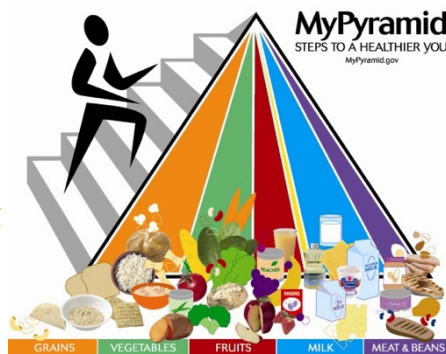


COOKWISE!

Become a chef in your own home, providing flavorful family meals with a conscious mind and full appetite!



INCLUDING
NUTRITIONAL
INFORMATION &
RESOURCES



DEDICATED

TO

LIFENET4FAMILIES



LifeNet4Families

Cooperative Feeding Program

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DONATED BY
NYALA THOMAS
GIRL SCOUT
GOLD AWARD 2019

PURPOSE

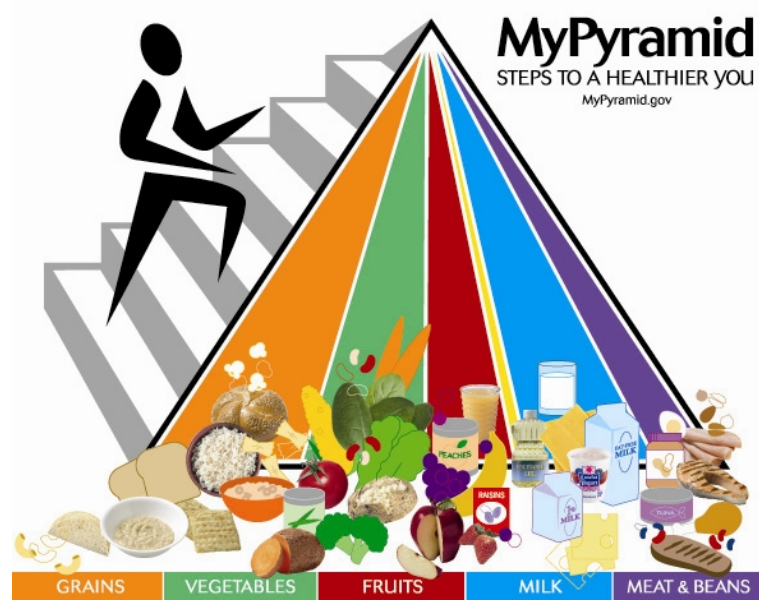
There are families who struggle to put adequate meals on the table that are composed of all the dietary nutrients humans generally need. Many people also do not have access to electricity or heated kitchen appliances such as a microwave or stove, so they will need a way to eat healthy even when they cannot have heated meals. I hope that my [Cookwise!](#) project cookbook will be able to help people and families create healthy meals and give them a place, like the LifeNet4Families food pantry, to receive food items for these meals. As a result of this recipe book more people, even if it is on a small local scale, will be left with a considerable amount of knowledge on how to prepare nutritional family meals, some without the use of electrical heating appliances.

For more information on this project, the [Cookwise!](#) Recipe and nutrition books and more, visit Nyalathomas.com

NUTRITION

This food pyramid provided by ChooseMyPlate.gov shows 5 of the major food groups necessary for a balanced diet, including the oils and fats. One food group is not more important than the other and they all play a significant role in healthy living.

The dairy and proteins section include foods that mainly come from animals like yogurt, milk, cheese, meat, eggs, fish, etc. These foods are the ones that provide the body with the most calcium, zinc, iron, and protein.



<https://www.choosemyplate.gov/brief-history-usda-food-guides>

The vegetables and fruits section come from plants and provide other necessary vitamins and minerals like vitamin C from oranges and potassium from bananas. Lastly, the grain section is comprised of the breads, cereals, and pastas. From this section of the pyramid, comes the most important serving of the day.

Before getting into the recipes and what exactly makes them more healthy than other options, it is important to have a basic knowledge of what goes in your mouth and how in what ways it can impact your body.

What are calories?

A Calorie is a unit of energy that refers to the energy people get from the food and drink they consume, and the energy they use in physical activity. Daily calorie intake generally depends on age, sex, size, and level of physical activity. The number of calories is always listed on the side of most food packaging per serving. [<https://www.medicalnewstoday.com/articles/263028.php>]

What is a serving size?

