plain (NOT GREEK)

DIRECTIONS

1. Combine **whole wheat flour, all-purpose flour, salt, and baking powder.**
2. Add in **yogurt** with spoon. Then, use hands to knead dough for 1 minute.
3. Divide into 2 balls and **let rest in a covered container for 15 minutes.**
4. Roll out dough thinly – about 1/8 inch
5. Brush a skillet lightly with **oil**
6. Place rolled dough on skillet and cook for 2 minutes. Flip and cook the other side for one more minute.

Serve warm and enjoy!

Nutrition Facts	
Serving	1 flatbread
Calories	180
Fat	1.5 g
Saturated Fat	1 g
Sodium	233 mg
Carbohydrate	36 g
Fiber	5 g
Sugar	2 grams
Protein	7 g

Recipe adapted from *Bon Appetit* (2016)

Quinoa Black Bean Burger

Serving Size: 1 patty Number of Servings: 5 Time: 30 minutes

Recipe Cost	
Total Cost*	\$18.67
Cost per Recipe	\$2.47
Cost per Serving	\$0.49



*assuming you don't have any of the listed items

BASE

- 1 (15 ounce) can black beans, rinsed and drained
- ½ cup quinoa, cooked
- ¼ cup bread crumbs, whole wheat
- ½ cup bell pepper, diced
- ¼ cup onion, diced
- 1 egg

SEASONING + HERBS

- 1 tablespoon garlic powder
- 1 ½ teaspoons cumin
- 1 teaspoon hot sauce
- Pinch of salt and pepper

NUTRITION FACTS	
Serving	1 burger patty
Calories	130 calories
Fat	1 gram
Saturated Fat	0 grams
Sodium	350 milligrams
Carbohydrate	23 grams
Sugar	1 gram
Added Sugar	0 grams
Fiber	7 grams
Protein	7 grams

DIRECTIONS

1. Roughly mash the **black beans** with a fork leaving some whole black beans in a paste-like mixture.
2. Mix the **quinoa, bread crumbs, bell pepper, onion, garlic, cumin, salt, hot pepper sauce, and egg** into the black beans using your hands.
3. Form the black bean mixture into **5 patties**.
4. Heat the **olive oil** in a large skillet.
5. **Cook the patties** in the hot oil until heated through, **2 to 3 minutes per side**.
6. **Serve warm and enjoy!**

Note: Store these in the freezer for up to 2 months. To reheat, place on a plate and heat for 3 minutes.

Recipe adapted from all recipes and Trader Joes

**Quinoa
Black
Bean
Burger
Patty**

Nutrition Facts	
servings per container	
Serving size	1 patty (119g)
Amount per serving	
Calories	130
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 23g	8%
Dietary Fiber 7g	25%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 41mg	4%
Iron 2mg	10%
Potassium 331mg	8%

VS

Nutrition Facts	
servings per container	
Serving size	1 patty (77g)
Amount per serving	
Calories	210
	% Daily Value*
Total Fat 14g	18%
Saturated Fat 5g	25%
Trans Fat 0.5g	
Cholesterol 70mg	23%
Sodium 60mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 2mg	10%
Potassium 234mg	4%

**Beef
Burger
Patty**

SPAGHETTI WITH VEGGIE SAUCE

Serving Size: $\frac{3}{4}$ cup of pasta + $\frac{3}{4}$ cup of sauce

Number of Servings: 6-7 **Time:** 30 minutes

RECIPE COST	
Total Cost*	\$20.17
Cost Per Recipe	\$7.70
Cost Per Serving	1.28

*assuming you don't have any of the listed items



INGREDIENTS

- $\frac{1}{2}$ pound lentils (green or brown)
- 1 tablespoon olive oil
- 1 medium onion (white, yellow, or red)
- 2 cloves garlic
- 1 red bell pepper
- 1-2 stalks of celery
- 1 cup mushrooms
- 15 oz can tomato sauce
- 2 teaspoons Italian seasoning
- 1 teaspoon Worcestershire sauce
- 1 cup water
- Salt and pepper
- 8 ounces Whole Wheat Pasta (dry)
 - Make sure the first ingredient is Whole Wheat

