

Cost-Friendly Cooking

Nutrition and Food Services Healthy Teaching Kitchen



U.S. Department of Veterans Affairs

www.nutrition.va.gov

Table of Contents

Recipe Index

Table of Contents

Cooking References 1

- Cooking Safely 2
- Measurements and Abbreviations 4
- Cooking Equipment 5
- Eating Well on Your Budget 6
- Cost-Friendly Grocery Shopping 8
- Making Meals with Canned or Dry Foods 10
- Cooking for One or Two 13
- Cooking in the Microwave 15
- Food and Nutrition Resources 16

Main Dish Recipes 17

- Cheesy Microwave Omelet 18
- Creamy Peanut Butter Overnight Oats 19
- Cucumber Tuna Boats 20
- Chili Cheese Microwave-Baked Potato 21
- Grilled Fish-and-Vegetable Foil Packets 22
- Microwave Potato and Eggs 23
- Stovetop Tortilla Pizza 24
- Salmon Croquettes 25
- Vegetable Stir-Fry Rice Bowls 26
- Southwestern Microwave Egg Scramble 27
- Microwave Tuna Pomodoro 28

Key: cooking without power | microwave only | simple portable appliance | pantry/shelf-stable ingredients | small household-friendly recipe (1-2 servings)

(Main Dish Recipes continued)

Lentil Tacos ⏩ ⏳ 29

Mexican Street Corn and Chicken Bake 30

Sandwich and Wrap Recipes 31

Apple Chicken Salad Wrap 32

Bean and Vegetable Quesadillas ⏩ ⏳ 33

Barbecue Bean Burgers ⏳ 34

Microwave Egg Salad Sandwich ⏳ 35

Fajita-Inspired Bean and Vegetable Wraps 36

Grilled Peanut Butter and Banana Sandwich ⏩ ⏳ 37

Soup and Salad Recipes 38

Cilantro-Lime Black Bean Quinoa Salad ⏩ 39

Greens and Beans Soup ⏩ ⏳ 40

Italian-Style Lentil Soup ⏩ 41

Lemony Lentil and Salmon Salad 42

Tortellini Tomato Soup ⏩ ⏳ 43

Microwave Beef and Bean Chili 44

Southwestern Corn and Bean Soup ⏩ ⏳ 45

Tuna Cabbage Salad 46

Microwave Five-Can Bean and Vegetable Soup ⏳ 47

Side Dish Recipes 48

Simple Stovetop Succotash ⏩ 49

Apple-Cider Braised Cabbage ⏩ 50

Buffalo Cauliflower Microwave-Baked Potato 51

Chickpea, Tomato, and Cucumber Salad 52

Lemon-Parmesan Microwave Green Beans ⏳ 53

Microwave Quinoa Pilaf 54

Simple Microwave Steamed Asparagus 55

Key: cooking without power microwave only ⏩ simple portable appliance
⏳ pantry/shelf-stable ingredients small household-friendly recipe (1-2 servings)

(Side Dish Recipes continued)

Cheesy Microwave Vegetable Mash 56

Microwave Cornbread Muffin in a Mug 57

Quinoa with Chickpeas and Tomatoes 58

Snack Recipes 59

Apple Cottage Cheese Bowl 60

Broccoli and Cheese Egg Muffins 61

Smashed Chickpea and Cucumber Bites 62

Peanut Butter Apple Toast Crunch 63

Roasted Garbanzo Beans with Ranch 64

Savory Cottage Cheese Bowl 65

Baked Nachos 66

Peanut Butter Energy Bites 67

Dessert Recipes 68

Five-Ingredient Peanut Butter Cookies 69

Chocolate Drizzled Bananas 70

Simply Sweet Cream Cheese Dip 71

Grilled Peaches 72

Peaches-and-Cream Microwave Oatmeal 73

Simple Fruit-and-Yogurt Parfait 74

Simple Rice Pudding 75

Microwave Peach Crisp 76

Microwave Pancake Mug Cake 77

Recipe Index 78

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Cooking References



Cooking Safely

Did you know that one in six Americans will get sick from food poisoning this year? Food poisoning not only sends 128,000 Americans to the hospital each year, it can also have long-term health effects.

The keys to basic food safety are cooking it to the right temperature and handling it properly. Follow these guidelines to keep you, your family, and your guests safe.

For more information on these and other food safety guidelines, please visit www.foodsafety.gov.

Practice Good Hygiene

Use hot water and regular soap to wash your hands. Scrub the backs of your hands, between your fingers, and under your nails for at least 20 seconds. Need a timer? Try humming the "Happy Birthday" song from beginning to end twice. Rinse hands, then dry with a clean towel.

Wash your hands often, especially during these key times when germs can spread:

- Before, during, and after preparing food
- Before serving food or eating
- After handling raw meat, poultry, seafood, eggs, or their juices
- After using the toilet, touching garbage, touching an animal, or picking something up off the floor
- After changing a diaper or taking care of someone who is sick
- After blowing your nose, coughing, or sneezing

Safe Internal Food Temperatures	
Poultry	
Whole or Pieces	165°F
Ground	165°F
Beef, Pork, and Lamb	
Steaks/Roasts/Chops	145°F
Ground	160°F
Pre-Cooked Ham	140°F
Seafood	
Fish Fillet/Whole Fish	145°F
Shrimp/Lobster/Crab	Cook until flesh is pearly and opaque
Leftovers and Casseroles	165°F
Egg Dishes	160°F

Cook to Safe Temperatures

Cook all food to the minimum safe internal temperatures on the chart above. Use a food thermometer to be sure your food is safe. When you think your food is done, place the food thermometer in the thickest part of the food, making sure not to touch bone, fat, or gristle.

Separate Hazardous Foods

Use one cutting board for hazardous foods (e.g. raw meat, raw poultry, raw seafood, raw eggs) and another for non-hazardous foods (e.g. fresh produce, cooked foods, foods that won't be cooked).

Use separate plates and utensils for cooked and raw foods. Use hot, soapy water to wash all plates, utensils, and cutting boards that touched hazardous foods before using them again.

Refrigerate and Freeze Properly

Your refrigerator should be set to 40°F or below and your freezer to 0°F or below. Use a refrigerator and/or freezer thermometer to be sure. Place raw meat, poultry, and seafood on plates, in containers, or in sealed plastic bags below ready-to-eat foods. Freeze perishable foods if you will not use them within a few days. Freezing does not kill harmful germs, but it does keep food safe until you can cook it.

Avoid the Danger Zone

Bacteria that cause food poisoning grow quickest between 40°F and 140°F, also known as the danger zone. Never leave perishable foods at room temperature for more than two hours. If the food is exposed to temperatures above 90°F, refrigerate it within one hour.

If you're not serving food right after cooking, keep it out of the danger zone by using a heat source like a chafing dish, warming tray, or slow cooker. Cold foods can be kept on ice or in a cooler.

Never thaw or marinate foods at room temperature. The safest way to thaw or marinate food is in the refrigerator. Food can also be thawed under cool running water. Leftovers should be placed in small shallow containers and refrigerated promptly to allow for quick cooling.

Safe Food Storage Times (Refrigerated at 40°F or Below)

Raw Poultry	
Whole, pieces, or ground	1-2 days
Raw Beef, Pork, and Lamb	
Steaks/Roasts/Chops	3-5 days
Pre-cooked ham	3-5 days
Ground	1-2 days
Stew meat	3-5 days
Raw Seafood	
Fish fillet/Whole fish	1-3 days
Shrimp/Lobster/Crab	1-3 days
Raw Eggs	
In shell	3-5 weeks
Out of shell	2-4 days
Cooked Leftovers	
Beef/Pork/Lamb	3-4 days
Poultry	3-4 days
Seafood	3-4 days
Egg dishes	3-4 days
Hard-cooked eggs, in shell	7 days
Vegetables and fruit	5-7 days
Soups and stews	3-4 days

Wash Produce

Cut away any damaged areas on fruits and vegetables, then rinse under warm running water. Scrub firm produce like melons, potatoes, and cucumbers with a clean produce brush. Air dry or pat washed items dry with a paper towel or clean cloth towel. Don't rinse raw meat, poultry, or seafood since this can contaminate other surfaces.

When In Doubt, Throw It Out

The germs that make you sick are not always the same ones that cause food to go bad. Don't use smell, taste, and appearance as your only guides. Use the storage times on the table above to guide you. If you're still not sure whether a food item is safe, it's better to be safe than sorry and throw it away.



Measurements and Abbreviations

Common Abbreviations

c — cup

Tbsp — tablespoon

tsp — teaspoon

oz — ounce (usually weight, unless referring to a liquid)

fl oz — fluid ounces

lb — pound

g — gram

mg — milligram

~ — about/roughly

Volume Conversions

3 teaspoons = 1 tablespoon

½ tablespoon = 1½ teaspoons

2 tablespoons = 1 (fluid) ounce = ⅛ cup

4 tablespoons = 2 (fluid) ounces = ¼ cup

5 tablespoons + 1 teaspoon = ⅓ cup

1 cup = 8 (fluid) ounces

2 cups = 16 (fluid) ounces = 1 pint

4 cups = 32 (fluid) ounces = 1 quart

2 quarts = 64 (fluid) ounces = ½ gallon

16 cups = 128 (fluid) ounces = 1 gallon

Fresh Herbs to Dried Herbs Ratios

Dried leafy herbs (e.g. oregano, basil, tarragon)
1 tablespoon fresh = 1 teaspoon dried
Dried ground herbs and spices (e.g. ground ginger, garlic powder, ground thyme)
4 parts fresh = 1 part dried
Dried leafy herb to dried ground herb
1 teaspoon dried leaf = ½ teaspoon ground herb

Reducing Recipes for Fewer Servings

When the Recipe Says...	To Make Half, Use...	To Make a Third, Use...
¼ cup	2 tablespoons	1 tbsp + 1 tsp
⅓ cup	2 tbsp + 2 tsp	1 tbsp + 2¼ tsp
½ cup	¼ cup	2 tbsp + 2 tsp
⅔ cup	⅓ cup	3 tbsp + 1½ tsp
¾ cup	¼ cup + 2 tbsp	¼ cup
1 cup	½ cup	⅓ cup
1 tablespoon	1 ½ teaspoon	1 teaspoon
1 teaspoon	½ teaspoon	¼ teaspoon
½ teaspoon	¼ teaspoon	Scant ¼ tsp
¼ teaspoon	⅛ teaspoon	Scant ⅛ tsp
⅛ teaspoon	1 dash	1 pinch



Cooking Equipment

Having the right tools on hand can help make cooking as easy and efficient as possible. Use the list below to make sure you will have what you need to make a variety of recipes.

- ☐ Large frying pan (skillet), 10+ inches across
- ☐ Small frying pan (skillet), 6 inches across
- ☐ Large sauté pan, 10+ inches across
- ☐ Large saucepan with lid, 6+ quarts
- ☐ Small saucepan with a lid, 2-3 quarts
- ☐ Stockpot with a lid
- ☐ Roasting pan
- ☐ At least 2 mixing bowls, one large and one small
- ☐ Microwave-safe and oven-safe casserole dish with a lid, 2-3 quarts
- ☐ Large cutting board
- ☐ 2-3 smaller cutting boards
- ☐ Turning spatula
- ☐ Scraper/rubber spatula
- ☐ Wooden spoons
- ☐ 2 metal baking sheets
- ☐ 2 wire cooling racks
- ☐ Dry ingredient measuring cups
- ☐ Liquid ingredient measuring cup
- ☐ Measuring spoons
- ☐ Box grater
- ☐ Chef knife
- ☐ Bread (serrated) knife
- ☐ Paring knife
- ☐ Honing steel
- ☐ Spring-loaded tongs
- ☐ Wire whisk
- ☐ Can opener
- ☐ Colander
- ☐ Strainer
- ☐ Ladle
- ☐ Vegetable peeler
- ☐ Pot holders and/or oven mitts
- ☐ Instant-read digital thermometer
- ☐ Potato masher
- ☐ Collapsible vegetable steamer
- ☐ Slow cooker
- ☐ Dutch oven
- ☐ Parchment paper
- ☐ Aluminum foil
- ☐ Plastic wrap
- ☐ Food storage containers



Eating Well on Your Budget

There are several things you can do to help keep your food budget in check. The following tips focus on what you can do before, during, and after grocery shopping. In addition to the grocery store, consider where else you are spending money on food (e.g. convenience stores, restaurants, work cafeterias, coffee shops).

Write down how much you spend per week to gain awareness of where your food dollars are being spent. Consider areas that you can adjust beyond the grocery store. Some ideas include: making coffee at home and taking it with you, planning meals ahead to limit fast food and takeout, and packing lunch and snacks for work.