Serving size is a standardized amount of food while portion size is the amount of a food you choose to eat. Therefore, the serving size you normally see on the nutrition facts side of the box isn't a suggestion, it's more of a guide to see how much calories are in each serving.

Recommendations from the natural academy of sciences

On a daily basis, there is a varying amount of calorie need based on who you are and what your lifestyle is. For most adults and women, 1600 daily calories is best. For most teenagers, men, and pregnant women, 2200 daily calories will be necessary. For Active men, women, and boys, 2800 calories are needed in order to keep up with the number of calories that they lose during physical activity and exercise.

FATS

There are three types of fats in all foods:

- Saturated Fats: from meat and dairy products and in some vegetable fats such as coconut, palm, and palm kernel oils.
- Monounsaturated fats: found mainly in olive, peanut, and canola oils.
- Polyunsaturated fats: mainly in safflower, sunflower, corn, soybean, and cottonseed oils and some fish

CHOLESTEROL

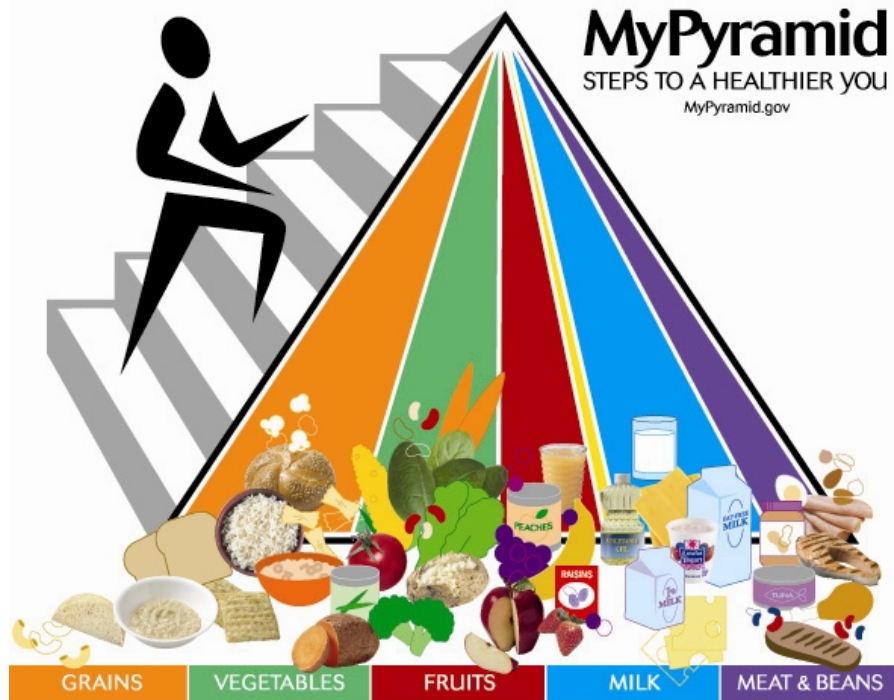
Cholesterol and fat are not the same thing. Cholesterol is a fat-like substance present in all animal foods—meat, poultry, fish, milk and milk products, and egg yolks. In milk products, cholesterol is mostly in the fat, so lower fat products contain less cholesterol. Plant foods do not contain cholesterol. Dietary cholesterol raises blood cholesterol levels in many people, increasing their risk for heart disease. It's recommended that dietary cholesterol be limited to an average of 300 mg or less per day. Use lower fat dairy products often and occasionally include dry beans and peas in place of meat.

SUGARS

Sugars include white sugar, brown sugar, raw sugar, corn syrup, honey, and molasses; these supply calories and little else nutritionally. To avoid getting too many calories from sugars, limit your added sugars to 6 teaspoons a day if you eat

about 1,600 calories, 12 teaspoons at 2,200 calories, or 18 teaspoons at 2,800 calories. The patterns are illustrations of healthful proportions in the diet. Added sugars are in foods like candy and soft drinks, as well as jams, jellies, and sugars you add at the table. Some added sugars are also in foods from the food groups, such as fruit canned in heavy syrup and chocolate milk.