NUTRITION FACTS	
Serving	$\frac{3}{4}$ cup of pasta + $\frac{3}{4}$ cup of sauce
Calories	170 calories
Fat	2.5 grams
Saturated Fat	0 grams
Sodium	280 milligrams
Carbohydrate	33 grams
Sugar	4 grams
Fiber	4 grams
Protein	8 grams

DIRECTIONS

1. Bring two pots of water to boil. Add spaghetti to one pot and the lentils to another. Cook lentils for about 15 minutes. Cook spaghetti for about 10 minutes.
2. Heat olive oil in a small pot over medium-high heat. Once hot, add onion, garlic, celery, peppers, and mushrooms. Note: Add any frozen vegetables first.
3. Allow vegetables to cook, until the onions are soft and you can see through them (about 5 minutes).
4. Add the tomato sauce, Worcestershire, lentil, water, spices, and lentils. Bring to a simmer and continue to simmer for 10-15 minutes.
5. Serve warm with whole wheat pasta and enjoy!

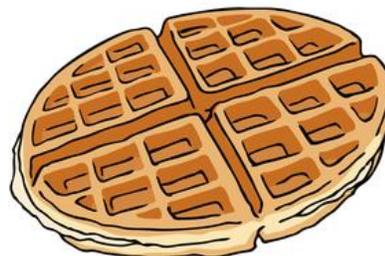
Recipe adapted from *Health Meets Food*

Whole Wheat Waffles

SERVING SIZE: 1 Waffle **NUMBER OF SERVINGS:** 6 Servings **TIME:** 25 minutes

Recipe Cost	
Total Cost*	\$11.01
Cost per Recipe	\$.79
Cost per Serving	\$0.13

*assuming you don't have any of the listed items



INGREDIENTS (SEE FORMAT EXAMPLE BELOW)

- ½ cup white flour
- ½ cup whole wheat flour
- 2 tbsp baking powder
- ¼ tsp salt
- 1 cup milk (or other non-dairy milk substitute)
- ½ cup unsweetened applesauce

NUTRITION FACTS	
Serving	1 Waffle
Calories	100 calories
Fat	0.5 grams
Saturated Fat	0 grams
Sodium	120 milligrams
Carbohydrate	21 grams
Sugar	4 grams
Added Sugar	0 grams
Fiber	1 grams
Protein	4 grams

DIRECTIONS

1. Gather ingredients.
2. **Pre-heat and lightly grease your waffle iron** using cooking spray
3. In a medium-sized bowl, **combine the flour, whole wheat flour, baking powder and salt**. Stir well.
4. Next, **add the milk (or milk-substitute) and applesauce** to the dry ingredients and stir together until well mixed.
5. Pour your waffle batter into your lightly greased (and hot!) waffle iron and **cook until your waffles are golden brown**.
6. Serve and enjoy!

Recipe adapted from *The Spruce Eats*

Stuffed Bell Peppers

Serving Size: 1 whole bell pepper

Number of Servings: 8

Cook Time: 30 minutes

Ingredients

- 4 large bell peppers
- 2 cup lentils, cooked
- ½ cup onion
- 3-4 cloves garlic
- 1 14.5 ounce can of tomatoes, diced (no salt added)
- 1 cup tomato sauce
- 1 cup shredded mozzarella

RECIPE COST	
Total Cost*	\$15.95
Cost per Recipe	\$9.50
Cost per Serving	\$1.19
*assuming you don't have any of the listed items	

DIRECTIONS

1. Preheat oven to 400 degrees.
2. **Cut the bell peppers in half.**
Remove the stems and seeds.
3. Place bell peppers on baking tray. Roast for 15-20 minutes.
4. In a pot, **boil lentils** according to instructions on package. After cooking, drain.
TIP: For more flavor use low-sodium broth.
5. In a skillet, **sauté onion and garlic.**
6. Lower heat and add drained tomatoes, lentils, tomato sauce, and a dash of pepper. Simmer for five minutes.
7. **Stuff** mixture evenly in bell peppers.
8. Cover bell peppers and **bake at 400 degrees for 20 minutes.**
9. **Sprinkle** mozzarella cheese evenly over all eight bell pepper halves.
10. Enjoy!



