

# 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

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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





# Microwave Mug French Toast



Makes 2 Servings

## Ingredients

- 1/2 cup milk
- 2 large eggs
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 6 slices stale whole wheat bread, torn into 1-inch pieces
- 4 tablespoons fresh or frozen blueberries (optional)
- Syrup, for serving

## Directions

1. Coat a small microwave-safe mug with nonstick cooking spray. Add milk, egg, cinnamon and salt and beat with a fork to mix. Place bread in mix, turning to coat.
2. Microwave on high, for 2 to 3 minutes until set. Top with blueberries (if using) and syrup. Serve and enjoy.

Recipe from: Feeding PA and PA Eats



# Microwave Chicken and Broccoli

Makes 1 Serving

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## Ingredients

- 1 cup fresh or frozen broccoli florets
- 1 (5-ounce) can chunk chicken breasts, drained
- 2 tablespoons low-sodium soy sauce
- 2 tablespoons honey
- 1/4 teaspoon garlic powder
- 2 teaspoons chopped fresh parsley or  
1/2 teaspoon dried parsley (optional)

## Directions

1. In a medium microwave-safe bowl, mix broccoli and 1 teaspoon water. Microwave on high for 3 minutes.
2. Add chicken, soy sauce, honey and garlic powder and mix to coat.
3. Microwave on high for 1 to 2 more minutes until broccoli is tender (soft). Top with parsley (if using) and serve.

Recipe from: Feeding PA and PA Eats



# Veggie Pizza Toast

Makes 4 Servings

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## Ingredients

- 1/4 cup tomato sauce
- 1/4 cup shredded mozzarella cheese
- 4 slices whole wheat bread, or 2 English muffins or 2 bagels, split in half
- 1 small bell pepper, seeded and roughly chopped (optional)
- 1 cup frozen broccoli florets, thawed, or 1 cup fresh broccoli florets

## Directions

1. Preheat oven to 450 degrees and line a rimmed baking sheet with aluminum foil. Spread about 1 tablespoon of tomato sauce evenly over each bread slice. Top bread slices with 1 tablespoon of mozzarella cheese. Evenly divide peppers and broccoli between bread slices.
2. Transfer pizzas to foil lined baking sheet. Bake until vegetables are tender (soft) and cheese is melted, about 5 to 8 minutes. Serve and enjoy.

Recipe from: Feeding PA and PA Eats



# Cucumber Sandwiches

Makes 4 Servings



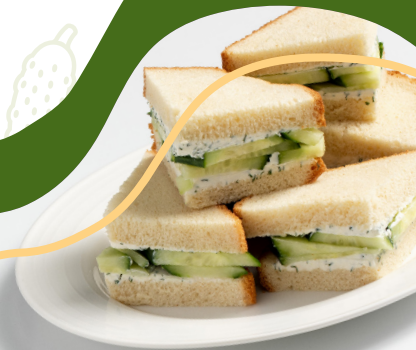
## Ingredients

- 1/2 cup cream cheese, room temperature
- 1 teaspoon dried dill or dried chives
- Salt and pepper, to taste
- 1 cucumber, thinly sliced
- 4 slices white or whole wheat bread

## Directions

1. In a small bowl, mix cream cheese and dill until smooth. Season with salt and pepper.
2. Coat one side of each bread slice with 1 tablespoon cream cheese mix. Evenly split cucumber slices between 2 pieces of bread, on the side with the cream cheese mix. Top the cucumbers with the other slice of bread so cream cheese is in the center.
3. Cut into triangles and serve.

Recipe from: Feeding PA and PA Eats





# Pineapple, Carrot and Raisin Salad



Makes 4 Servings

## Ingredients

- 1 (10-ounce) bag shredded carrots or 3 carrots, peeled and shredded
- 1 cup canned pineapple chunks, drained
- 1/2 cup raisins
- 1/4 cup plain yogurt

## Directions

1. In a large bowl, mix carrots, pineapple, raisins and yogurt until coated.
2. Keep refrigerated in an air-tight container until ready to serve.

Recipe from: Feeding PA and PA Eats



# Microwave Ham and Cheese Omelets

Makes 2 Servings



## Ingredients

- 4 large eggs
- 2 tablespoons milk or half and half (optional)
- 4 slices deli ham, torn into bite-size pieces
- 4 tablespoons shredded cheddar cheese
- Salt and pepper, to taste
- 2 teaspoons chopped fresh parsley, or  
1/2 teaspoon dried parsley (optional)

## Directions

1. Coat 2 small microwave-safe mugs with nonstick cooking spray. Add eggs and milk (if using) and beat with a fork. Stir in ham and cheddar cheese. Season with salt and pepper.
2. Microwave on low for 30 seconds, stir, and heat for 30 more seconds. Do this for one more minute, stopping at 30 seconds to stir again. Total time should be about two minutes. Top with parsley (if using) and serve.

Recipe from: Feeding PA and PA Eats



# Microwave Cinnamon Apples



Makes 1 Serving

## Ingredients

- 1 large apple, cored and sliced, or 2 cups frozen sliced apples
- 2 teaspoons honey or syrup (optional)
- 1/8 teaspoon ground cinnamon
- 1/2 cup plain yogurt or vanilla ice cream, for serving (optional)

## Directions

1. In a microwave-safe mug, mix sliced apples, 2 teaspoons water, honey (if using) and cinnamon. Cover with plastic wrap. Microwave on high for 3 to 5 minutes until apples are tender (soft).
2. Serve apples over yogurt or ice cream (if using) and enjoy.

Recipe from: Feeding PA and PA Eats



# Microwave PB & J Oatmeal Bars



Makes 9 Servings

## Ingredients

- 1 cup jam, such as strawberry, blackberry or peach
- 1/2 cup peanut butter
- 3 cups rolled oats
- 1/4 cup peanuts, crushed (optional)

## Directions

1. Grease a 8x8-inch glass baking dish with nonstick cooking spray.
2. In a large microwave safe bowl, mix jam and peanut butter. Microwave on high for 2 to 3 minutes until hot. Stir in oats until mixed.
3. Move oat mix into greased baking dish and press into an even layer. Press peanuts into the oat mix. Microwave on high for 2 to 3 minutes.
4. Refrigerate for 30 minutes until set. Cut into 9 squares. Store refrigerated in an airtight container until ready to serve.

Recipe from: Feeding PA and PA Eats





# Apple Nachos

Makes 4 Servings

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## Ingredients

- 1/2 cup plain yogurt
- 1 tablespoon syrup
- 3 large apples, cored and sliced
- 1/2 cup fresh or frozen berries, such as blueberries, raspberries or blackberries
- 1/4 cup raisins (optional)
- 1/4 cup crushed nuts, such as walnuts or peanuts

## Directions

1. In a small bowl, mix yogurt and syrup.
2. Place apple slices on a plate. Drizzle with yogurt mix and top with berries, raisins (if using) and nuts. Serve and enjoy.

Recipe from: Feeding PA and PA Eats