THE FOOD PYRAMID



VEGETABLES

Vegetables are an easy way to get most of the vitamins and minerals that are necessary for bodily processes. Some of these vitamins include Vitamin A and C, or iron and magnesium. Most vegetables also provide fiber and are naturally low in fat. According to the Food Pyramid, an average person should have 3-5 servings from this section. Since a variety of vegetables provide different nutrients, its best to have a balanced amount of dark green leafy vegetables, deep yellow vegetables such as carrots, starchy vegetables like potatoes and legumes.

FRUITS

Fruits are similar to vegetables in that they provide vitamins as well and produce natural sugars and juices. Some of these vitamins include A, C, and even

potassium. The Food Guide Pyramid generally suggest having 2-4 servings of fruits throughout your day. Whole fruits are higher in fiber than fruit juices and try to avoid fruits placed in heavy syrups with too many added sugars. Fruits such as citrus, melons, and berries are rich in vitamin C, such as oranges!

MILK AND DAIRY

Milk and Dairy products are considered the best sources of calcium that is necessary for the body. The dairy products lowest in fat are often Skim milk and nonfat yogurt. Since most cheeses are high in fat as well as ice cream, lower your intake of these items since they can add a lot of unnecessary saturated fat to your diet. The Food Pyramid Guide would suggest 2-3 servings of milk, yogurt, and cheese per day for the average person.

MEAT AND BEANS

Meat and beans supply protein, B vitamins, iron and zinc. Other foods that provide protein in this category include fish, eggs and nuts. Two to three servings per day from this category are suggested by the Food Guide Pyramid. There are many lean meat choices or alternatives such as roast beefs and steaks, pork (ham, tenderloin, etc), lamb (leg, loin, etc), chicken and turkey (light and dark meat w/o the skin), fish and shellfish.

Source: https://www.cnpp.usda.gov/sites/default/files/archived_projects/FGPPamphlet.pdf

RECIPES

On the following pages are healthy recipe alternatives that are easy to make and fun to eat, as well as easy to access with help from the LifeNet4Families Food Pantry. While there are some items that LifeNet does not necessarily provide, such as cold meat cuts, most of the other ingredients can be provided with ease. Also provided are some nutritional facts that can be followed to ensure that you are aware of the amount and what goes into your body before you consume it. Many of these recipes come from well-known food and nutrition sources including *AllRecipes*, *TheFoodNetwork*, and more. Some of these recipe are even my own and have been altered to fit the needs of the clientele at LifeNet4Families. If you're ever in need to calculate the nutritional value of your own recipe, feel free to use online nutrition calculators such as the one provided by *VeryWellFit.com* [<https://www.verywellfit.com/recipe-nutrition-analyzer-4157076>].

~ BREAKFAST BURRITO ~



Nutritional Analysis (per serving)

Calories	471 cal
Total Fat	21.9 g
Saturated Fat	6.4 g
Cholesterol	177 mg
Sodium	284 mg
Carbohydrates	47.2 g
Dietary Fiber	12.9 g
Protein	24.8 g
Sugar	5.5 g

Yield: 4 Servings **Prep Time:** 25 min **Cook Time:** 13 min **Total Time:** 38 min

Ingredients:

- 2 tsp canola oil
- 1 cup diced red onion
- 1 red bell pepper, seeded and diced
- 1 cup black beans
- ¼ tsp chili flakes
- salt and pepper
- 4 eggs and 4 egg whites
- 1/3 cup shredded cheese
- 4 whole wheat tortillas
- ¼ cup reduced fat sour cream
- ¼ cup salsa
- 4 oz tomato, seeded and diced
- 4 oz avocado, cubed
- hot sauce (optional)

Directions:

1. Heat the canola oil in a large skillet over medium-high heat. Cook the onions until softened and peppers until slightly charred (8 mins).
2. Add black beans and red pepper flakes until warmed through (3 mins). Season with salt and pepper and transfer to dish.
3. Whisk together eggs and egg whites and stir in cheese. Reduce pan heat to low and add eggs, scrambling until cooked through (3 mins). Spread tortillas with 1 tbsp each salsa and sour cream, then layer with ¼ of the black bean mixture, ¼ of the scrambled eggs, some diced tomato, and ¼ of the avocado.
4. Season to taste and serve.