NUTRITION FACTS	
Serving	1 bell pepper
Calories	222
Fat	6 g
Saturated Fat	2.7 g
Sodium	320 mg
Carbohydrate	33 g
Fiber	9.4 g
Sugar	8 g
Protein	13 g

Recipe adapted from *Genius Kitchen*

Zucchini Hash Browns

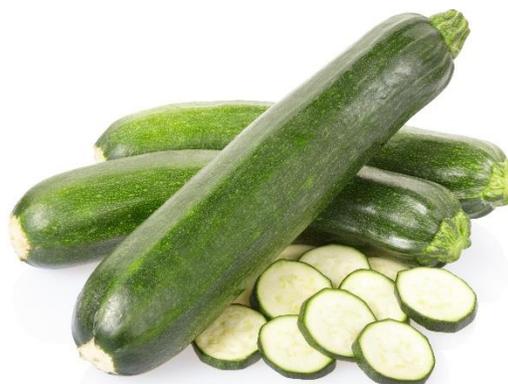
Serving Size: 1 hash brown

Number of Servings: 6

Time: 30-35 minutes

Recipe Cost	
Total Cost*	\$11.17
Cost per Recipe	\$4.07
Cost per Serving	\$0.68

*Assuming you do not have any of the ingredients listed.



BASE

- 2 zucchini
- Pinch of salt
- ½ cup parmesan cheese
- 1 egg

SEASONING + HERBS

- 1/3 cup fresh chives
- 1 teaspoon dried oregano
- 1 teaspoon garlic powder
- Pinch of black pepper

DIRECTIONS

1. **Preheat oven to 400F.**
2. Using a grater, **grate the zucchini** on the coarse side.
 - a. Note: if you do not have a grater, chop zucchini into pieces about the size of paper clip or smaller.
3. Place a strainer into a large bowl. Then, transfer the **zucchini** into the strainer and sprinkle with **sal Mix** and let it set for 10-15 minutes. The salt pulls water out of the zucchini so your hash browns will be crispy!
4. Gently toss the zucchini to remove excess water and salt. Pour out the water that has collected in the bowl.
5. Place the zucchini in the bowl and toss in the **cheese and seasonings**. Then, add in the **egg**. The egg is a **binder** meaning it will hold the zucchini together and make it easier to shape it.
6. Divide the **zucchini mixture into 6 even hash brown patties** on a parchment-lined baking sheet.
7. **Bake for 25-35 minutes**, until golden brown.
8. Make sure to let the hash browns **cool for 5-10 minutes!**
9. Serve warm and enjoy!

Zucchini Hash Browns	
Serving	6 triangles
Calories	50 calories
Fat	3 g
Saturated Fat	1.5 g
Sodium	230 mg (10% Daily Value)
Carbohydrate	4 g
Fiber	1 g
Protein	4 g

Note: Store these in the freezer for up to 2 months. To reheat, place on a plate and heat for 3 minutes.