Make a Plan

- **Plan your meals in advance –** Planning meals helps you use up what you already have in your kitchen and make a list of what you need to buy. Use the weekly flyer from your favorite grocery store(s) to plan meals around items that are on sale. Planning meals ahead will help to encourage more balanced meals, as well as reduce last-minute decisions to go out to eat.
- **Make meat go further, or go meatless –** Plan meals with smaller portions of meat, or go meatless. For example, use one or two chicken breasts cut up in a vegetable stir-fry to make four servings, instead of serving a full chicken breast for each portion. Ideas for meatless meals include**:** vegetable bean chili, vegetable pizza, and a salad topped with marinated tofu, nuts, and cheese.
- **Write a shopping list…** and stick to it! You will be less likely to buy things you do not need. This also minimizes one-item shopping trips when you forget something, since these trips may lead to spending more on a weekly basis. An exception would be going off list when you see a good deal that will help you meet your meal planning goals. Likewise, if something on the list is too pricey, try to find an alternative.
- **Set your budget –** Decide how much money you will spend on food before you even leave your house to go shopping. Use this budget to buy foods for your meal plan first, including foods for snacks. Aim to make treat foods (e.g. soda, potato chips, cookies, pastries) a once-in-a-while buy, if you have extra room in your budget.
- **Be clever with coupons –** Using coupons in combination with good sales to buy things that you already use is a great way to save money. Clip coupons after you write your shopping list to avoid buying things you do not really need. Find out if your grocery store has a mobile phone app, since these can help with finding coupons and other cost savings.

Purchase with Purpose

- **Stretch your dollar –** Compare prices at different stores. Many stores now list prices of items online which makes this easier to do while you are writing your shopping list.
- **Watch the register –** Watch the cash register, or at least check your receipt, for incorrect price ring-ups so you can catch it and have it fixed before you leave the store.
- **Try different brands –** Store brand foods are usually the same or similar in quality to the name brand version of the same food. Buy store brands, unless the name brand is a better value.
- **Bulk up –** Buy in bulk when possible (and practical). If your store has bulk bins, these are a great option since they allow you to pick the amount you want to purchase.
- **Curb the corner store –** Avoid shopping at convenience stores, when possible. The food items sold are often much more expensive, and there is typically less variety of foods at these stores.
- **Do the math –** Pay attention to price per unit of a food (e.g. cost per ounce), especially when comparing different brands or different package sizes of an item. This is usually already calculated for you on the price tag, but here is the formula just in case: Total Price ($) ÷ Total Number of Units (e.g. ounce, pound) = Price ($)/Unit
- **Choose lower cost proteins –** Foods such as peanut butter, eggs, yogurt, cottage cheese, canned tuna, beans, lentils, tofu, and edamame can be lower cost protein sources as an alternative to meat.
- **Shop sustainably –** Fruits and vegetables tend to be cheaper (and tastier) when they are grown locally and in season. Also look at frozen fruit and vegetables as they may be less expensive and can also be more convenient.
- **Limit food packaging –** Selecting foods with minimal packaging (e.g. larger packages, bulk bins) can help you save money and can also help the environment. For example, instead of buying snacks that are pre-packaged in individual bags, buy a larger package and divide it up yourself into small reusable containers or bags.

Prepare to Execute Your Plan

- **Put it away, right away –** Place perishable foods in the refrigerator or freezer as soon as you bring them home.
    - **Meat, poultry, and seafood:** Store fresh meat, poultry, and seafood in the refrigerator or freezer as soon as possible, to avoid spoilage and increase your likelihood of using them. Separate large packages of raw meat, poultry, and seafood into the amount you will need for most recipes (usually a pound or less), then place that amount into a freezer bag. Label the bag with the item name and date, then seal tightly and freeze.
    - **Fresh produce:** Some may find it helpful to wash, dry, and cut up fresh fruit and vegetables ahead of time. If this helps you to use it, go for it! Keep in mind that some produce items like berries, potatoes, onions, and garlic will last longer and taste better when prepared just before use. Another tip is to put fresh fruits and vegetables where you can see then: in a bowl on the counter or on a shelf at eye-level in the refrigerator.
- **Keep a leftover list –** Put a list of leftovers on the refrigerator to remind you to use them before they go bad.
- **Post your meal plan –** Write your meal plan somewhere your will see it (e.g. white board, scrap paper, sticky notes). This will help you remember what prep you need to do, including taking items out of the freezer.



Cost-Friendly Grocery Shopping

Grocery shopping is an important step towards healthy cooking and eating. If it feels difficult to fit healthy foods into your grocery shopping budget, here are some tips for cutting costs when buying nourishing foods.

Plan Your Shopping Trip Ahead

- Start by checking what you have in your refrigerator, freezer, and pantry. Use these items as a starting point for your meal plan. As you do this, it can help to move older items to the front of your shelves so you can use them before they expire.
- As you plan your meals for the week, make a shopping list of what you need to buy. Shopping off of a list will help you keep your budget in check and avoid impulse buys, while making sure you don't forget anything.
- Look at coupons and store flyers. Check to see if your grocery store has an app where you can clip coupons for extra savings on the items you plan to buy.
- Plan the day and time that you will shop, and make sure to have a meal or snack before you go.
- Consider using an online grocery ordering and pickup service. Check with your store to find out if there is a fee for this service. This shopping style may help to reduce impulse buys and keep you focused on what you need, as you watch the total cost add up.
- Bring your own bags, reusable or from a past shopping trip. This reduces waste and you may get a small discount.

Cost Savings at the Store

- Choose store brand food items when available. These items are often less expensive and similar in quality to the name brand version of the item.
- Limit items that have been pre-washed, pre-chopped, or pre-portioned into individual servings as they are often more expensive. You will usually save money by doing this yourself.
- Compare the cost of buying items in bulk versus in smaller packages. For example, consider whether it makes sense for you to buy a family pack of chicken breasts at a discount and freeze them individually.
- Compare prices of similar items by looking at the unit price (e.g. price per pound). This can help you decide which size or brand of the item is the best value.

Keeping Food Safe at the Store

- Keep foods safe by shopping for refrigerated and frozen items last.
- Place all fresh meat, poultry, and seafood items into separate bags before putting them in your cart.
- Put the food items away right when you get home, starting with the frozen and refrigerated items.

Tracking Your Food Purchases

Our food budget goes beyond what we spend at the grocery store. When you think about your total food budget for the week, consider the money you plan to spend on food at the grocery store as well as non-grocery food spending (e.g. convenience store, restaurants).

By tracking your food spending, you can get a better idea of where your money for food is going and adjust what you buy as needed. By cutting back at bit on extra items and making them at home, you can often make big shifts in your overall budget. Consider using the tool below to track your spending:

My Food Spending

Store Type	Amount Spent			
	Week 1	Week 2	Week 3	Week 4
Grocery Store				
Convenience Store				
Coffee Shop				
Fast Food Restaurant				
Sit-Down Restaurant				
Total Amount Spent:				

Meal Cost Comparison (Based on 2023 prices; may vary by region)

Meals Made at Home

(Note: Costs are calculated from full-size containers. It may cost more to buy individual servings.)

- Steel-cut oats with apples and raisins: $3.40 for five 1-cup servings ($0.68 per serving)
- Cheese grits with egg and a banana: $1.25
- Yogurt with berries, crunchy nugget cereal, and sliced almonds: $1.40
- Whole-wheat toast (two slices) with peanut butter, honey, and half of a banana: $0.95

Fast Food Meals

- Fruit and nut oatmeal: $3.00
- Sausage and egg breakfast sandwich: $4.69
- Sausage biscuit and hashbrown: $4.00
- Fruit and yogurt parfait: $4.25



Making Meals with Canned and Dry Foods

Eating healthy doesn't have to be expensive. Using canned and dry food items can be a low-cost way to create healthy meals. Here are some ideas to help you get started.

Ideas for Cooking with Canned and Dry Foods

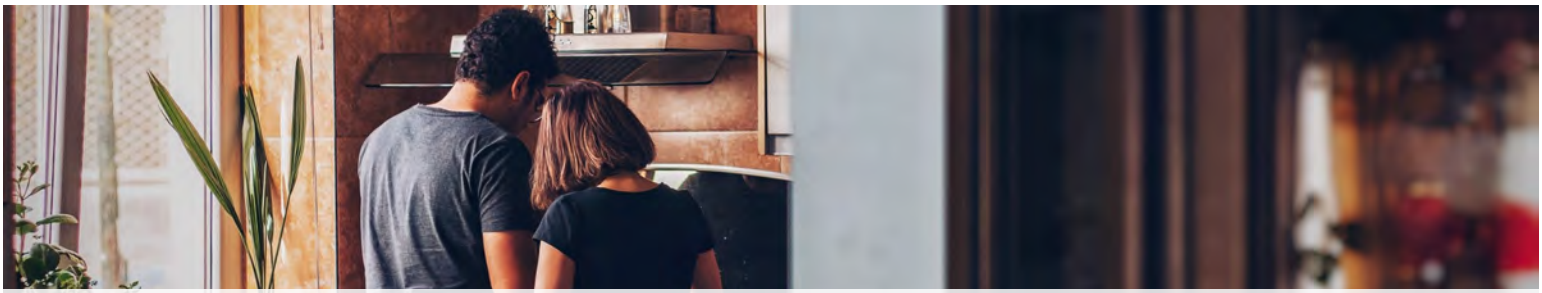
Food Item	Meal Ideas
Applesauce (unsweetened, if possible)	• Use to replace half of the oil in baked goods (e.g. cake, brownies) • Use as a topping on cooked pork or chicken • Add to cooked oatmeal or overnight oats
Beans (If canned, drain and rinse before using. If dried, cook according to package before using.)	• Add to soups, stews, casseroles, and chili • Toss into a green salad or pasta salad • Use as a filling for tacos, wraps, burritos, enchiladas, or quesadillas • Blend and use as a dip for crackers, chips, or vegetables • Roast in the oven for a crunchy snack or salad topping • Use to make bean burgers • Serve as a protein with rice and vegetables • Serve as a side with vegetables and fish, shrimp, chicken, or beef
Canned beef stew	• Eat as-is for a complete meal • Serve over pasta or rice and cooked or canned vegetables (drained and rinsed, if canned) • Combine with canned vegetables and beans (drained and rinsed)
Canned chili	• Serve with rice and vegetables for a complete meal • Use as a topping on a cooked potato • Add to casseroles and soups

Ideas for Cooking with Canned and Dry Foods (continued)

Food Item	Meal Ideas
Canned fish or meat (e.g. tuna, salmon, chicken, beef, pork, sardines, anchovies)	• Toss with a sauce and add to pasta, rice, or vegetables • Use as a topping for pizza or a cooked potato • Use as a filling for tacos, wraps, burritos, enchiladas, or quesadillas • Add to soups, stews, and casseroles • Add to cooked stir-fry vegetables and serve over rice • Use in sandwiches
Canned fruit (in 100% juice or lite syrup; or gently rinsed if in heavy syrup)	• Add to hot or cold breakfast cereal • Add to baked goods such as muffins, breads, cobblers, or crisps • Use as a topping on pancakes or waffles • Serve over cottage cheese or yogurt • Add to smoothies • Add to green salads or fruit salads
Canned potatoes and sweet potatoes (yams)	• Heat and serve as-is for a side dish • Add to soups, stews, casseroles, and salads • Add to baked goods
Canned tomato products (e.g. crushed tomatoes, diced tomatoes, tomato sauce)	• Use as a sauce for pasta, rice, or vegetables • Add to soups, stews, or casseroles • Blend with garlic, black pepper, and dried herbs for pizza sauce • Make tomato soup
Canned vegetables (Drain and rinse before using)	• Heat and serve as-is for a side dish • Add to soups, stews, chili, casseroles, or salads • Add to ramen noodles, pasta, or rice
Grits, corn	• Serve as a savory side dish, or top with a vegetable and cooked or canned protein for a bowl-style meal • Make into a hot breakfast cereal and top with fruit and warm spices (e.g. cinnamon, nutmeg)

Ideas for Cooking with Canned and Dry Foods (continued)

Food Item	Meal Ideas
Lentils (If canned, drain and rinse before using. If dried, cook according to package before using.)	• Add to soups, stews, casseroles, and chili • Use as a filling for tacos, wraps, burritos, enchiladas, or quesadillas • Use as a meat alternative in meatballs or sloppy joes
Nut and seed butters (e.g. peanut butter, almond butter, sunflower butter)	• Use as a spread on bread, toaster waffles, or crackers • Use as a dip for fruit (e.g. apples, strawberries, bananas) and vegetables (e.g. carrots, celery) • Stir into yogurt • Add to hot breakfast cereal • Blend into a smoothie • Add to sauces, soups, and stews
Oats	• Cook with milk and top with fruit and nuts • Use in baked goods such as muffins, pancakes, cookies, and breads • Use as a replacement for breadcrumbs in meatloaf and meatballs • Soak in the refrigerator with milk for overnight oats
Pasta (Cooked according to package directions)	• Add to soups, stews, and casseroles • Make into a pasta salad with vegetables and bottled salad dressing • Toss with vegetables and cooked or canned chicken, seafood, eggs, or meat
Rice	• Add to soups, stews, and casseroles • Make a rice pilaf and serve with vegetables and chicken, seafood, or beef • Serve as a side dish with beans and vegetables • Use leftover cooked rice to make fried rice or rice pudding
Whole-grain cereal	• Use as a breading for chicken, pork, or fish • Add to baked goods • Add to a fruit and yogurt parfait • Serve as-is with milk and fruit • Toss with dried fruit and nuts for a trail mix



Cooking for One or Two

Whether you are part of a small household, occasionally dining on your own, or making a meal for someone in your house with specific needs or preferences, learning to prepare meals for one or two people can help reduce food waste while keeping meals fresh. Follow these tips for adjusting your cooking and shopping for one or two people.