Source: <https://www.foodnetwork.com/recipes/ellie-krieger/breakfast-burrito-recipe-1953146#/>

~ TURKEY MEATBALLS ~



Nutritional Analysis (per serving)

Calories	136 cal
Total Fat	7.6 g
Saturated Fat	1.8 g
Cholesterol	74 mg
Sodium	335 mg
Carbohydrates	1.9 g
Dietary Fiber	0.8 g
Protein	18 g
Sugar	0.4 g

Yield: 12 Servings **Prep Time:** 15 min **Cook Time:** 30 min **Total Time:** 45 min

Ingredients:

- 1.5 lbs ground turkey
- 1 tbsp basil
- 1 ½ tsp oregano
- 1 egg
- 1 small onion, finely chopped
- 10 oz frozen spinach, dethawed and squeezed dry
- 1 garlic cloves, minced
- 1 tsp of pepper
- ½ cup of shredded parmesan

Directions:

1. Preheat oven to 375°
2. Chop up onion and cloves of garlic, add to a medium sized bowl along with ground turkey meat.
3. De-thaw frozen spinach and then squeeze all the liquid out.
4. Next add dry basil, dry oregano, salt, pepper, egg and shredded parmesan cheese.
5. Mix together ingredients by hand.
6. Form into twelve 2" balls and place on baking sheet
7. Put baking sheet in oven for 30 mins.
8. Serve with spaghetti and tomato sauce

Source: <https://www.joyfulhealthyeats.com/meatballs-with-turkey-meat/>

~ SHEET PAN CHICKEN FAJITAS ~



Nutritional Analysis (per serving)

Calories	470 cal
Total Fat	17 g
Saturated Fat	3 g
Cholesterol	125 mg
Sodium	533 mg
Carbohydrates	34 g
Dietary Fiber	4 g
Protein	44 g
Sugar	6 g

Yield: 8 Servings **Prep Time:** 15 min **Cook Time:** 15 min **Total Time:** 30 min

Ingredients:

- 1 tbsp chili powder
- salt and pepper
- 12 to 15 baby bell peppers, halved, stemmed, and seeded
- 1 large yellow onion, halved and thinly sliced
- 2 tbsp extra-virgin olive oil
- 1 ½ lbs boneless, skinless chicken breast
- 8 flour tortillas, warmed

Can be served with:

Guacamole
Hot sauce
Salsa
Sour cream
Shredded Monterey jack cheese

Directions:

1. Preheat the broiler to high. Line a baking sheet with foil.
2. Combine the chili powder, 2 tsp salt and 1 tsp pepper in a small bowl. Put the peppers and onions on the baking sheet, drizzle with 1 tbsp of the oil and season with half the chili powder mixture. Broil until softened and starting to char (10 mins).
3. Meanwhile, cut the chicken into 1/4-inch-thick slices and toss in a large bowl with the remaining chili powder mixture and 1 tbsp oil.
4. After the peppers are softened and charred, scatter the chicken on top of the peppers and onions and return the baking sheet to the broiler until the chicken is cooked through and starting to brown (5 mins).
5. Drizzle with the lime juice. Serve.

Source: <https://www.foodnetwork.com/recipes/food-network-kitchen/sheet-pan-chicken-fajitas-3680272/>

~ HOMEMADE FROZEN CHICKEN FINGERS ~



Nutritional Analysis (per serving)

Calories	264 cal
Total Fat	6 g
Saturated Fat	2 g
Cholesterol	99 mg
Sodium	263 mg
Carbohydrates	11.4 g
Dietary Fiber	0.6 g
Protein	38 g
Sugar	2 g

Yield: 6 Servings **Prep Time:** 25 min **Cook Time:** 20 min **Total Time:** 45 min

Ingredients:

- 2 cups corn flake cereal
- 2 oz whole wheat crackers
- 1/3 cup grated parmesan
- 1 tbsp finely chopped parsley
- 1/2 tsp sweet paprika
- salt
- 2 large egg whites
- 2 lbs chicken tenders

Directions:

1. Combine the cereal, crackers, parmesan, parsley, paprika and 1/2 tsp salt in a large Ziploc bag and, using the bottom of a skillet or rolling pin, crush into fine crumbs. Dump into a shallow dish.
2. Whisk the egg whites with 2 tablespoons water in another shallow dish.
3. Dip the chicken tenders into the egg white, shake off the excess, and coat thoroughly in the dry coating mixture made in step 1.
4. Refrigerate up to 1 hour before baking or bake immediately and serve.