Recipe adapted from Tasty

Apple Yogurt Parfait

Serving Size: 1 parfait cup

Number of Servings: 2

Cook Time: 10 minutes

INGREDIENTS

1. 1 cup Greek yogurt
2. 1 tablespoon honey
3. 1 teaspoon vanilla
4. 2 teaspoons ground cinnamon
5. 1/8 tsp nutmeg
6. 2 teaspoons lemon juice
7. 1 medium apple



DIRECTIONS

1. Core and dice apple.
2. In a microwave safe bowl, combine diced apples, 1 tsp cinnamon, lemon juice, and nutmeg
3. Microwave for two and a half minutes or until apples are tender
4. In a separate bowl, combine Greek yogurt, honey, vanilla extract and remaining cinnamon (1 tsp) together
5. Assemble the parfait in layers in two separate bowls: add three tablespoons of yogurt to each bowl. Then add ¼ of the apple mixture. Then add three more tablespoons of yogurt and ¼ of the apple mixture.
6. Enjoy

Recipe adapted from kitchentreaty.com

RECIPE COST	
Total Cost*	\$18.66
Cost per Recipe	\$2.28
Cost per Serving	\$1.14
*assuming you don't have any of the listed items	

NUTRITION FACTS	
Serving	1 parfait cup
Calories	202
Fat	3 g
Saturated Fat	<1 g
Sodium	110 mg
Carbohydrate	32 g
Fiber	3 g
Sugar	21 g
Added Sugar	9 g
Protein	12 g

	Apple Yogurt Parfait	McDonald's Fruit Parfait	Starbucks Fruit Parfait	Walmart Pre-made parfait
Serving	1 parfait cup	1 parfait cup	1 parfait cup	1 parfait cup
Calories	202	210	240	330
Fat	3 g	3 g	2.5 g	6 g
Saturated Fat	<1 g	1.5 g	0 g	2 g
Sodium	110 mg	75 mg	100 mg	115 mg
Carbohydrate	32 g	40 g	42 g	60 g
Sugar	21 g	28 g	29	39 g
Fiber	3 g	1 g	2 g	3 g
Protein	12 g	6 g	14 g	8 g

Microwave Pot Pie

Serving Size: 1 bowl

Number of Servings: 1

Cook Time: 10 minutes

INGREDIENTS

1. ½ tablespoon of canola oil
2. 1 tablespoon of whole wheat flour
3. ½ "slice" of pre-made pie crust dough
4. 1/3 cup of chickpeas (garbanzo beans)
5. 2 ½ tablespoons of skim milk
6. 1 ½ tablespoons of half & half
7. ¼ cup of chicken broth
8. 2 tablespoons of peas and carrots (frozen)
9. 2 tablespoons mushrooms, diced
10. 1 teaspoon of garlic powder
11. 1 teaspoon of onion powder
12. ½ - 1 teaspoon of oregano
13. Pinch of black pepper
14. Pinch of salt

DIRECTIONS

1. Chop 2 mushrooms
2. Combine **mushrooms, canola oil, and whole wheat flour** into a microwave-safe bowl. Microwave for 1 minute.
3. Add **skim milk** and **half & half** to mushroom mixture. Stir.
4. Add **chicken broth, peas & carrots, garlic powder, onion powder, black pepper, oregano, and salt** to mushroom mixture.
5. Microwave mixture for 1 minute and 30 seconds.
6. Add **chick peas** to the mixture. Stir.
7. Grab a microwave-safe cup. Place **pie crust dough** over the opening of the cup. Cut a hole in the middle of dough to vent heat while cooking.
8. Place the bowl in the microwave and place the cup with dough in the microwave. Cook together for 1 minute and 30 seconds.
9. After cooking, tear the dough into small pieces and sprinkle on top of pot pie mixture.
10. **Be careful! It will be very hot.** Let cool for 1-2 minutes, then enjoy

RECIPE COST	
Total Cost*	\$18.24
Cost per Recipe	\$0.52
Cost per Serving	\$0.52
*assuming you don't have any of the listed items	

NUTRITION FACTS	
Serving	1 bowl
Calories	303
Fat	15 g
Healthy Fat <small>(mono- & poly-unsaturated fat)</small>	11 g
Saturated Fat	4 g
Sodium	484 mg
Carbohydrate	36 g
Fiber	7 g
Sugar	5 g
Protein	10 g

