

Easy Cheesy Rice



Makes 1 Serving

Ingredients

- 1 cup brown rice, cooked
- 1/4 cup frozen peas
- 1/4 cup frozen corn
- 1 tablespoon water
- 1/4 cup cheddar cheese, shredded

Directions

1. In a microwave-safe bowl, combine cooked brown rice, frozen peas, frozen corn and water.
2. Heat rice mixture in the microwave for 30 seconds. Stir and microwave for an additional 30 seconds.
3. Carefully remove from microwave and stir in cheddar cheese. Microwave for another 20 to 30 seconds, until cheese is melted.
4. Carefully remove from microwave and allow rice mixture to cool for 1 minute before enjoying.

Recipe from: Feeding PA and PA Eats



Breakfast Sandwich with Hard-Boiled Eggs

Makes 1 Serving

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Ingredients

- 1 whole-grain English muffin (or 2 pieces of whole-grain bread), toasted
- 2 hard-boiled eggs
- 1 tomato, sliced
- 1 slice of cheese of your choice
- Salt and pepper, to taste
- Mayonnaise (optional)

Directions

1. Slice hard-boiled eggs and layer slices on one side of toasted English muffin or bread. Top with tomato and season with salt and pepper, to taste. Top with cheese and remaining piece of muffin or toast.
2. Cut sandwich in half and enjoy.

Recipe from: Feeding PA and PA Eats



Energy Bites



Makes 10–12 Servings

Ingredients

- 2 cups old-fashioned oats
- 1 tablespoon honey
- 1 cup peanut butter
- 1/2 cup dried cranberries
- 1 teaspoon cinnamon (optional)

Directions

1. In a large mixing bowl, combine oats, honey, peanut butter, cinnamon and cranberries. Stir until well combined.
2. Roll into 10 - 12 balls with your hands while pressing tightly, then place balls in a sealed container.
3. Refrigerate overnight and enjoy the next morning.

Recipe from: Feeding PA and PA Eats



Fruit Soup



Makes 2 Servings

Ingredients

- 1 cup frozen strawberries
- 1 cup frozen raspberries
- 1 cup frozen blueberries
- 2 bananas, sliced and frozen
- 1 teaspoon honey
- 2 cups milk, divided
- 1 teaspoon cinnamon

Directions

1. Combine frozen strawberries, raspberries, blueberries and bananas and divide between two serving bowls.
2. Drizzle honey over fruit and pour 1 cup of milk over fruit mixture in each bowl and sprinkle with cinnamon on top.

Recipe from: Feeding PA and PA Eats



Lettuce Cups



Makes 2-4 Servings

Ingredients

- 2 (5-ounce) cans of tuna or chicken
- 1 tablespoon mayonnaise
- 1 tablespoon plain Greek yogurt
- 1 teaspoon celery salt
- 1 teaspoon freshly ground black pepper (optional)
- 1 small head of romaine lettuce

Directions

1. In large mixing bowl, combine canned tuna or chicken with mayonnaise and plain Greek yogurt. Add celery salt seasoning, and black pepper and stir together.
2. Place mixing bowl in refrigerator for 10 minutes to chill. While waiting, pull off leaves from romaine lettuce, rinse and dry off with a paper towel.
3. Remove chilled mixture from refrigerator, then divide mixture between lettuce cups equally and enjoy right away.

Recipe from: Feeding PA and PA Eats



Banana Snacks



Makes 1 Serving

Ingredients

- 1 banana
- 2 tablespoons peanut butter
- 1/4 cup granola
- 2 tablespoons dried fruit

Directions

1. Unpeel banana and slice in half longways. Spread 1 tablespoon of peanut butter on each half of banana.
2. Sprinkle granola and dried fruit on top and enjoy!



Recipe from: Feeding PA and PA Eats

Chickpea Salad



Makes 4 Servings

Ingredients

- 1 (15-ounce) can chickpeas, drained and rinsed, or about 2 cups cooked chickpeas
- 1 cup cooked quinoa
- 1/2 cup fresh parsley, chopped or torn off the stalk
- 2 tablespoons lemon juice
- 1/4 cup olive oil
- 1/2 teaspoon salt

Directions

1. Combine chickpeas, quinoa and fresh parsley in a medium-sized bowl. Set aside.
2. In a small bowl, whisk together the lemon juice, olive oil and salt. Pour the dressing over the chickpea salad and stir to combine.
3. Enjoy right away or refrigerate and serve chilled.

Recipe from: Feeding PA and PA Eats



Savory Waffle Sandwich

Makes 1 Serving

Ingredients

- 2 toaster waffles
- 4 slices sliced turkey or ham
- 2 slices of Swiss, American or cheddar cheese
- 4 lettuce leaves
- 1/2 tomato, sliced
- Mayonnaise and mustard, to taste (optional)

Directions

1. Toast waffles until crisp and place on a cutting board. Spread mayo and mustard on each waffle, if using.
2. Add sliced turkey or ham and cheese to one waffle, and top with lettuce and tomato.
3. Put the second waffle on top. Cut in half and enjoy.

Recipe from: Feeding PA and PA Eats



Confetti Salad



Makes 3-4 Servings

Ingredients

- 1 can black beans, drained and rinsed, or 1 1/2 cups cooked black beans
- 1 orange, yellow or green bell pepper, chopped
- 1 cup corn, canned or frozen (thawed)
- 3/4 cup cherry tomatoes
- Juice of 1 lime
- 1/2 cup olive oil
- Salt, to taste

Directions

1. Mix together black beans, chopped pepper, corn and tomatoes in a bowl.
2. In a separate bowl, whisk together lime juice, olive oil and salt, to taste.
3. Pour dressing over salad and mix. Serve right away or chilled.

Recipe from: Feeding PA and PA Eats



PB Roll-Ups

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Makes 2 Servings

Ingredients

- 2 flour tortillas
- 1/4 cup peanut butter
- 1/4 cup plain Greek yogurt
- 2 tablespoons strawberry or grape jam

Directions

1. Place a tortilla on a cutting board. Spread half of the peanut butter on the tortilla and roll it up. Repeat with the remaining tortilla and peanut butter.
2. Using a small knife, cut the rolled up tortilla into 1 inch pinwheels.
3. In a small bowl, mix together yogurt and jam.
4. Serve the peanut butter roll-ups with a side of yogurt sauce.

Recipe from: Feeding PA and PA Eats



Rainbow Veggies



Makes 2-3 Servings

Ingredients

- 1 cup cherry tomatoes
- 1 cup baby carrots
- 1 yellow pepper, sliced
- 1 small cucumber, sliced into rounds or spears
- Juice from 1/2 a lemon
- 1/2 cup plain Greek yogurt
- Salt, to taste

Directions

1. Arrange cherry tomatoes, baby carrots, yellow pepper slices and cucumber slices in rainbow order on a plate.
2. Squeeze lemon into a small bowl and stir in yogurt and salt. Mix together to serve as dip with the veggies.

Recipe from: Feeding PA and PA Eats



Yogurt Pops



Makes 6 Servings

Ingredients

- 2 cups fruit-flavored yogurt
- 2 cups berries, fresh or frozen
- 6 popsicle sticks

Directions

1. In a medium bowl, stir yogurt and berries together.
2. Pour contents into popsicle mold or ice cube tray. Insert popsicle sticks at least 3/4 of the way into the mold or tray.
3. Place in freezer for 4 hours, or until pops are solid and ready to eat. To remove, run warm water over popsicle mold or ice tray to help loosen the pops.

Recipe from: Feeding PA and PA Eats