NOTE: To freeze, arrange the breaded chicken tenders on a baking sheet and freeze until hard, 1 to 2 hours. Store in re-sealable freezer bags for up to 1 month.

Source: <https://www.foodnetwork.com/recipes/food-network-kitchen/homemade-frozen-chicken-fingers-recipe-2108933/>

~ VEGETABLE NOODLE SOUP ~



Nutritional Analysis (per serving)

Calories	144 cal
Total Fat	7.4 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	250 mg
Carbohydrates	15 g
Dietary Fiber	1.5 g
Protein	4.3 g
Sugar	2.3 g

Yield: 4 Servings **Prep Time:** 10 min **Cook Time:** 20 min **Total Time:** 30 min

Ingredients:

- 2 *tblsp extra-virgin olive oil*
- 1 *celery stalk, sliced (1 cup)*
- 1 *carrot, sliced (3/4 cup)*
- 1 *clove garlic, smashed*
- 1/2 *cup chopped onion*
- 1/4 *tsp salt*
- 1/3 *broken spaghetti or small pasta*
- 4 *cups low-sodium chicken broth*
- 2 *tblsp parsley leaves*
- 1 *tblsp lemon juice*
- *ground black pepper*

Directions:

1. Heat the olive oil in a saucepan over medium heat and add all the vegetables, garlic and onion.
2. Season with salt and cook until tender for 6 minutes. Add the pasta and cook until slightly toasted and golden for about 2 minutes.
3. Add broth and bring to boil over high heat. Cook, covered, until pasta is just tender for about 8 minutes.
4. Stir in herbs and lemon juice. Season with pepper and additional salt.
5. Serve.

Source: <https://www.foodnetwork.com/recipes/food-network-kitchen/vegetable-noodle-soup-recipe-1928029>

~ AMERICAN MACARONI SALAD ~



Nutritional Analysis (per serving)

Calories	286 cal
Total Fat	16.5 g
Saturated Fat	3 g
Cholesterol	10 mg
Sodium	292 mg
Carbohydrates	28 g
Dietary Fiber	1 g
Protein	5 g
Sugar	3 g

Yield: 6 Servings **Prep Time:** 20 min **Cook Time:** 10 min **Total Time:** 30 min

Ingredients:

- 2 cups dry elbow macaroni, cooked, rinsed, and drained
- 1/3 cup diced celery
- 1/4 cup minced red onion, soaked in cold water for 5 minutes, drained
- 1 tbsp minced flat-leaf parsley
- 1/2 cup diced tomato (optional)
- 1/2 cup mayonnaise
- 3/4 tsp dry mustard
- 1 1/2 tsp sugar
- 1 1/2 tbsp cider vinegar
- 3 tbsp sour cream
- 1/2 tsp salt (to taste)
- Ground black pepper

Directions:

1. In a large bowl combine the macaroni, celery, onion, parsley and tomato
2. In a small bowl, whisk together the mayonnaise, mustard, sugar, vinegar, sour cream and salt.
3. Pour the dressing over the salad and stir to combine.
4. Season with salt and pepper to combine.
5. Serve.

NOTE: store covered in the refrigerator, for up to 3 days

Source: <https://www.foodnetwork.com/recipes/food-network-kitchen/american-macaroni-salad-recipe-2011554/>

~ ASIAN NOODLE SALAD ~



Nutritional Analysis (per serving)

Calories	276 cal
Total Fat	3 g
Saturated Fat	0.1 g
Cholesterol	--- mg
Sodium	301 mg
Carbohydrates	55 g
Dietary Fiber	2 g
Protein	11 g
Sugar	6 g

Yield: 8 Servings **Prep Time:** 10 min **Cook Time:** 10 min **Total Time:** 20 min

Ingredients:

Asian Pasta noodles:

- 8 servings whole wheat or gluten free spaghetti noodles
- 3 cups broccoli, chopped
- 1 cup yellow pepper slices
- 8 oz grape tomatoes, halved
- 2 cups sugar snap peas
- 3 carrots, sliced diagonal
- 1 tbsp sesame seeds, optional

Sesame Dressing:

- ¼ cup low sodium soy sauce
- 2 tbsp brown sugar
- 1 tbsp sesame oil
- 1 tbsp rice wine vinegar or lemon juice
- 1 tsp minced garlic

Directions:

⇒ For the sesame dressing, whisk all the ingredients together while pasta is cooking.

