

Vegetable Fried Rice
Bread & Cereal
Junior/Intermediate

Clue: Think Chinese!

1 c. white long grain rice
2 c. water
1 small can corn
2 large carrots, diced
1 small green pepper, chopped
3 T. olive oil
1 medium onion, chopped
Salt and pepper to taste
½ t. garlic powder
1 T. soy sauce

Cook the rice according to package directions. Set aside.

Cook the carrots and green pepper in a small amount of boiling water until tender. Drain and set aside.

Heat the oil in skillet over med-high heat. Sauté onion. Add rice and sauté stirring constantly. Add the cooked vegetables, corn and seasonings. Stir in soy sauce and stir until thoroughly combined.

Remove from skillet.

Serves 4

Nutrition Facts (per serving)

Calories:	210
Total Fat:	10g.
Carbohydrates:	23g.
Sodium:	330mg.
Fiber:	3g

Zesty Mexican Cauliflower
Fruit and Vegetable
Junior/Intermediate

Clue: Cook up hot and spicy as a side dish.

1 ½ cups cauliflower florets
½ cup sour cream
1 tablespoon mayonnaise
1 teaspoon hot pepper sauce
½ cup salsa
1 - 15 ounce canned corn, drained
¼ cup shredded cheddar cheese

Steam the cauliflower over boiling water in a saucepan for 5 minutes or until tender. Drain and set aside. Combine the sour cream, mayonnaise, hot sauce, and salsa in a large saucepan. Cook over medium heat until bubbly, stirring constantly. Add the cauliflower, cheese, corn, and toss well.

Serves 6

Nutrition facts (per serving):

Calories:	123
Total Fat:	6g.
Carbohydrates:	14g.
Sodium:	100mg.
Fiber:	2g.

Couscous Chicken
Main Dish
Junior/Intermediate

Clue: Follow the package directions for part of me.

1 Tablespoon Olive Oil
3 cloves garlic, chopped
2 (8-ounce) boneless, skinless chicken breasts, halved
8 ounces baby spinach
1/3 cup Italian dressing
1 cup canned tomatoes, diced, with juice
1 cup couscous, dry
1 ¼ c. water

Cut meat into 20 (1-inch) cubes. Heat a large skillet over medium-high heat. Add the olive oil and heat. Add the garlic and cook for 1 minute. Add the chicken and cook about 4 minutes per side, or until cooked through and juices run clear. Remove the chicken and set aside. To the same pan, add the spinach and cook just until wilted, about 1 to 2 minutes. Remove from the pan and set aside. Lower the heat to medium and add the Italian dressing to the pan and stir, scraping the bottom of the pan to remove any browned bits. Add the tomatoes, bring to a simmer and cook 3 to 5 minutes.

Cook couscous according to package directions and place cooked couscous in a serving bowl. Top with the spinach, chicken, and tomato sauce mixture.

Preparation Time: 5 minutes

Cook Time: 15 minutes

Serves: 4

Cost per serving: \$1.67

Nutrition facts (per serving):

Calories:	353
Total Fat:	6g.
Carbohydrate:	42g.
Sodium:	613mg.
Fiber:	4g.

Pizzadillas with Red Sauce
Nutritious Snacks
Junior/Intermediate

Clue: Try this Mexican dish turned Italian

4 (8-inch) Flour Tortillas
2/3 c. fresh spinach, finely chopped
2/3 c. fresh mushrooms, sliced
2/3 c. mozzarella cheese, shredded
1 c. marinara sauce

Lay 2 tortillas on a flat surface. Divide spinach, mushrooms and cheese between the tortillas. Top with remaining 2 tortillas.

Place skillet over medium heat. Lightly coat pan with cooking spray. Gently slide one pizzadilla into the pan. Cook until light, golden brown on one side. Using a spatula, gently flip pizzadilla and cook another minute until lightly brown and cheese is fully melted.

Remove from pan and cut each into triangles. Serve with marinara sauce.

Serves 4

Nutrition Facts (per serving):

Calories:	170
Total Fat:	5g.
Carbohydrates:	27g.
Sodium:	550mg.
Fiber:	2 g.

Pasta with Creamy Sauce
Bread & Cereals
Senior

Clue: Creamy goodness is a favorite in Italy!

1 lb penne pasta, uncooked
Water to cook pasta
1T. olive oil
1 small onion
1 clove garlic
1 can (14.5 oz) chicken broth
1/8 t. crushed red pepper
8 oz. Neufchatel cream cheese, softened and cubed
1 c. frozen peas
½ c. Parmesan cheese, grated and divided
¼ c. flat leaf parsley, chopped

Sauté onions in oil until crisp tender. Add garlic and cook an additional 2 minutes. Add broth and crushed pepper and bring to boil. Lower heat and whisk in cream cheese and stirring until melted. Add peas and 1/3 c. Parmesan cheese and simmer on low until sauce is slightly thickened.

Cook pasta according to package directions. Drain. Stir into sauce mixture.

8 servings

Nutrition Facts (per serving)

Calories:	289
Total Fat:	10g.
Carbohydrates:	37g.
Sodium:	375mg.
Fiber:	3g.

Confetti Fruit-Pasta Salad
Fruit and Vegetable
Senior

Clue: Cook it, peel it, dress it

8 oz. colored corkscrew pasta
½ medium red bell pepper, cut into strips
½ medium yellow bell pepper, cut into strips
¾ c. jicama, peeled and sliced
½ c. red onion, chopped
4 plums, nectarines or 2 c. grapes, sliced
2 T. fresh basil, chopped
1 t. pimento, diced
1 t. fresh ginger, finely grated
2 T. white wine vinegar
2 T. vegetable oil
1 t. sugar
Salt and pepper to taste

Cook the pasta according to the package directions. Drain well.

In a large bowl, toss pasta, red and yellow peppers, jicama, onion and fruit.

In a small bowl, whisk together, basis, pimento, vinegar, oil, sugar, salt and pepper until well blended.

Drizzle dressing over salad and toss evenly to coat.

Serves 6

Nutrition Facts (per serving):

Calories:	140
Total Fat:	5g.
Carbohydrates:	21g.
Sodium:	51mg.
Fiber:	3g.

Couscous Chicken
Main Dish
Senior

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Scrambled Egg and Veggie Pockets
Nutritious Snacks
Senior

Clue: Stuff me if you like!

4 eggs, lightly beaten
½ c. shredded cheddar cheese
½ t. onion powder
1 T. butter or margarine
1 c. broccoli, chopped
½ c. carrot, shredded
¼ c. red pepper, chopped
2 T. ripe olives, sliced
2 pita breads, halved

Directions: In medium bowl, beat egg and mix in cheese and onion powder; set aside.

In 10-inch skillet, melt butter over medium heat. Add broccoli, carrot, bell pepper and olives. Cook 3 to 5 minutes, stirring frequently, until vegetables are crisp tender.

Pour egg mixture over vegetables; reduce heat to low. Cook, stirring occasionally from outside edge to center, allowing uncooked egg mixture to flow to bottom of skillet, until center is set, but still moist.

Spoon egg mixture evenly into pita bread halves.

Serves: 4

Nutrition Facts: (per serving)

Calories:	200
Total Fat:	8g.
Carbohydrates:	19g.
Sodium:	530mg.
Fiber:	2g.