Make a Plan

Plan meals or menus ahead of time, keeping your schedule in mind. Plan your entrees for the days you will eat at home. Aim for balanced meals with a quarter of the plate as a protein food, a quarter as a starch, and half as a non-starchy vegetable. Fruit and dairy (or non-dairy alternatives) may be included as well. To keep from getting into a rut with your food options, consider inviting a friend or family member to dinner or have a potluck.

Always have a "Plan B" option if you forget to plan, or if the situation suddenly changes. Some ideas include a healthy frozen dinner or a low-sodium soup. Consider adding frozen vegetables (thawed) or canned beans (drained and rinsed) for extra nutrition and balance.

Keep It Simple

Choose recipes based on the amount of time you can or want to spend cooking. Look through favorite recipes to start. Consider including a new food or recipe once a week, or every other week. Stick to recipes with around five to six ingredients, not including staple items like herbs, spices, or oil. Scale recipes down for fewer servings, if desired.

Cook What You Have

Look through your refrigerator to see what needs to be used up this week. Plans meals around these items. Take advantage of mixed dishes like soups, rice bowls, stir-fries, and pasta dishes to use up fresh herbs and vegetables.

Stretch It Out

If you can, cook large batches of ingredients and then refrigerate or freeze for later. Make several meals from one package of meat, or freeze what you do not need for later. Any leftovers or extra ingredients can usually be frozen to extend their shelf-life.

If you go out to eat, consider sharing a meal with one of your dining companions or take half of the meal home for leftovers. Eat any restaurant leftovers within three days.

Adjust Your Purchases

Produce

- Purchase fresh fruits and vegetables in smaller amounts to avoid waste.
- Look for packages of fresh mixed herbs, which combine sprigs of several fresh herbs in one package. They may be called something like "poultry seasoning", "seafood blend", or "soup and stew blend".
- Consider using dried herbs or herb pastes.
- Buy washed and/or cut fruits and vegetables to save time in the kitchen. Fresh pre-packaged stir-fry vegetables or broccoli slaw can be a quick start to a meal.
- Avoid waste by visiting the salad bar in front of some deli sections. Take just the amount that you need.
- Keep frozen or canned fruits and vegetables on hand for quick meal additions. Look for no-salt-added or low-sodium canned vegetables, and canned fruit in 100% juice.

Meat, Poultry, and Seafood

- Shop the butcher and/or seafood counter, where you can order exactly the amount of meat, poultry, or seafood you need. If your local grocery store only sells pre-packaged meats, wrap any extras tightly and freeze them.
- Cans or pouches of chicken, tuna, salmon, sardines, and crab are perfect for small households.
- Buy peeled or EZ-peel frozen shrimp in bags. You can take out what you need and quickly thaw it under running water before cooking.

Dairy

- Buy smaller servings of dairy products. Examples include: pints or half-gallons of milk, 5- to 6-ounce containers of yogurt, and 4-ounce containers of cottage cheese.
- Butter and shredded cheese can be frozen for up to 6 months.
- Many grocery stores have pre-cut cheeses available in smaller portions in the specialty cheese section. The deli may also be able to slice and portion out the amount that you need.

In the Aisles

- Small cans of broth work well for smaller recipes. Leftover broth can be frozen in ice cube trays, then transferred to a freezer bag. Another option is bouillon paste or powder, mixing with water as needed.
- Small cans of tomato sauce and tubes of tomato paste are handy to have on hand for scaling down recipes.
- Shop the bulk bins for custom amounts of dry goods. This is also a great way to try something new.
- Small drink boxes of 100% juice are convenient for making sauces and salad dressings.
- Purchase whole-wheat pita bread for making personal pizzas. Buy small or half-loaves of whole-grain breads, or freeze what you can’t use for later.



Cooking in the Microwave

Although a microwave may not be your first thought when it comes to cooking appliances, almost everybody has one and it can be used for a whole lot more than just heating food up. With a few simple guidelines, you can cook just about anything in your microwave – from side dishes like pasta to entrees like meatloaf.

Choose the Right Dish

- Make sure the dish you plan to cook in is labeled safe for microwave oven use, or "microwave-safe". Most glass, ceramic, silicone, and sturdy plastic dishes are safe to use in the microwave.
- Use a round plate or other container, instead of one with corners. This helps the food cook more evenly.
- Do not use Styrofoam, melamine, or standard plastic wrap in the microwave because they are not heat-stable at high temperatures.
- Never put any metal in your microwave, including silverware and aluminum foil.

Spread It Out

- Heat small amounts of food in the microwave at one time. Smaller or single portions of food will heat more evenly than larger or multiple portions.
- Spread the food out in a circle around the outer edge of the plate or other container, leaving an opening in the center.
- The more surface area the food takes up, the better. Shallow or thin foods will heat better than thick or dense foods.

Maintain the Right Amount of Moisture

- Cover food with a damp paper towel to keep it moist. This also helps to promote even cooking and prevent messy splatters.
- Pizzas and other crisp or crunchy foods cook best uncovered – on top of a dry paper towel or a microwave rack – so the bottom doesn't get soggy.

Take It Slow

- Microwave in short time increments, then stir and repeat until the food is cooked through to avoid scorching.
- For small amounts or delicate foods (e.g. chocolate, eggs, butter), microwave for 15 to 30 seconds at a time. For larger dishes (e.g. casseroles, soup, pasta), microwave for one to two minutes at a time.

Keep It Safe

- Microwave all raw animal proteins (e.g. chicken, fish, meat, eggs) to an internal temperature of 165°F.
- Stir the food, if applicable, and allow it to sit for two to three minutes before serving. This will allow the heat to even out and let the food cool slightly so you don't burn your mouth.

Food and Nutrition Resources

Consistent access to enough food is a vital piece of the Whole Health picture. The VA is committed to connecting Veterans with resources to help them access nutritious and affordable food, for overall wellbeing. For resources and more information, please visit **www.nutrition.va.gov/Food_Insecurity.asp**. Keep in mind that different cost-saving strategies can help with different situations. Consider meeting with the Registered Dietitian Nutritionist (RDN) at your clinic for support that matches your needs.

Budget-Friendly Food Tips and Recipes

- **VA Recipe and Cookbook Library: www.nutrition.va.gov/Recipes.asp**
- **Fruits and Veggies More Matters: www.fruitsandveggies.org**

Food Access Organizations

- **Feeding America:** The nation's largest domestic hunger relief organization which has established a network of emergency food assistance sites to help those in need. **www.feedingamerica.org**
- **Meals on Wheels:** A nonprofit organization that provides nutritious home-delivered meals to seniors and people with disabilities. (602)264-4357. **www.mealsonwheelsamerica.org**

Food Assistance Programs

- **SNAP:** Formerly called “food stamps”, the SNAP program is intended to help those who are struggling to buy food for more nutritious meals. 855-777-8590. **www.fns.usda.gov/snap**
- **WIC:** The WIC program provides specific food and nutrition products to pregnant, postpartum, and breastfeeding women, as well as infants and children up to the age of five. 1-800-252-5942. **www.fns.usda.gov/wic**

Additional Resources

www.usa.gov/food-help

www.211.org or Dial 2-1-1 on a phone in the United States

www.hungerfreeamerica.org

Main Dish Recipes



Cheesy Microwave Omelet

Prep: 5 minutes | Cook: 5 minutes | Total: 10 minutes

Yield: 1 serving | Serving Size: 1 mug or bowl omelet

Ingredients

Nonstick cooking spray

½ cup full-fat (4%) cottage cheese

2 eggs

2 tablespoons shredded mozzarella cheese

1 pinch (~⅛ teaspoon) ground black pepper

1 pinch (~⅛ teaspoon) garlic powder

1 pinch (~⅛ teaspoon) onion powder

Directions

1. Spray the inside of a medium microwave-safe mug or bowl with nonstick cooking spray. Set aside.
2. In a small bowl, use a fork to whisk together the cottage cheese and eggs until the mixture is creamy.
3. Add the mozzarella cheese, black pepper, garlic powder, and onion powder. Stir to combine.
4. Transfer the mixture to the prepared mug or bowl.
5. Microwave on high power (default setting) until there is no runny egg left (internal temperature of 165F°), about 2-3 minutes. The mixture will still be very soft and jiggle when shaken.
6. Let sit for 2 minutes, then serve warm.

Nutrition Facts Per Serving: Calories: 280 | Total Fat: 16.5 g | Saturated Fat: 7 g
Sodium: 580 mg | Total Carbohydrate: 5 g | Dietary Fiber: 0 g | Protein: 28 g

For more recipes, please visit www.nutrition.va.gov



Creamy Peanut Butter Overnight Oats

Prep: 5 minutes | Chill: 6 hours | Total: 6 hours 5 minutes

Yield: 1 serving | Serving Size: ~¾ cup without optional toppings

Ingredients

½ cup uncooked old fashioned (rolled) oats

2 tablespoons peanut butter (about one 0.75-ounce container)

2 teaspoons sugar-based sweetener (e.g. brown sugar, honey, syrup)

¼ teaspoon vanilla extract (optional)

½ cup lowfat (1%) milk

Optional toppings: Fresh or dried fruit, nuts

Directions

1. Add the oats, peanut butter, selected sweetener, and vanilla (if using) to a small bowl, jar, or storage container. Stir to combine.
2. Add the milk and stir to combine.
3. Cover with the lid or plastic wrap, then place in the refrigerator for at least 6 hours and up to overnight.
4. Add toppings as desired, then serve cold or warm briefly in the microwave (~1 minute) before serving if desired.

Recipe Notes

- Another milk or non-dairy milk alternative can be used, if desired.
- Nonfat dry milk powder can be used in place of the milk, if desired. Add 3 tablespoons of the milk powder to the oat mixture in step 1. Stir to combine, then add ½ cup of water.
- For a thinner consistency, add a splash of water or milk before serving.
- Fruit jam, jelly, or preserves can be used in place of the sweetener for a peanut butter and jelly sandwich-inspired flavor.

Nutrition Facts Per Serving: Calories: 360 | Total Fat: 18.5 g | Saturated Fat: 4.5 g Sodium: 200 mg | Total Carbohydrate: 37.5 g | Dietary Fiber: 4 g | Protein: 15 g

For more recipes, please visit www.nutrition.va.gov



Cucumber Tuna Boats

Prep: 20 minutes | Cook: 0 minutes | Total: 20 minutes

Yield: 4 servings | Serving Size: 1 filled cucumber half

Ingredients

2 medium cucumbers, peeled if desired (or 1 English cucumber)

2 scallions (green onions), thinly sliced (about ¼ cup)

3 tablespoons lemon juice (about 1 lemon) or apple cider vinegar

2 tablespoons canola or olive oil

1 pinch (~⅛ teaspoon) salt

1 pinch (~⅛ teaspoon) ground black pepper

1 (5-ounce) can tuna in water, drained

1 (15-ounce) can white beans (e.g. great northern, cannellini), drained and rinsed

Directions

1. Trim the ends off of each cucumber, then cut in half lengthwise.
2. Using the tip of a spoon, scrape the seeds out into a medium mixing bowl. Set the cucumber halves aside.
3. Add scallions, lemon juice, oil, salt, and black pepper to the bowl with the cucumber scrapings. Whisk with a fork to combine.
4. Add the beans and tuna. Stir and mash together with the fork.
5. Divide the mixture between the cucumber halves, then serve.