1. Cook pasta in salted water according to the package directions. Drain.
2. Toss pasta with the sesame dressing and add in vegetables to toss.
3. Top with sesame seeds if desired and serve immediately.

NOTE: refrigerate 4-8 hours for flavors to develop and pasta to cool

Source: <https://amindfullmom.com/asian-noodle-salad/#wprm-recipe-container-13107>

~ MAC 'N' CHEESE BITES ~



Nutritional Analysis (per serving)

Calories	90 cal
Total Fat	3.9 g
Saturated Fat	2.1 g
Cholesterol	21 mg
Sodium	49 mg
Carbohydrates	10.2 g
Dietary Fiber	1.2 g
Protein	3.3 g
Sugar	0.5 g

Yield: 36 Servings **Prep Time:** 15 min **Cook Time:** 30 min **Total Time:** 45 min

Ingredients:

- salt
- ½ lb whole wheat elbow pasta
- ½ cup heavy cream
- 4 oz cream cheese (room temp)
- 2 large eggs
- 1 tbsp yellow mustard
- ½ tsp sweet paprika
- 1 clove garlic, finely grated
- 1 cup shredded cheddar cheese
- 1 cup shredded Monterey Jack cheese
- 2 tbsp breadcrumbs
- 1 tbsp unsalted butter, melted
- hot sauce (for serving, optional)

Directions:

1. Preheat to 400°F. Line 2-3 mini muffin trays with liners. coat the liners with cooking spray.
2. Bring a pot of salted water to a boil. Add the macaroni and follow package directions for al dente. Drain the macaroni, and rinse in cold water until cool. Shake off any excess water.
3. Put the heavy cream, cream cheese, eggs, mustard, paprika and garlic in a large bowl. Beat on low speed with an electric mixer until combined. Add the cooked macaroni, Cheddar and Monterey Jack, and stir until combined.
4. Drop tablespoons of macaroni mixture into the muffin liners. Combine the breadcrumbs and butter until the mixture is the texture of wet sand. Sprinkle the top of each macaroni mound with buttered breadcrumbs.
5. Bake until the cheese is melted, and the bites are golden brown (25-30 mins). Let cool for at least 5 minutes before serving hot or at room temperature. Serve with hot sauce on the side if desired.

Source: <https://www.foodnetwork.com/recipes/food-network-kitchen/kids-can-make-mac-n-cheese-bites-3363333>

~ CHICKEN AND SHELLS ~



Nutritional Analysis (per serving)

Calories	218 cal
Total Fat	4.5 g
Saturated Fat	1.3 g
Cholesterol	55 mg
Sodium	132 mg
Carbohydrates	28.2 g
Dietary Fiber	0.4 g
Protein	15.7 g
Sugar	1.5 g

Yield: 12 Servings **Prep Time:** 25 min **Cook Time:** 25 min **Total Time:** 50min

Ingredients:

- 1 lb medium pasta shells
- 1lb boneless chicken breast
- 5 tbsp olive oil
- 1 ½ cups heavy cream
- 1 ½ low sodium chicken broth
- 8 oz of shredded cheddar cheese
- 2 rosemary sprigs
- 1 cup bread crumbs
- ¼ cup grated parmesan cheese

Seasoning:

*Basil, garlic powder, parsley
Salt and Pepper*

Directions:

1. Preheat oven to 350 degrees F. Prepare a 9 x 13" baking dish with non-stick coating.
2. Using large sauté pan, heat 2 tablespoons olive oil over medium high heat. Cook chicken breasts in pan for about 6 minutes on each side, until internal temperature reads 165 degrees F. Remove from pan, allow to cool.
3. Gradually add cream and broth until thoroughly combined. Crumble cheese and add to sauce. Stir until melted. Add rosemary sprigs.
4. Bring to boil then reduce heat. Cook and stir (10 mins) until sauce begins to thicken.
5. Bring pot of salted water to boil & prepare shells al dente, drain and set aside.
6. In small bowl, combine breadcrumbs, Parmesan cheese, fresh parsley & remaining olive oil. Mix well.
7. Using a mixing bowl, combine cooked shells with sauce. Add chicken and stir together until completely blended.
8. Transfer mixture to prepared baking pan. Evenly sprinkle breadcrumb topping over top of shells.
9. Bake in oven for 25 minutes or until golden brown on top.