Recipe adapted from foodnetwork.com

	Pot Pie	Marie Calendar Chicken Pot Pie	KFC Chicken Pot Pie	Stouffer's Classic Chicken Pot Pie
Serving	1 bowl	1 box	1 pot pie	1 box
Calories	303	890	720	1,060
Fat	15 g	47 g	41 g	62 g
Saturated Fat	4 g	20 g	25 g	22 g
Sodium	484 mg	1590 mg	1750 mg	1540 mg
Carbohydrate	36 g	90 g	60 g	94 g
Sugar	5 g	8 g	5 g	12 g
Fiber	7 g	7 g	7 g	4 g
Protein	10 g	25 g	26 g	30 g

Microwave Zucchini Lasagna

Serving Size: 1 dish

Number of Servings: 1

Cook Time: 15 minutes

INGREDIENTS

1. ½ zucchini
2. 2 tablespoons yellow onion
3. 2 tablespoons red bell pepper
4. 2 tablespoons eggplant
5. 1-2 teaspoons garlic powder
6. 1 tablespoon of olive oil
7. 1 cup of spinach
8. ¼ cup of pasta sauce
9. 2 tablespoons cottage cheese
10. 2 tablespoons mozzarella cheese
11. 2 tablespoons parmesan cheese
12. 1-2 teaspoons Italian seasoning



RECIPE COST	
Total Cost*	\$19.75
Cost per Recipe	\$1.32
Cost per Serving	\$1.32
*assuming you don't have any of the listed items	

NUTRITION FACTS	
Serving	1 dish
Calories	212
Fat	12 g
Saturated Fat	3 g
Sodium	527 mg
Carbohydrate	20 g
Fiber	4 g
Sugar	9 g
Protein	11 g

DIRECTIONS

1. Chop **onion, red bell pepper, spinach** and **eggplant**. **Add** vegetables and olive oil to a microwave safe bowl.
2. Microwave on high for 2 minutes.
3. Spiral half of a **zucchini**. Microwave on high for 2 minutes.
4. Add **marinara sauce, Italian Seasoning,** and **garlic powder** to the softened **onion, red bell pepper, Spinach,** and **eggplant** mixture.
5. In a separate bowl, mix together **cottage cheese** and **mozzarella cheese**.
6. Add half of the sauce mixture to the bottom of a dish. Then layer **zucchini noodles** on top.
7. Next, on top of the zucchini noodles, add the cottage/mozzarella cheese mixture. Then add the remaining sauce.
8. Microwave on high for 3 minutes. (be sure to cover the bowl with a towel before cooking to prevent bubbling over)
9. When it is finished cooking, add parmesan cheese to the top. Let cool.
10. Enjoy!

Recipe adapted from theseasonedmom.com

	Lasagna	Stouffer's Meat Lovers Lasagna	Olive Garden Lasagna Classico	Fazoli's Lasagna
Serving	1 dish	1 package	1 dish	1 dish
Calories	212	420	640	630
Fat	12 g	20 g	36 g	25 g
Saturated Fat	3 g	9 g	20 g	13 g
Sodium	527 mg	790 mg	1430 mg	1950 mg
Carbohydrate	20 g	39 g	39 g	69 g
Sugar	9 g	6 g	12 g	14 g
Fiber	4 g	3 g	5 g	9 g
Protein	11 g	20 g	40 g	32 g

Cauliflower Pizza Crust

Serving Size: ¼ of pizza

Number of Servings: 4

Cook Time: 40 minutes

INGREDIENTS

1. 2 cups cauliflower rice
2. 2 Large Eggs
3. 2 cups mozzarella cheese
4. 1 teaspoon Italian seasoning
5. 2-3 teaspoons garlic powder
6. ¼ teaspoon black pepper