Recipe Notes

- This recipe can also be made into a tuna salad, chopping the cucumbers into small pieces and then adding to the tuna mixture.
- For a boost of flavor, consider adding chopped fresh herbs (e.g. cilantro, dill, parsley), relish, or chopped pickles.

Nutrition Facts Per Serving: Calories: 190 | Total Fat: 9 g | Saturated Fat: 1.5 g
Sodium: 20 mg | Total Carbohydrate: 20 g | Dietary Fiber: 6 g | Protein: 12 g

For more recipes, please visit www.nutrition.va.gov



Chili Cheese Microwave-Baked Potato

Prep: 5 minutes | Cook: 10 minutes | Total: 15 minutes

Yield: 1 serving | Serving Size: 1 loaded potato without optional toppings

Ingredients

1 small (4- to 6-ounce) potato

¼ cup canned chili beans

¼ cup canned chicken breast in water, drained (about half of a 5-ounce can)

1 tablespoon shredded cheddar cheese

Optional toppings: Plain Greek yogurt, avocado, scallions (green onions), cilantro

Directions

1. Poke the skin of the potato all over with a fork.
2. Place the potato in the microwave and cook on high power (default setting) until fork-tender, about 2-3 minutes on each side. Set aside.
3. Add the chili beans and canned chicken to a small microwave-safe bowl. Stir to combine, then microwave on high power (default setting) until hot, about 1-3 minutes.
4. Place the potato on a serving plate or in a serving bowl.
5. Slice the potato open lengthwise and mash with a fork, then top with the chicken-bean mixture followed by the cheese.
6. Serve warm, adding toppings as desired.

Recipe Notes

- Other canned proteins, such as tuna or beef, can be used in place of the chicken. This is also a good recipe for using up leftover cooked chicken.
- If you have leftover or store-bought chili on hand, you can substitute ½ cup of that for the chili beans and chicken in this recipe.

Nutrition Facts Per Serving: Calories: 390 | Total Fat: 15.5 g | Saturated Fat: 8 g
Sodium: 290 mg | Total Carbohydrate: 36 g | Dietary Fiber: 5 g | Protein: 26 g

For more recipes, please visit www.nutrition.va.gov



Grilled Fish-and-Vegetable Foil Packets

Prep: 15 minutes | Cook: 25 minutes | Total: 40 minutes

Yield: 4 servings | Serving Size: 1 packet (fish with vegetables)

Ingredients

1 medium zucchini, diced small or thinly sliced (about 2 cups)

1 medium yellow squash, diced small or thinly sliced (about 2 cups)

1 (10-ounce) container grape or cherry tomatoes, halved (about 2 cups)

1 medium (6- to 8-ounce) potato, quartered lengthwise then thinly sliced (about 2 cups)

2 tablespoons ranch seasoning mix (one 1-ounce packet)

2 tablespoons canola or olive oil

½ teaspoon ground black pepper

4 (4- to 6-ounce) white fish fillets (e.g. catfish, cod, tilapia)

Directions

1. Prepare grill and heat until the temperature reaches 425°F.
2. In a large mixing bowl, toss together the zucchini, yellow squash, tomatoes, potato, ranch seasoning, oil, and black pepper. Set aside.
3. Cut four sheets of aluminum foil, each about 14-15 inches long, and lay them out on a clean work surface.
4. Place 1 fish fillet on each sheet of foil, just off from the center of each sheet. Top each with a quarter of the vegetable mixture (~2 cups).
5. Fold the foil over the piles of fish and vegetables, bringing the edges together. Fold and crease the edges together to seal, leaving an air pocket in the packet for heat to flow. Turn the folded edges upward to reduce the risk of leakage.
6. Place the packets side by side on the grill, then close the lid.
7. Cook until the fish is cooked through (internal temperature of 145°F, flakes easily with a fork), about 15-25 minutes, depending on the thickness of the fish.
8. Remove from the grill and let sit for 5 minutes, then carefully open the packets and serve warm.

Nutrition Facts Per Serving: Calories: 415 | Total Fat: 13 g | Saturated Fat: 3 g
Sodium: 165 mg | Total Carbohydrate: 15 g | Dietary Fiber: 3 g | Protein: 28 g

For more recipes, please visit www.nutrition.va.gov



Microwave Potato and Eggs

Prep: 5 minutes | Cook: 15 minutes | Total: 20 minutes

Yield: 1 serving | Serving Size: 1 bowl (~1½ cups)

Ingredients

1 medium (6- to 8-ounce) potato

½ tablespoon unsalted butter

2 eggs

1 tablespoon shredded cheese or cheese blend

1 pinch (~⅛ teaspoon) salt

1 pinch (~⅛ teaspoon) ground black pepper

Directions

1. Poke the skin of the potato all over with a fork.
2. Place the potato in the microwave and cook on high power (default setting) until fork-tender, about 2-4 minutes on each side. Set aside.
3. Add the butter to a medium microwave-safe bowl. Microwave on high power (default setting) until melted, about 15-30 seconds.
4. Add the eggs, cheese, salt, and black pepper. Whisk with a fork to combine.
5. Cut the potato into bite-sized pieces, then add to the egg mixture and stir gently to combine.
6. Microwave on high power (default setting) until the eggs are fully set, about 2-3 minutes.
7. Let sit for 2 minutes, then serve warm.

Recipe Notes

- Consider adding cooked or thawed frozen vegetables (e.g. onion, bell pepper, corn, mushrooms, broccoli, spinach) to the egg mixture, along with the potato in step 5.

Nutrition Facts Per Serving: Calories: 345 | Total Fat: 16 g | Saturated Fat: 6.5 g
Sodium: 425 mg | Total Carbohydrate: 27 g | Dietary Fiber: 3.5 g | Protein: 23 g

For more recipes, please visit www.nutrition.va.gov



Stovetop Tortilla Pizza

Prep: 5 minutes | Cook: 10 minutes | Total: 15 minutes

Yield: 1 serving | Serving Size: 1 tortilla pizza

Ingredients

1 (8-inch) flour tortilla (preferably whole-wheat, if available)

2 tablespoons marinara sauce or pizza sauce (about one 1-ounce container)

⅓ cup shredded mozzarella cheese or mozzarella cheese blend (e.g. Italian style, pizza blend)

1 teaspoon Italian seasoning

½ teaspoon garlic powder

Directions

1. Heat a large skillet or sauté pan over medium-high heat.
2. Place the tortilla in the pan and cook until lightly browned, about 1-2 minutes on each side.
3. Remove the tortilla from the pan and spread with the sauce, leaving about half an inch uncovered around the edges.
4. Sprinkle with the cheese, Italian seasoning, and garlic powder.
5. Carefully lower the tortilla back into the pan. Cover the pan with a lid and cook until the cheese is melted, about 5-6 minutes.
6. Let cool slightly, then slice into wedges and serve warm.

Recipe Notes

- Other toppings can be added as desired.
- To cook in the oven or a toaster oven, bake the tortilla on a baking sheet at 425°F until it starts to brown, about 4-6 minutes. Add the toppings, then continue baking until the cheese melts, about 5-7 minutes.



Nutrition Facts Per Serving: Calories: 245 | Total Fat: 12 g | Saturated Fat: 5.5 g Sodium: 635 mg | Total Carbohydrate: 25 g | Dietary Fiber: 2 g | Protein: 10 g

For more recipes, please visit www.nutrition.va.gov



Salmon Croquettes

Prep: 15 minutes | Cook: 15 minutes | Total: 30 minutes

Yield: 3 servings | Serving Size: 2 patties

Ingredients

1 egg

1 tablespoon mayonnaise (about one 0.4-ounce packet)

1 tablespoon lemon juice (about ¼ lemon)

1 tablespoon mustard (about three 0.25-ounce packets)

1½ teaspoons garlic powder

¼ teaspoon ground black pepper

1 pinch (~⅛ teaspoon) salt

2 (5-ounce) cans salmon in water, drained

½ cup panko breadcrumbs or crushed crackers

⅓ cup finely chopped onion

1 tablespoon canola or olive oil

Directions

1. In a medium mixing bowl, use a fork to whisk together the egg, mayonnaise, lemon juice, mustard, garlic powder, black pepper, and salt.
2. Add the salmon, breadcrumbs or crackers, and onion. Stir to combine, then use clean hands to gently knead the mixture together.
3. Divide the mixture into six portions (~⅓ cup each), then shape each portion into a patty (see Recipe Notes).
4. Heat a medium to large nonstick skillet over medium heat.
5. Add the oil and heat until shimmering.
6. Working in batches if needed, place the patties in the pan. Cook until golden-brown, about 4-5 minutes on each side.
7. Serve warm.

Recipe Notes

- If the patties are falling apart before cooking, place them in the refrigerator to firm up for about 10-15 minutes.
- Consider making a creamy dill sauce (3 tablespoons mayonnaise + 1 tablespoon lemon juice + ½ teaspoon dried dill) or a spicy mayo sauce (3 tablespoons mayonnaise + 1 tablespoon hot sauce) to serve with these croquettes.

Nutrition Facts Per Serving: Calories: 195 | Total Fat: 11 g | Saturated Fat: 1.5 g
Sodium: 370 mg | Total Carbohydrate: 5.5 g | Dietary Fiber: 0.5 g | Protein: 17.5 g

For more recipes, please visit www.nutrition.va.gov



Vegetable Stir-Fry Rice Bowls

Prep: 10 minutes | Cook: 1 hour | Total: 1 hour 10 minutes

Yield: 4 servings | Serving Size: 1 bowl (~1¾ cups) without optional toppings

Ingredients

1 cup uncooked brown rice

2¼ cups water, divided

1 (12-ounce) bag frozen vegetable blend (e.g. broccoli and cauliflower, peas and carrots, peppers and onions, Asian medley)

¼ cup reduced-sodium (lite) soy sauce

1 tablespoon packed brown sugar

1 (14- to 16-ounce) package extra-firm tofu

2 tablespoons cornstarch

½ teaspoon garlic powder

2 tablespoons canola or avocado oil

Optional toppings: Peanuts, cashews, scallions (green onions)

Directions

1. Add the rice and 2 cups of the water to a medium saucepan. Bring to a boil over high heat, then reduce the heat to maintain a gentle simmer. Cover with a lid and cook until the rice is tender, about 45-60 minutes.
2. Meanwhile, microwave the vegetables as directed on the bag. Carefully drain, then transfer to a medium mixing bowl. Add the soy sauce, brown sugar, and remaining ¼ cup of water. Toss to combine, then set aside.
3. Drain the tofu and cut into 1-inch cubes. Gently pat dry with paper towels, then transfer to a large mixing bowl. Sprinkle with the cornstarch and garlic powder, then toss to coat.
4. Heat a large skillet, sauté pan, or wok over high heat. Add the oil and tofu. Cook until the tofu is golden-brown on all sides, about 8-10 minutes, stirring often.
5. Add the vegetable mixture and reduce the heat to medium. Cook and gently stir until the liquid thickens slightly and coats the tofu, about 1-2 minutes.
6. Divide the cooked rice between four bowls (~¾ cup each), followed by the tofu-vegetable mixture (~1 cup each). Serve warm, adding toppings as desired.

Nutrition Facts Per Serving: Calories: 420 | Total Fat: 16.5 g | Saturated Fat: 4 g
Sodium: 270 mg | Total Carbohydrate: 56 g | Dietary Fiber: 9.5 g | Protein: 15.5 g

For more recipes, please visit www.nutrition.va.gov



Southwestern Microwave Egg Scramble

Prep: 5 minutes | Cook: 5 minutes | Total: 10 minutes

Yield: 2 servings | Serving Size: ⅔ cup

Ingredients

4 eggs

1 (4-ounce) can diced green chiles

¼ cup shredded cheddar or cheddar cheese blend (e.g. Mexican style, cheddar jack)

Directions

1. In a medium to large microwave-safe bowl, use a fork to whisk together the eggs and chiles.
2. Microwave on high power (default setting) for 1 minute, then stir with the fork.
3. Continue microwaving on high power until the eggs are almost set, about 1-2 minutes, stopping to stir every 30-60 seconds.
4. Carefully remove the bowl from the microwave, then stir the egg mixture until any remaining uncooked egg is cooked.
5. Add the cheese and stir to combine, then let sit for 2 minutes.
6. Serve warm.

Recipe Notes

- To prepare plain scrambled eggs, replace the can of green chiles with ¼ cup of water or milk (dairy or unsweetened non-dairy alternative). Cook as directed in the recipe, adding the cheese if desired and/or seasoning to taste with salt and black pepper.