Source: <https://www.plattertalk.com/chicken-and-shells/> (*changes made per author*)

~ BAKED PENNE WITH ROASTED VEGETABLES ~



Nutritional Analysis (per serving)

Calories	384 cal
Total Fat	14.3 g
Saturated Fat	4.2 g
Cholesterol	54 mg
Sodium	692 mg
Carbohydrates	52.7 g
Dietary Fiber	5.3 g
Protein	12.4 g
Sugar	11.9 g

Yield: 8 Servings **Prep Time:** 25 min **Cook Time:** 40 min **Total Time:** 1hr 5min

Ingredients:

- 2 red peppers, cut 1" strips
- 2 zucchini, cut into 1" cubes
- 4 mushrooms, halved
- 1 yellow onion, cut 1" strips
- ¼ cup extra-virgin olive oil
- 1 tsp salt and salt
- 1 lb penne pasta
- 3 cups marinara sauce
- ½ cup grated mozzarella
- 1 ½ cups peas
- ¼ cup grated parmesan
- 2 tbsp butter, cut in small pieces
- 1 tbsp dried Italian herbs

Directions:

1. Preheat the oven to 450 degrees F.
2. On a baking sheet, toss the peppers, zucchini, mushrooms, and onions with olive oil, ½ tsp salt & pepper, and dried herbs. Roast until tender (15 min).
3. Bring large pot of salted water to a boil over high heat. Add pasta and cook (6 min). Since you will be cooking the pasta a second time in the oven, you want to make sure the inside is still hard. Drain in a colander.
4. In a large bowl, toss the drained pasta with the roasted vegetables, marinara sauce, cheeses, peas, ½ tsp salt & pepper. Using a wooden spoon, gently mix, until all the pasta is coated with the sauce and the ingredients are combined.
5. Pour the pasta into a greased 9x13-inch pan. Top with the 1/3 cup Parmesan and butter pieces. Bake until top is golden and cheese melts (25 min).

Source: <https://www.foodnetwork.com/recipes/giada-de-laurentiis/baked-penne-with-roasted-vegetables-recipe-1916906>

~ PASTA PRIMAVERA ~



Nutritional Analysis (per serving)

Calories	311 cal
Total Fat	9.8 g
Saturated Fat	1.7 g
Cholesterol	2 mg
Sodium	69 mg
Carbohydrates	49.2 g
Dietary Fiber	3.8 g
Protein	9.3 g
Sugar	5.1 g

Yield: 6 Servings **Prep Time:** 15 min **Cook Time:** 15 min **Total Time:** 30 min

Ingredients:

- salt
- 12 oz fusilli or corkscrew pasta
- ½ lb broccoli florets
- 2 carrots, shredded
- 1 yellow bell pepper, sliced
- ¼ cup extra-virgin olive oil
- 4 cloves garlic, thinly sliced
- 1 pint cherry tomatoes, halved
- ¼ tsp red pepper flakes
- ½ cup grated parmesan cheese
- ¼ cup salsa
- 4 oz tomato, seeded and diced
- 4 oz avocado, cubed
- hot sauce (optional)

Directions:

1. Bring a large pot of salted water to a boil. Add the fusilli and cook as the label directs. Add the broccoli, carrots and bell pepper to the boiling water during the last 2 minutes of cooking. Keep ½ cup cooking water, then drain the pasta and vegetables and return to the pot.
2. Meanwhile, heat the olive oil in a large skillet over medium heat. Add the garlic and cook until just golden (30 sec).
3. Add the tomatoes, red pepper flakes and 1 tsp salt. Cook until the tomatoes begin to wilt (2 mins). Stir in ¼ cup of the reserved cooking water. Pour the tomato mixture over the pasta and vegetables. Add the parmesan and season with salt.
4. Divide the pasta among bowls drizzle with olive oil or feta cheese if desired.
5. Serve.

Source: <https://www.foodnetwork.com/recipes/food-network-kitchen/pasta-primavera-recipe-1973397>

~ STRAWBERRY OATMEAL BREAKFAST SMOOTHIE ~

Nutritional Analysis (per serving)

Calories	236 cal
Total Fat	3.7 g
Saturated Fat	1.0 g
Cholesterol	0 mg
Sodium	65 mg
Carbohydrates	44.9 g
Dietary Fiber	5.9 g
Protein	7.6 g
Sugar	19 g



Yield: 2 Servings **Prep Time:** 5 min **Cook Time:** --- min **Total Time:** 5 min

Directions:

1. In a blender, combine milk, oats, banana and strawberries.
2. Add vanilla and sugar if desired.
3. Pour into glasses and serve.