DIRECTIONS

1. Preheat oven to 450 degrees F
2. Steam cauliflower in microwave. Then **drain it well**, removing as much moisture as possible
3. Combine cauliflower rice, eggs, and 1 cup mozzarella cheese in a large bowl
4. Add Italian seasoning, garlic powder, and black pepper to cauliflower rice/cheese mixture. Mix together
5. Move mixture to a baking sheet, shape into a large, thin circle
6. Bake crust for 20 minutes on a lower oven rack. Then flip the crust and continue cooking for 10 minutes.
7. Remove crust from oven. Sprinkle ½ a cup of cheese onto the top of the crust. Next add pizza sauce (1/3 cup). Then add remaining cheese and additional light toppings.
8. Broil the pizza for 5 minutes to allow cheese to melt
9. Enjoy!

Recipe adapted from thekitchn.com

*Adding a layer of cheese before sauce and using a light amount of toppings prevents the crust from becoming soggy and limp!

**If using whole cauliflower: pulse in a food processor until cauliflower is finely chopped. Then move to step 2.

RECIPE COST	
Total Cost*	\$9.91
Cost per Recipe	\$3.58
Cost per Serving	\$0.90
*assuming you don't have any of the listed items	

NUTRITION FACTS	
Serving	¼ pizza
Calories	247
Fat	17 g
Saturated Fat	7 g
Sodium	422 mg
Carbohydrate	8 g
Fiber	2 g
Sugar	2 g
Protein	18 g

	Cauliflower Crust Pizza	Red Baron Cheese Pizza	Pizza Hut Cheese Pizza	Little Caesars Hot- N-Ready Classic Cheese
Serving	¼ pizza	¼ pizza	¼ pizza	¼ pizza
Calories	247	380	480	488
Fat	17 g	17 g	20 g	16 g
Saturated Fat	7 g	10 g	9 g	8 g
Sodium	422 mg	720 mg	1060 mg	920 mg
Carbohydrate	8 g	40 g	54 g	62 g
Sugar	2 g	8 g	4 g	3 g
Fiber	2 g	2 g	2 g	3 g
Protein	18 g	16 g	22 g	24 g

Ramen Noodles

Serving Size: ½ bowl

Number of Servings: 2

Cook Time: 20 minutes

INGREDIENTS

1. 1 package of Ramen Noodles
2. 3 ounces of canned chicken
3. 1 cup broccoli
4. 1 cup carrots
5. 1.5 tablespoons of low-sodium soy sauce
6. 1 teaspoon sesame oil
7. ½ teaspoon garlic powder
8. Pinch of red pepper flakes



RECIPE COST	
Total Cost*	\$5.56
Cost per Recipe	\$1.95
Cost per Serving	\$0.97
*assuming you don't have any of the listed items	

DIRECTIONS

1. Boil 2 cups of water in a saucepan
2. Add ramen noodles. Cook 3 minutes.
3. Microwave broccoli and carrots for 5 minutes
4. Combine noodles, cooked broccoli and carrots, chicken, and low-sodium soy sauce.
9. Enjoy!



NUTRITION FACTS	
Serving	½ bowl
Calories	302
Fat	11 g
Saturated Fat	4 g
Sodium	600 mg
Carbohydrate	35 g
Fiber	3 g
Sugar	5 g
Protein	18 g

	Our Ramen Noodles	Regular Ramen Noodles	Instant Lunch Ramen Noodle Soup	Nissin Cup Noodles Chicken Flavor
Serving	½ bowl	½ package	1 container	1 package
Calories	302	190	290	290
Fat	11 g	7 g	12 g	11 g
Saturated Fat	4 g	4 g	6 g	5 g
Sodium	600 mg	910 mg	1190 mg	1070 mg
Carbohydrate	35 g	26 g	39 g	42 g
Sugar	5 g	<1 g	2 g	2 g
Fiber	3 g	2 g	2 g	2 g
Protein	18 g	5 g	7 g	6 g