Nutrition Facts Per Serving: Calories: 200 | Total Fat: 13.5 g | Saturated Fat: 5.5 g
Sodium: 440 mg | Total Carbohydrate: 4.5 g | Dietary Fiber: 0 g | Protein: 14.5 g

For more recipes, please visit www.nutrition.va.gov



Microwave Tuna Pomodoro

Prep: 10 minutes | Cook: 30 minutes | Total: 40 minutes

Yield: 2 servings | Serving Size: 2 cups

Ingredients

4 ounces uncooked pasta (one quarter of a 16-ounce box; preferably whole-grain, if available)

4 cups water

1 (14.5-ounce) can diced tomatoes

2 (5-ounce) cans tuna in water, drained

1 tablespoon canola or olive oil

1 teaspoon garlic powder

1 teaspoon dried basil (or other favorite herb)

¼ teaspoon ground black pepper

1 pinch (~⅛ teaspoon) crushed red pepper flakes

Directions

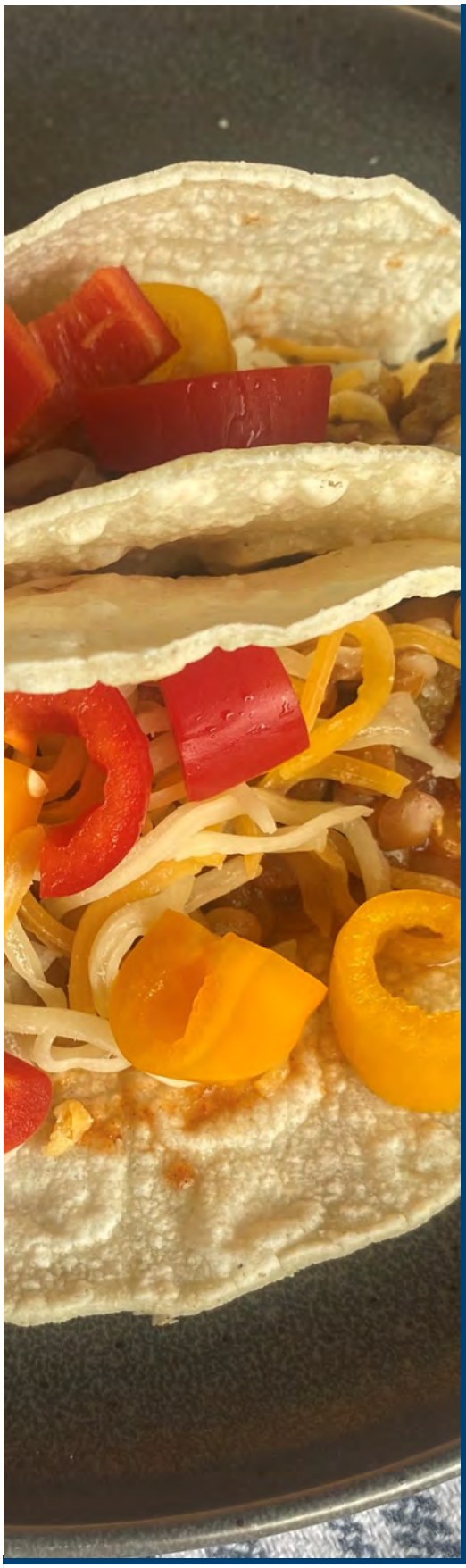
1. Add the pasta to a large, deep microwave-safe bowl. Add the water, making sure the pasta is completely covered. Long strand pasta (e.g. spaghetti, linguine) may need to be broken in half.
2. Microwave uncovered on high power (default setting) for the time on the package plus 2 minutes, stirring about halfway through the total cooking time.
3. Carefully check the pasta for the desired tenderness. If needed, continue microwaving for 1-2 minutes.
4. Drain the pasta into a colander or strainer and set aside.
5. In the same bowl, stir together the tomatoes, tuna, oil, garlic powder, basil, black pepper, and red pepper flakes.
6. Microwave on high power (default setting) until warmed through, about 2-3 minutes.
7. Add the cooked pasta and toss to combine.
8. Let sit for 2 minutes, then serve warm.

Recipe Notes

- Another canned protein (e.g. chicken, salmon) can be used in place of the tuna, if desired.

Nutrition Facts Per Serving: Calories: 495 | Total Fat: 9 g | Saturated Fat: 1 g
Sodium: 755 mg | Total Carbohydrate: 47 g | Dietary Fiber: 3.5 g | Protein: 51 g

For more recipes, please visit www.nutrition.va.gov



Lentil Tacos

Prep: 10 minutes | Cook: 45 minutes | Total: 55 minutes

Yield: 4 servings | Serving Size: 2 tacos without optional toppings

Ingredients

1 tablespoon canola or olive oil

1 (1-ounce) packet taco seasoning

2 cups (16 ounces) low-sodium vegetable broth

1 (8-ounce) can no-salt-added tomato sauce

1 (4-ounce) can diced green chiles

¾ cup uncooked green or brown lentils, picked through and rinsed

8 (5- to 6-inch) corn tortillas

Optional toppings: Cheese, bell peppers, onion, cilantro, lettuce

Directions

1. Add the oil and taco seasoning to a medium saucepan. Stir together to make a paste.
2. Place the pot over medium heat and cook until fragrant, about 3-5 minutes.
3. Add the broth, tomato sauce, green chiles, and lentils. Stir to combine, scraping up any browned bits.
4. Bring to a boil over high heat, then reduce the heat maintain a simmer.
5. Cover with a lid and cook until the lentils are tender, about 30-40 minutes. If any liquid is left at the end of cooking, remove the lid and simmer to evaporate.
6. Divide the lentil mixture between the tortillas (~⅓ cup each) and serve warm, adding toppings as desired.

Nutrition Facts Per Serving: Calories: 280 | Total Fat: 4.5 g | Saturated Fat: 0.5 g
Sodium: 610 mg | Total Carbohydrate: 50.5 g | Dietary Fiber: 9 g | Protein: 11.5 g

For more recipes, please visit www.nutrition.va.gov



Mexican Street Corn and Bean Chicken Bake

Prep: 15 minutes | Cook: 25 minutes | Total: 40 minutes

Yield: 4 servings | Serving Size: ~1¼ cups without optional toppings

Ingredients

Nonstick cooking spray

1 pound (16 ounces) boneless skinless chicken breast, thinly sliced

¼ teaspoon salt

2 tablespoons chili powder, divided

1 (15-ounce) can no-salt-added black beans, drained and rinsed

1 (15-ounce) can corn kernels, drained and rinsed (or one 12-ounce bag frozen corn)

¼ cup mayonnaise (about four 0.4-ounce packets)

¼ cup lime juice (about 2 limes)

¼ cup grated parmesan

Optional toppings: Cilantro, scallions (green onions)

Directions

1. Preheat the oven to 350°F.
2. Coat the inside of a 13x9-inch baking dish with nonstick cooking spray.
3. Add the chicken to the prepared baking dish in a single layer, then sprinkle evenly with the salt and 1 tablespoon of the chili powder. Set aside.
4. In a medium mixing bowl, stir the remaining 1 tablespoon of chili powder with the beans, corn, mayonnaise, and lime juice.
5. Pour the bean-corn mixture over the chicken and spread into an even layer, then sprinkle with the parmesan.
6. Bake uncovered until the chicken is cooked through (no pink, internal temperature of 165°F), about 18-23 minutes.
7. Serve warm.

Recipe Notes

- Crumbled feta, queso fresco, or cotija cheese can be used in place of parmesan, if desired.

Nutrition Facts Per Serving: Calories: 395 | Total Fat: 13.5 g | Saturated Fat: 3.5 g
Sodium: 505 mg | Total Carbohydrate: 32 g | Dietary Fiber: 6 g | Protein: 35.5 g

For more recipes, please visit www.nutrition.va.gov

Sandwich and Wrap Recipes



Apple Chicken Salad Wrap

Prep: 15 minutes | Cook: 0 minutes | Total: 15 minutes

Yield: 2 servings | Serving Size: 1 wrap (filled tortilla)

Ingredients

2 tablespoons mayonnaise (about two 0.4-ounce packets)

1 pinch (~⅛ teaspoon) ground black pepper

1 (5-ounce) can chicken breast in water, drained

½ medium sweet or sweet-tart apple (e.g. Gala, Fuji), diced (about ½ cup)

¼ cup shredded carrots (about 1 small carrot)

¼ cup diced celery (about 1 stalk)

2 tablespoons chopped walnuts (optional)

2 (8- to 10-inch) whole-wheat tortillas

Directions

1. In a medium mixing bowl, stir together the mayonnaise and black pepper.
2. Add the chicken and stir to combine, breaking it up into small pieces.
3. Add the apple, carrots, celery, and walnuts (if using). Stir to combine.
4. Divide the mixture between the tortillas (~¾ cup each). Fold the sides of each tortilla over towards the center, then roll up tightly.
5. Serve right away.

Recipe Notes

- Leftover cooked chicken or a different canned protein (e.g. tuna, salmon) can be used, if desired.
- Another raw vegetable can be used in place of the celery and/or carrots. Some examples include bell peppers, cucumbers, jicama, and tomatoes.
- A different fresh fruit (e.g. grapes, pears, peaches) or a dried fruit (e.g. apricots, cranberries) can be used in place of the apple. If using dried fruit, reduce the amount to 2 tablespoons and chop into small pieces if large.

Nutrition Facts Per Serving: Calories: 335 | Total Fat: 8.5 g | Saturated Fat: 0.5 g
Sodium: 815 mg | Total Carbohydrate: 31 g | Dietary Fiber: 7 g | Protein: 16.5 g

For more recipes, please visit www.nutrition.va.gov



Bean and Vegetable Quesadillas

Prep: 10 minutes | Cook: 35 minutes | Total: 45 minutes

Yield: 5 servings | Serving Size: 1 quesadilla (filled tortilla)

Ingredients

Nonstick cooking spray

1 (10- to 12-ounce) bag frozen pepper and onion blend (about 2 cups)

1 (15-ounce) can refried beans

5 (8-inch) flour tortillas (preferably whole-wheat, if available)

1¼ cups shredded cheddar cheese or cheddar cheese blend (e.g. cheddar jack, Mexican style)

Directions

1. Coat the inside of a medium skillet with nonstick cooking spray and place over medium-high heat.
2. Add the pepper and onion blend. Cook and stir until thawed and any liquid has evaporated, about 5-7 minutes. Transfer to a clean plate or bowl and set aside. Place the pan back over medium heat.
3. Divide the refried beans between the tortillas (~⅓ cup each) and spread into an even layer on one side of each tortilla.
4. Divide the pepper and onion mixture between the tortillas, placing it on one half of the bean mixture. Sprinkle each with ¼ cup of the cheese, then fold each tortilla over the filling to make a quesadilla.
5. Working in batches, cook the quesadillas in the pan until golden-brown and cheese melts, about 2-5 minutes on each side.
6. Let cool slightly, then slice into wedges and serve warm.

Recipe Notes

- For more protein, consider adding canned or leftover cooked meat, chicken, or tuna.

Nutrition Facts Per Serving: Calories: 330 | Total Fat: 12.5 g | Saturated Fat: 7 g Sodium: 855 mg | Total Carbohydrate: 39 g | Dietary Fiber: 5.9 g | Protein: 15 g

For more recipes, please visit www.nutrition.va.gov



Barbecue Bean Burgers

Prep: 10 minutes | Cook: 20 minutes | Total: 30 minutes

Yield: 4 servings | Serving Size: 1 burger without optional toppings

Ingredients

1 (15-ounce) can white beans (e.g. great northern beans, cannellini beans), drained and rinsed

2 tablespoons barbecue sauce (about one 1-ounce packet)

3 teaspoons (1 tablespoon) canola or olive oil, divided

½ cup panko breadcrumbs or crushed crackers

½ teaspoon garlic powder

½ teaspoon ground cumin

¼ teaspoon ground black pepper

1 egg, lightly beaten

4 hamburger buns (preferably whole-wheat, if available)

Optional toppings: Condiments, lettuce, onion, tomato

Directions

1. In a large microwave-safe bowl, stir together the beans, barbecue sauce, and 2 teaspoons of the oil.
2. Place the bowl in the microwave and cook on high power (default setting) until the beans are warm, about 1 minute, then mash with a fork.
3. Add the breadcrumbs or crackers, garlic powder, cumin, black pepper, and egg. Stir to combine.
4. Divide the mixture into four portions (~⅓ cup each), then shape each portion into a patty.
5. Heat a large nonstick skillet or griddle over medium heat.
6. Add the remaining 1 teaspoon of oil and heat until shimmering.
7. Working in batches if needed, place the patties in the pan. Cook until golden-brown, about 4-5 minutes on each side.
8. Place each patty in one of the buns and serve warm, adding toppings as desired.