Ingredients:

- 1 cup vanilla almond milk
- ½ cup rolled oats
- ½ tsp vanilla extract
- 1 banana
- 14 frozen strawberries
- 1 ½ tsp white sugar

Source: <https://www.allrecipes.com/recipe/23539/strawberry-oatmeal-breakfast-smoothie/?internalSource=recipe%20hub&referringId=84&referringContentType=Recipe%20Hub&clickId=cardslot%2043>

~ GUACAMOLE ~

Nutritional Analysis (per serving)

Calories	199 cal
Total Fat	15.5 g
Saturated Fat	3 g
Cholesterol	0 mg
Sodium	200 mg
Carbohydrates	15.9 g
Dietary Fiber	9.6 g
Protein	4 g
Sugar	5.4 g



Yield: 6 Servings **Prep Time:** 20 min **Cook Time:** --- min **Total Time:** 1hr 20min

Directions:

1. In a large bowl, place the scooped avocado pulp and lime juice, toss to coat. Drain, and reserve the lime juice, after all of the avocados have been coated.
2. Using a potato masher add the salt, cumin, and cayenne and mash. Then, fold in the onions, tomatoes, cilantro, and garlic.
3. Add 1 tablespoon of the reserved lime juice.
4. Let sit at room temperature for 1 hour and then serve.

Ingredients:

- 3 avocados, halved, seeded and peeled
- 1 lime, juiced
- ½ tsp salt
- ½ tsp ground cumin
- ½ tsp cayenne
- ½ medium onion, diced
- ½ jalapeno pepper, seeded and minced
- 2 roma tomatoes, seeded and diced
- 1 tbsp chopped cilantro
- 1 clove garlic, minced

Source: <https://www.foodnetwork.com/recipes/alton-brown/guacamole-recipe-1940609>

~ LEMON YOGURT CAKE ~



Nutritional Analysis (per serving)

Calories	381 cal
Total Fat	16.8 g
Saturated Fat	4 g
Cholesterol	74 mg
Sodium	191 mg
Carbohydrates	53.7 g
Dietary Fiber	0.7 g
Protein	5.9 g
Sugar	35.2 g

Yield: 8 Servings **Prep Time:** 30 min **Cook Time:** 50 min **Total Time:** 1hr 20min

Ingredients:

- 1 ½ cups all-purpose flour
- 2 tsp baking powder
- ½ tsp salt
- 1 cup plain whole-milk yogurt
- 1 1/3 cup sugar
- 3 large eggs
- 2 tsp grated lemon zest (2 lemons)
- ½ tsp pure vanilla extract
- ½ cup vegetable oil
- 1/3 cup squeezed lemon juice

For the glaze:

- 1 cup confectioner's sugar
- 2 tbsq squeezed lemon juice

Directions:

1. Preheat the oven to 350°F. Grease an 8 ½ x 4 ¼ x 2 ½ inch loaf pan. Line the bottom with parchment paper. Grease and flour the pan.
2. Sift together flour, baking powder, and salt into a bowl. In another bowl, whisk together the yogurt, 1 cup sugar, the eggs, lemon zest, and vanilla. Whisk the dry ingredients into the wet ingredients. With a rubber spatula, fold the vegetable oil into the batter. Pour the batter into the prepared pan and bake (50 mins) or until a cake tester in the center of the loaf comes out clean.
3. Meanwhile, cook the 1/3 cup lemon juice and remaining 1/3 cup sugar in a small pan until the sugar dissolves and the mixture is clear. Set aside.
4. When the cake is done, allow it to cool in the pan for 10 minutes. Carefully place on a baking rack over a sheet pan. While the cake is still warm, pour the lemon-sugar mixture over the cake and allow it to soak in. Cool.

NOTE: For the glaze, combine the confectioners' sugar and lemon juice and pour over the cake.

Source: <https://www.foodnetwork.com/recipes/ina-garten/lemon-yogurt-cake-recipe-1947092>

THANK YOU!

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THANK YOU!