Nutrition Facts Per Serving: Calories: 300 | Total Fat: 7 g | Saturated Fat: 1 g
Sodium: 455 mg | Total Carbohydrate: 47.5 g | Dietary Fiber: 5 g | Protein: 11.5 g

For more recipes, please visit www.nutrition.va.gov



Microwave Egg Salad Sandwich

Prep: 10 minutes | Cook: 10 minutes | Chill: 30 minutes
Total: 50 minutes

Yield: 1 serving | Serving Size: 1 sandwich

Ingredients

2 large eggs, left whole and uncracked

½ teaspoon salt

Water, room temperature or cold

Ice cubes

2 tablespoons mayonnaise (about two 0.4-ounce packets)

1 teaspoon mustard (about one 0.25-ounce packet)

1 pinch (~⅛ teaspoon) ground black pepper

2 slices whole-wheat sandwich bread

Directions

1. Add the eggs and salt to a large microwave-safe bowl. Add enough water to cover the eggs.
2. Microwave on high power (default setting) for 5-7 minutes, then let sit in the microwave for 15 minutes.
3. Carefully remove the bowl from the microwave and drain the water. Cover the eggs with water and ice cubes, then let sit until fully cooled, about 10-15 minutes.
4. Drain the ice water, then peel the eggs and place back in the bowl. Mash with a fork until only small pieces remain, then stir in the mayonnaise, mustard, and black pepper.
5. Spread the mixture onto one of the bread slices, then top with the remaining slice of bread.
6. Serve right away.

Nutrition Facts Per Serving: Calories: 400 | Total Fat: 30 g | Saturated Fat: 6 g
Sodium: 480 mg | Total Carbohydrate: 25 g | Dietary Fiber: 5 g | Protein: 15 g

For more recipes, please visit www.nutrition.va.gov



Fajita-Inspired Bean and Vegetable Wraps

Prep: 10 minutes | Cook: 10 minutes | Total: 20 minutes

Yield: 4 servings | Serving Size: 1 wrap (filled tortilla)

Ingredients

¼ cup plain nonfat Greek yogurt (about half of a 5.3-ounce container)

1 tablespoon lime juice (about ½ lime)

1 medium bell pepper, thinly sliced (about 2 cups)

½ medium onion, thinly sliced (about 1 cup)

1 teaspoon garlic powder

½ teaspoon chili powder

1 (15-ounce) can refried beans

4 (6- to 8-inch) flour tortillas (preferably whole-wheat, if available)

1 cup diced tomato (about 1 medium tomato), divided

½ cup shredded cheddar or cheddar cheese blend, divided (e.g. Mexican style, cheddar jack)

Directions

1. In a small bowl, stir together the yogurt and lime juice. Set aside.
2. In a large microwave-safe bowl, toss together the bell pepper, onion, garlic powder, and chili powder. Microwave on high power (default setting) until tender, about 5-6 minutes. Set aside.
3. Add the beans to a medium microwave-safe bowl. Microwave on high power until warm, about 2-3 minutes. Set aside.
4. Place the tortillas between two damp paper towels on a microwave-safe plate. Microwave on high power (default setting) until warm, about 15-30 seconds.
5. Divide the beans between the tortillas (~⅓ cup each), followed by the vegetable mixture (~⅓ cup each), yogurt mixture (~1 tablespoon each), ¼ cup of tomatoes, and 2 tablespoons of cheese.
6. Fold the sides of each tortilla over towards the center, then roll up tightly. Serve warm.

Recipe Notes

- For less sodium, look for low-sodium refried beans or consider using canned no-salt-added whole beans (e.g. black beans, pinto beans). If using whole beans, drain and rinse, then mash to the desired consistency.

Nutrition Facts Per Serving: Calories: 255 | Total Fat: 5 g | Saturated Fat: 2 g
Sodium: 895 mg | Total Carbohydrate: 41 g | Dietary Fiber: 9 g | Protein: 15 g

For more recipes, please visit www.nutrition.va.gov



Grilled Peanut Butter and Banana Sandwich

Prep: 5 minutes | Cook: 5 minutes | Total: 10 minutes

Yield: 1 serving | Serving Size: 1 sandwich

Ingredients

½ tablespoon unsalted butter, softened at room temperature, divided

2 slices whole-wheat sandwich bread

2 tablespoons peanut butter (about one 0.75-ounce container), divided

½ medium banana, peeled and cut into ¼-inch slices

Directions

1. Place a small to medium skillet over medium heat, or preheat a griddle on medium heat.
2. Meanwhile, spread half of the butter onto one side of each bread slice. Spread 1 tablespoon of the peanut butter on the other side of each slice.
3. Layer the banana evenly over the peanut butter side of one bread slice. Top with the other bread slice, peanut butter-side-down, to make a sandwich.
4. Place the sandwich in the pan or on the griddle and cook until golden-brown, about 1-3 minutes on each side.
5. Serve warm.

Recipe Notes

- Consider using another nut or seed butter (e.g. almond butter, sunflower butter) in place of the peanut butter.
- Another fruit (e.g. apples, grapes, berries) can be used in place of the banana, if desired. If using thawed frozen fruit or canned fruit, drain any excess liquid and gently pat dry with paper towels.

Nutrition Facts Per Serving: Calories: 445 | Total Fat: 23.5 g | Saturated Fat: 6.5 g Sodium: 410 mg | Total Carbohydrate: 47 g | Dietary Fiber: 8 g | Protein: 16 g

For more recipes, please visit www.nutrition.va.gov

Soup and Salad Recipes



Cilantro-Lime Black Bean Quinoa Salad

Prep: 10 minutes | Cook: 20 minutes | Total: 30 minutes

Yield: 4 servings | Serving Size: ~1 cup

Ingredients

1 cup uncooked quinoa, rinsed

2 cups water

1 teaspoon chili powder

¼ teaspoon salt

1 lime, juiced (about 2 tablespoons juice; see Recipe Notes)

1 tablespoon canola or olive oil

1 (15-ounce) can black beans, drained and rinsed

½ cup chopped fresh cilantro (about 1 bunch)

Directions

1. Add the quinoa, water, chili powder, and salt to a medium saucepan. Bring to a boil over high heat, then reduce the heat to maintain a simmer.
2. Cover the pan with a lid and cook until the quinoa is tender, about 10-15 minutes, then remove from the heat and let sit with the lid still on for 1-2 minutes.
3. Meanwhile, in a medium mixing bowl, whisk together the lime juice and oil. Add the beans and cilantro, then toss to combine.
4. Add the cooked quinoa and gently fold to combine.
5. Serve warm, or chill before serving if desired.

Recipe Notes

- For extra lime flavor, remove the zest from the lime before juicing and add to the mixture in step 4.
- Consider adding vegetables to the salad, chopped or sliced as needed. They can be raw, cooked, canned (drained), or thawed from frozen. Some ideas include onion, bell peppers, tomatoes, and corn.
- Serve as a side dish along with a cooked or canned animal protein (e.g. chicken, shrimp, fish) or as a plant-based entrée with a green side salad.
- If you don't have quinoa, you can use rice instead. Cook according to the package directions.

Nutrition Facts Per Serving: Calories 285 | Total Fat: 6 g | Saturated Fat: 1 g
Sodium: 495 mg | Total Carbohydrate: 46.5 g | Dietary Fiber: 7.5 g | Protein: 12 g

For more recipes, please visit www.nutrition.va.gov



Greens and Beans Soup

Prep: 10 minutes | Cook: 15 minutes | Total: 25 minutes

Yield: 4 servings | Serving Size: ~2 cups

Ingredients

2 tablespoons canola or olive oil

1 tablespoon onion powder

1 teaspoon garlic powder

¼ teaspoon dried thyme or oregano

⅛-¼ teaspoon crushed red pepper flakes, to taste

1 pinch (~⅛ teaspoon) ground black pepper

1 (15-ounce) can low-sodium chicken broth (about 2 cups)

1 (14.5-ounce) can no-salt-added diced tomatoes

1 (15-ounce) can collard greens or spinach

1 (15-ounce) can no-salt-added beans, drained and rinsed (e.g. pinto beans, black eyed-peas, cannellini beans, great northern beans)

1 (15-ounce) can sliced carrots, drained and rinsed

Directions

1. Add the oil, onion powder, garlic powder, thyme or oregano, red pepper flakes, and black pepper to a large saucepan or stockpot. Stir together to make a paste.
2. Place the pot over medium heat and cook until fragrant, about 3-5 minutes.
3. Add the broth, tomatoes with their juice, collard greens or spinach, beans, and carrots. Stir to combine, scraping up any browned bits from the bottom of the pot.
4. Bring to a boil over high heat, then reduce the heat to maintain a simmer.
5. Cook until the flavors have blended, about 10-12 minutes.
6. Serve warm.

Recipe Notes

- To make this soup in the microwave, add all the ingredients to a large microwave-safe bowl or other dish and stir to combine. Cook on high power (default setting) until warmed through, about 3-5 minutes.

Nutrition Facts Per Serving: Calories: 235 | Total Fat: 8.5 g | Saturated Fat: 1 g
Sodium: 400 mg | Total Carbohydrate: 35 g | Dietary Fiber: 10 g | Protein: 10 g

For more recipes, please visit www.nutrition.va.gov



Italian-Style Lentil Soup

Prep: 15 minutes | Cook: 1 hour | Total: 1 hour 15 minutes

Yield: 4 servings | Serving Size: ~1½ cups

Ingredients

1 tablespoon canola or olive oil

1 medium onion, diced (about 1 cup)

1 large carrot, diced (about ¾ cup)

2 stalks celery, diced (about ½ cup)

4 cups (32 ounces) low-sodium vegetable or chicken broth

1 (14.5-ounce) can Italian-style diced tomatoes

1 cup uncooked green or brown lentils, picked through and rinsed

1 tablespoon dried parsley (or ¼ cup chopped fresh parsley)

½ teaspoon ground black pepper

Directions

1. Heat a large saucepan or stockpot over medium heat.
2. Add the oil and heat until shimmering.
3. Add the onion, carrot, and celery. Cook and stir until the onion is softened, about 6-8 minutes.
4. Add the broth, tomatoes with their juice, lentils, parsley, and black pepper.
5. Bring to a boil over high heat, then reduce the heat to maintain a simmer.
6. Cover with a lid and cook until the lentils are tender, about 45-60 minutes.
7. Serve warm.

Recipe Notes

- If you cannot find Italian-style diced tomatoes, use a regular can of diced tomatoes along with 1 teaspoon of Italian seasoning.
- If you have canned lentils, use two 15-ounce cans (drained and rinsed) and reduce the broth to 2 cups.

Nutrition Facts Per Serving: Calories: 235 | Total Fat: 6.5 g | Saturated Fat: 1 g
Sodium: 330 mg | Total Carbohydrate: 33 g | Dietary Fiber: 6 g | Protein: 12.5 g

For more recipes, please visit www.nutrition.va.gov



Lemony Lentil and Salmon Salad

Prep: 15 minutes | Cook: 0 minutes | Total: 15 minutes

Yield: 3 servings | Serving Size: 1 salad (~2 cups)

Ingredients

2 tablespoons lemon juice (about ½ lemon)

2 tablespoons canola or olive oil

2 teaspoons dried dill or parsley (or 1 tablespoon fresh)

1 teaspoon mustard (about one 0.25-ounce packet)

¼ teaspoon onion powder

¼ teaspoon garlic powder

¼ teaspoon ground black pepper

1 (15-ounce) can lentils, drained and rinsed

1 (5-ounce) can boneless skinless salmon in water, drained

1 cup diced or sliced vegetables (one type or combination; e.g. bell pepper, carrots, cucumber, onion)

4 cups salad greens (about one 5-ounce container), divided

Directions

1. In a large mixing bowl, use a fork to whisk together the lemon juice, oil, dill or parsley, mustard, onion powder, garlic powder, and black pepper (see Recipe Notes).
2. Add the lentils, salmon, and selected vegetables. Stir to combine.
3. Divide the salad greens between three plates or bowls (¾ cup each), followed by the lentil-salmon mixture (~1¼ cups each).
4. Serve cold.

Recipe Notes

- A storebought salad dressing can be used, if desired. Simply skip step 1 and add ¼ cup to the mixture in step 2.
- For a make-ahead version, consider using coleslaw mix in place of the salad greens. Add to the mixture in step 2, then serve or refrigerate for up to 4 days.
- Canned tuna or chicken can be used in place of the canned salmon, if desired.

Nutrition Facts Per Serving: Calories: 335 | Total Fat: 12.5 g | Saturated Fat: 2 g
Sodium: 210 mg | Total Carbohydrate: 34.5 g | Dietary Fiber: 13.5 g | Protein: 27 g

For more recipes, please visit www.nutrition.va.gov



Tortellini Tomato Soup

Prep: 5 minutes | Cook: 20 minutes | Total: 25 minutes

Yield: 6 servings | Serving Size: 2 cups

Ingredients

4 cups (32 ounces) chicken or vegetable broth

1 (28-ounce) can tomato sauce or crushed tomatoes (or two 15-ounce cans)

1 teaspoon garlic powder

1 teaspoon onion powder

½ teaspoon ground black pepper

1 (10- to 12-ounce) bag frozen vegetables (single variety or a blend; e.g. green beans, peas and carrots, pepper and onion blend, mixed vegetables)

1 (16- to 20-ounce) package fresh or frozen tortellini pasta

Directions

1. In a large stockpot or saucepan, stir together the broth, tomato sauce or crushed tomatoes, garlic powder, onion powder, and black pepper.
2. Bring to a boil over medium-high heat, then add the frozen vegetables and tortellini.
3. Bring to a boil over high heat, then cook for the time listed on the tortellini package or until the tortellini are just tender. This will be about 3-12 minutes, depending on the type of tortellini used.
4. Serve warm.

Recipe Notes

- For an extra boost of flavor, try adding ½-1 teaspoon of a dried herb or herb blend (e.g. basil, thyme, oregano, Italian blend).
- To make this soup a meal, consider adding a precooked protein, such as canned beans, sliced chicken sausages, canned chicken, or chopped rotisserie chicken.
- If you need to watch your sodium, look for low-sodium broth and/or no-salt-added canned tomato products.

Nutrition Facts Per Serving: Calories: 240 | Total Fat: 2 g | Saturated Fat: 0.5 g
Sodium: 900 mg | Total Carbohydrate: 38 g | Dietary Fiber: 6 g | Protein: 10 g

For more recipes, please visit www.nutrition.va.gov



Microwave Beef and Bean Chili

Prep: 10 minutes | Cook: 15 minutes | Total: 25 minutes

Yield: 4 servings | Serving Size: 2 cups

Ingredients

1 large onion, diced (about 1½ cups)

2 tablespoons chili powder

2 teaspoons ground cumin

1½ teaspoons soy sauce (about one 0.25-ounce packet; preferably reduced-sodium, if available)

1 pound (16 ounces) lean ground beef (90% or higher)

1 (28-ounce) can diced tomatoes (or two 14.5-ounce cans)

2 (15-ounce) cans no-salt-added beans, drained and rinsed (one type or a combination; e.g. kidney beans, black beans)

Directions

1. In a large microwave-safe mixing bowl or other dish, stir together the onion, chili powder, cumin, and soy sauce.
2. Crumble the ground beef into the bowl and stir to combine.
3. Cook on high power (default setting) until the onions are softened and the beef is no longer pink, about 6-8 minutes, stirring after about 4 minutes.
4. Add tomatoes with their juice and the beans. Stir to combine.
5. Continue microwaving at high power until warmed through, about 3-5 minutes.
6. Let sit for 2 minutes, then serve warm.

Recipe Notes

- This chili will keep in the refrigerator for up to 4 days.

Nutrition Facts Per Serving: Calories: 445 | Total Fat: 12.5 g | Saturated Fat: 5 g
Sodium: 510 mg | Total Carbohydrate: 45.5 g | Dietary Fiber: 15.5 g | Protein: 37.5 g

For more recipes, please visit www.nutrition.va.gov



Southwestern Corn and Bean Soup

Prep: 5 minutes | Cook: 25 minutes | Total: 30 minutes

Yield: 4 servings | Serving Size: 2 cups without optional toppings

Ingredients

1 tablespoon canola or olive oil

1 medium onion, diced (about 1 cup)

1 (1-ounce) packet low-sodium taco seasoning

2 cups (16 ounces) low-sodium vegetable broth

1 (15-ounce) can no-salt-added pinto beans, drained and rinsed

1 (15-ounce) can no-salt-added corn kernels, drained and rinsed (or one 12-ounce bag frozen corn)

1 cup salsa (store-bought or homemade)

Optional toppings: Cilantro, avocado, plain Greek yogurt or sour cream, cheese, hot sauce, lime juice

Directions

1. Heat a large saucepan or stockpot over medium-high heat.
2. Add the oil and heat until shimmering.
3. Add the onion and cook until softened, about 4-6 minutes, stirring often.
4. Add the taco seasoning. Cook and stir until fragrant, about 30-60 seconds.
5. Add broth, beans, corn, and salsa. Stir to combine, scraping up any browned bits from the bottom of the pot.
6. Bring to a boil over high heat, then reduce the heat to maintain a simmer.
7. Cook uncovered until the flavors have blended, about 10-15 minutes.
8. Serve warm, adding toppings as desired.

Recipe Notes

- This soup will keep in the refrigerator for up to 7 days.
- Frozen diced onion or frozen pepper and onion blend can be used in place of the fresh onion.
- To thicken the soup, simmer for about 12-15 more minutes or substitute refried beans (no-salt-added or low-sodium, if available) for the pinto beans with no additional cook time needed.

Nutrition Facts Per Serving: Calories: 250 | Total Fat: 4.5 g | Saturated Fat: 0.5 g
Sodium: 620 mg | Total Carbohydrate: 43 g | Dietary Fiber: 10 g | Protein: 10 g

For more recipes, please visit www.nutrition.va.gov



Tuna Cabbage Salad

Prep: 10 minutes | Cook: 0 minutes | Total: 10 minutes

Yield: 2 servings | Serving Size: ~1 cup

Ingredients

1 (5-ounce) can tuna in water, drained

2 cups shredded or sliced cabbage (can substitute coleslaw mix)

3 tablespoons mayonnaise (about three 0.4-ounce packets)

1 tablespoon mustard (about three 0.25-ounce packets)

½ teaspoon garlic powder

½ teaspoon onion powder

1 pinch (~⅛ teaspoon) salt

1 pinch (~⅛ teaspoon) ground black pepper

Directions

1. Add the tuna to a medium bowl and break it into shreds with a fork.
2. Add the cabbage, mayonnaise, mustard, garlic powder, onion powder, salt, and black pepper. Stir to combine.
3. Serve right away, or chill before serving if desired.

Recipe Notes

- This tuna salad will keep in the refrigerator for up to 4 days.
- Try adding this tuna salad to sandwiches, pita pockets, wraps, or tacos. Consider using whole-grain bread, pita bread, or tortillas, if possible.
- Consider adding extra flavor with chopped fresh herbs (e.g. cilantro, dill, parsley), relish or chopped pickles, vinegar, lemon juice, or lime juice.

Nutrition Facts Per Serving: Calories: 210 | Total Fat: 8 g | Saturated Fat: 1.5 g
Sodium: 365 mg | Total Carbohydrate: 11.5 g | Dietary Fiber: 2.5 g | Protein: 22.5 g

For more recipes, please visit www.nutrition.va.gov



Microwave Five-Can Bean and Vegetable Soup

Prep: 5 minutes | Cook: 10 minutes | Total: 15 minutes

Yield: 4 servings | Serving Size: 1½ cups

Ingredients

2 (15-ounce) cans beans, drained and rinsed (e.g. kidney beans, black beans, cannellini beans)

1 (15-ounce) can mixed vegetables, drained and rinsed

1 (14-ounce) can reduced-sodium chicken broth

1 (10.75-ounce) can condensed tomato soup

1 teaspoon Italian seasoning blend

Directions

1. In a large microwave-safe bowl, stir together the beans, mixed vegetables, broth, tomato soup, and Italian seasoning.
2. Microwave on high power (default setting) until warmed through, about 7-10 minutes, stopping to stir every 2-3 minutes.
3. Let sit for 2 minutes, then serve warm.

Recipe Notes

- Feel free to substitute 2 cups of any other broth you have on hand.
- For a southwest-inspired flavor, try using chili powder in place of the Italian seasoning blend.
- To make this soup on the stovetop, add all the ingredients to a large saucepan. Cook at a gentle simmer until warmed through and the flavors have blended, about 12-15 minutes.

Nutrition Facts Per Serving: Calories: 200 | Total Fat: 1 g | Saturated Fat: 0 g
Sodium: 480 mg | Total Carbohydrate: 37 g | Dietary Fiber: 9 g | Protein: 13 g

For more recipes, please visit www.nutrition.va.gov

Side Dish Recipes



Simple Stovetop Succotash

Prep: 10 minutes | Cook: 15 minutes | Total: 25 minutes

Yield: 4 servings | Serving Size: ~1 cup

Ingredients

2 tablespoons canola or olive oil

1 medium onion, diced (about 1 cup)

1 medium bell pepper, diced (about 1 cup)

½ teaspoon salt

1 teaspoon garlic powder

½ teaspoon ground black pepper

1 (12-ounce) bag frozen corn or 1 (15-ounce) can corn kernels, drained and rinsed

1 (12-ounce) bag frozen lima beans or
1 (15-ounce) can lima beans, drained and rinsed

Directions

1. Heat a large sauté pan or skillet over medium-high heat.
2. Add the oil and heat until shimmering.
3. Add the onion, bell pepper, and salt. Cook until softened, about 5-7 minutes, stirring often.
4. Add the garlic powder and black pepper. Cook and stir until fragrant, about 1-2 minutes.
5. Add the corn and lima beans. Cook and stir until thawed if frozen and warmed through, about 4-6 minutes.
6. Serve warm.

Recipe Notes

- Fresh or canned diced tomatoes can be used in place of the bell pepper, if desired.
- Another type of frozen or canned legume can be used in place of the lima beans, if desired. Some examples include black beans, kidney beans, edamame, and black-eyed peas.

Nutrition Facts Per Serving: Calories: 185 | Total Fat: 7.5 g | Saturated Fat: 0.5 g
Sodium: 330 mg | Total Carbohydrate: 28.5 g | Dietary Fiber: 5.5 g | Protein: 5.5 g

For more recipes, please visit www.nutrition.va.gov



Apple Cider-Braised Cabbage

Prep: 15 minutes | Cook: 35 minutes | Total: 50 minutes

Yield: 4 servings | Serving Size: ~1 cup

Ingredients

1 tablespoon olive oil

1 cup thinly sliced onion (about ½ medium onion)

½ teaspoon ground black pepper

½ teaspoon garlic powder

¼ teaspoon salt

⅛ teaspoon crushed red pepper flakes

4 cups chopped or shredded cabbage (about ½ medium head of cabbage)

¾ cup (6 ounces) apple cider or 100% apple juice

1 tablespoon mustard (about three 0.25-ounce packets)

1 tablespoon apple cider vinegar

Directions

1. Heat a large skillet or sauté pan over medium-high heat.
2. Add the oil and heat until shimmering.
3. Add the onion, black pepper, garlic powder, salt, and red pepper flakes. Cook the onion is until softened, about 4-6 minutes, stirring often.
4. Add the cabbage, apple cider or apple juice, and mustard. Stir to combine.
5. Bring to a simmer over medium-high heat, then reduce the heat to maintain a gentle simmer.
6. Cook until the cabbage is wilted and tender, about 25-30 minutes, stirring occasionally.
7. Add the apple cider vinegar and stir to combine.
8. Serve warm.

Recipe Notes

- For more apple flavor, core and thinly slice a medium apple to add with the onion and seasonings in step 3.
- This braised cabbage will keep in the refrigerator for up to 7 days.

Nutrition Facts Per Serving: Calories: 65 | Total Fat: 4 g | Saturated Fat: 0.5 g
Sodium: 80 mg | Total Carbohydrate: 7.5 g | Dietary Fiber: 2.5 g | Protein: 1.5 g

For more recipes, please visit www.nutrition.va.gov



Buffalo Cauliflower Microwave-Baked Potato

Prep: 5 minutes | Cook: 10 minutes | Total: 15 minutes

Yield: 1 serving | Serving Size: 1 potato with toppings

Ingredients

1 medium (8- to 10-ounce) potato

1 cup fresh or frozen bite-sized cauliflower florets

1 tablespoon water

2 tablespoons buffalo sauce (or other hot sauce of choice)

¼ cup shredded cheese (e.g. cheddar, mozzarella)

½ tablespoon unsalted butter

½ tablespoon olive oil

Directions

1. Poke the skin of the potato all over with a fork.
2. Place the potato in the microwave and cook on high power (default setting) until fork-tender, about 3-5 minutes on each side. Set aside.
3. Add the cauliflower and water to a microwave-safe bowl with a lid. Vent the lid by opening it a small amount on one side. Microwave on high power (default setting) until fork-tender, about 2-3 minutes.
4. Carefully drain the water from the cauliflower, then add the buffalo sauce and toss to coat. Set aside.
5. Place the potato on a serving plate or in a serving bowl.
6. Slice the potato open lengthwise and add the cheese, butter, and oil. Mash into the potato with the fork.
7. Top the potato with the cauliflower mixture, then serve warm.

Recipe Notes

- For more protein, add 1 (5-ounce) can of chicken or ½ cup of diced or shredded cooked chicken, pork, or steak.
- Any variety of medium-sized potato, regular or sweet, can be used in this recipe.
- Another vegetable can be used in place of the cauliflower, if desired.

Nutrition Facts Per Serving: Calories: 420 | Total Fat: 23 g | Saturated Fat: 10 g
Sodium: 410 mg | Total Carbohydrate: 45 g | Dietary Fiber: 7 g | Protein: 14 g

For more recipes, please visit www.nutrition.va.gov



Chickpea, Tomato, and Cucumber Salad

Prep: 15 minutes | Cook: 0 minutes | Total: 15 minutes

Yield: 4 servings | Serving Size: 1½ cups

Ingredients

1 medium cucumber, peeled if desired, chopped (about 2 cups)

1 (10-ounce) container cherry or grape tomatoes, halved (about 2 cups)

1 (15-ounce) can garbanzo beans (chickpeas), drained and rinsed

¼ cup Italian salad dressing (about five 1.5-ounce packets)

Directions

1. In a large mixing bowl, toss together the cucumber, tomatoes, beans, and dressing.
2. Serve right away, or chill before serving if desired.

Recipe Notes

- Feel free to use any fresh vegetables you like or have on hand. Some that would work well include onion, bell pepper, celery, broccoli, and cauliflower.
- Swap out the Italian dressing for another vinaigrette-style dressing, if desired.
- For an extra boost of flavor, consider adding fresh or dried herbs (e.g. parsley, dill, basil).

Nutrition Facts Per Serving: Calories: 200 | Total Fat: 5.5 g | Saturated Fat: 1 g
Sodium: 325 mg | Total Carbohydrate: 31.5 g | Dietary Fiber: 6 g | Protein: 6.5 g

For more recipes, please visit www.nutrition.va.gov



Lemon-Parmesan Microwave Green Beans

Prep: 5 minutes | Cook: 10 minutes | Total: 15 minutes

Yield: 4 servings | Serving Size: ½ cup

Ingredients

1 (12-ounce) bag frozen green beans or ¾ pound fresh green beans, trimmed

2 tablespoons water (optional; if using fresh green beans)

1 tablespoon lemon juice (about ¼ lemon)

1 tablespoon canola or olive oil

1 pinch (~⅛ teaspoon) garlic powder

1 pinch (~⅛ teaspoon) salt

1 pinch (~⅛ teaspoon) ground black pepper

2 tablespoons grated parmesan (about four 0.12-ounce packets), divided

Directions

1. If using frozen green beans, cook in the microwave according to the directions on the bag. If using fresh green beans, add them to a large microwave-safe bowl or storage container. Add the water and cover the bowl or container with a microwave-safe lid or plate. Microwave on high power (default setting) until tender, about 4-6 minutes.
2. Let the green beans sit for 1-2 minutes, then carefully open and drain any excess water. Set aside.
3. In a medium mixing bowl, use a fork to whisk together the lemon juice, oil, garlic powder, salt, and black pepper.
4. Add the green beans and toss to combine.
5. Serve warm, sprinkling each serving with ½ tablespoon (or one 0.12-ounce packet) parmesan.

Recipe Notes

- To use canned green beans, drain and rinse the green beans and then transfer them to a microwave-safe bowl. Microwave on high power (default setting) until warm, about 1-2 minutes, then toss with the remaining ingredients.

Nutrition Facts Per Serving: Calories: 95 | Total Fat: 6 g | Saturated Fat: 2 g
Sodium: 165 mg | Total Carbohydrate: 6 g | Dietary Fiber: 3 g | Protein: 4.5 g

For more recipes, please visit www.nutrition.va.gov



Microwave Quinoa Pilaf

Prep: 10 minutes | Cook: 20 minutes | Total: 30 minutes

Yield: 4 servings | Serving Size: 1 cup

Ingredients

1 cup uncooked quinoa, rinsed

2 cups (16 ounces) low-sodium vegetable broth

1 tablespoon dried parsley

½ teaspoon garlic powder

½ cup diced carrots (about 1 medium carrot)

½ cup diced celery (about 2 stalks)

¼ cup finely diced onion (about ¼ medium onion)

¼ cup dried cranberries

2 tablespoons sliced almonds

Directions

1. Add the quinoa, broth, parsley, and garlic powder to a large microwave-safe bowl or storage container (~6-cup capacity or larger).
2. Cover with microwave-safe plastic wrap or a lid and microwave on high power (default setting) 6 minutes.
3. Carefully remove from the microwave and add the carrots, celery, and onion. Stir to combine, then cover again with the plastic wrap or lid.
4. Continue microwaving on high power (default setting) until the quinoa and vegetables are tender, about 5-7 minutes.
5. Add almonds and cranberries. Stir to combine, then let sit for 2 minutes.
6. Serve warm.

Recipe Notes

- This quinoa pilaf will keep in the refrigerator for up to 7 days.
- Frozen mixed vegetables can be used in place of the fresh carrots, celery, and onion.
- Another nut or seed can be used in place of the almonds (e.g. walnuts, pecans, sunflower seeds), and another dried fruit can be used in place of the dried fruit (e.g. apricots, raisins, cherries; chop if large).

Nutrition Facts Per Serving: Calories: 240 | Total Fat: 5 g | Saturated Fat: 1 g
Sodium: 30 mg | Total Carbohydrate: 42 g | Dietary Fiber: 6 g | Protein: 8 g

For more recipes, please visit www.nutrition.va.gov



Simple Microwave Steamed Asparagus

Prep: 5 minutes | Cook: 5 minutes | Total: 10 minutes

Yield: 1 serving | Serving Size: 1 batch

Ingredients

Water

¼ pound asparagus, woody ends trimmed (about a quarter of a bunch, or 8-12 spears)

1 pinch (~⅛ teaspoon) ground black pepper

1 pinch (~⅛ teaspoon) salt

Directions

1. Soak two paper towels with water.
2. Place the asparagus on the paper towels, then roll into a bundle.
3. Place the bundle on a microwave-safe plate with the paper towels seam-side-down.
4. Microwave on high power (default setting) until fork-tender, about 2-4 minutes.
5. Sprinkle with the black pepper and salt.
6. Serve warm.

Recipe Notes

- For a boost of flavor, consider adding lemon juice, grated or shredded parmesan, garlic powder, or a favorite salt-free seasoning blend.

Nutrition Facts Per Serving: Calories: 20 | Total Fat: 0 g | Saturated Fat: 0 g
Sodium: 280 mg | Total Carbohydrate: 4 g | Dietary Fiber: 2 g | Protein: 2 g

For more recipes, please visit www.nutrition.va.gov



Cheesy Microwave Vegetable Mash

Prep: 15 minutes | Cook: 20 minutes | Total: 35 minutes

Yield: 4 servings | Serving Size: ¾ cup

Ingredients

¾ pound (12 ounces) potatoes, cut into ¼- to ½-inch pieces (about 2 cups)

1 (12-ounce) bag frozen carrots

1 teaspoon salt

Water

¼ cup lowfat (1%) milk

½ cup shredded cheddar or cheddar cheese blend (e.g. cheddar jack)

¼ teaspoon ground black pepper

Directions

1. Add the potatoes, carrots, and salt to a large microwave-safe bowl.
2. Add water until the potatoes and carrots are just covered.
3. Microwave on high power (default setting) until the potatoes and carrots are very tender, about 18-20 minutes.
4. Let sit to cool slightly, then carefully drain the water and return the potatoes and carrots to the bowl.
5. Add the milk, then use a potato masher or fork to mash the potatoes and carrots to the desired consistency.
6. Add the cheese and black pepper. Stir to combine and melt the cheese, then serve warm.

Recipe Notes

- Another fresh or frozen vegetable, such as broccoli or cauliflower, can be used in place of the carrots, if desired.
- To save time, frozen diced potatoes can be used in place of fresh.

Nutrition Facts Per Serving: Calories: 130 | Total Fat: 1.5 g | Saturated Fat: 0.5 g
Sodium: 390 mg | Total Carbohydrate: 24 g | Dietary Fiber: 4.5 g | Protein: 6.5 g

For more recipes, please visit www.nutrition.va.gov



Microwave Cornbread Muffin in a Mug

Prep: 5 minutes | Cook: 5 minutes | Total: 10 minutes

Yield: 1 serving | Serving Size: 1 muffin

Ingredients

Nonstick cooking spray

¼ cup corn muffin or cornbread mix

2 tablespoons lowfat (1%) milk

1 tablespoon canola or olive oil

Directions

1. Coat the inside of a small microwave-safe mug with nonstick cooking spray.
2. Add the corn muffin or cornbread mix, milk, and oil. Stir until just combined, with small lumps still remaining.
3. Let sit for 2-3 minutes.
4. Microwave on high power (default setting) until fully set but still moist, about 1-1½ minutes.
5. Let sit for 3-5 minutes, then serve warm in the mug or turn the muffin out onto a plate.

Recipe Notes

- If you don't have nonstick cooking spray, you can coat the inside of the mug with oil or butter (softened or melted).
- Water, another type of cow's milk, or a non-dairy milk alternative can be used in place of the lowfat cow's milk.
- This recipe can be made in a small microwave-safe bowl or storage container, if desired.

Nutrition Facts Per Serving: Calories: 295 | Total Fat: 19 g | Saturated Fat: 3 g
Sodium: 360 mg | Total Carbohydrate: 29.5 g | Dietary Fiber: 1 g | Protein: 3 g

For more recipes, please visit www.nutrition.va.gov



Quinoa with Chickpeas and Tomatoes

Prep: 15 minutes | Cook: 20 minutes | Total: 35 minutes

Yield: 4 servings | Serving Size: ~1½ cups

Ingredients

1 cup uncooked quinoa, rinsed

2 cups water

½ teaspoon garlic powder

½ teaspoon ground cumin

¼ cup lime juice (about 2 limes)

2 tablespoons canola or olive oil

½ teaspoon salt

¼-½ teaspoon ground black pepper, to taste

1 (15-ounce) can garbanzo beans (chickpeas), drained and rinsed

2 medium tomatoes, diced (about 2 cups; or one 10-ounce container grape or cherry tomatoes, quartered)

Directions

1. Add the quinoa, water, garlic powder, and cumin to a medium saucepan. Bring to a boil over high heat, then reduce the heat to maintain a simmer.
2. Cover the pot with a lid and cook until the quinoa is tender, about 10-15 minutes, then remove from the heat and let sit with the lid still on for 1-2 minutes.
3. While the quinoa is cooking, in a large mixing bowl, whisk together the lime juice, oil, salt, and black pepper.
4. Add the cooked quinoa, along with the beans and tomatoes. Toss to combine.
5. Serve warm, or chill before serving if desired.

Recipe Notes

- Feel free to substitute other grains such as rice, barley, bulgar or farro for the quinoa. Adjust the water and cooking time based on the package directions.

Nutrition Facts Per Serving: Calories: 350 | Total Fat: 11 g | Saturated Fat: 1.5 g
Sodium: 520 mg | Total Carbohydrate: 53 g | Dietary Fiber: 8 g | Protein: 11.5 g

For more recipes, please visit www.nutrition.va.gov

Snack Recipes



Apple Cottage Cheese Bowl

Prep: 5 minutes | Cook: 0 minutes | Total: 5 minutes

Yield: 1 serving | Serving Size: 1 bowl

Ingredients

½ cup lowfat (2%) cottage cheese

1 tablespoon peanut butter

1 small or ½ medium apple, thinly sliced

1 pinch (~⅛ teaspoon) ground cinnamon

Directions

1. Add the cottage cheese to a small individual serving bowl.
2. Top with the peanut butter, followed by the apple.
3. Sprinkle with the cinnamon, then serve.

Recipe Notes

- A small banana or half of a medium banana can be used in place of the apple, if desired.

Nutrition Facts Per Serving: Calories: 255 | Total Fat: 10 g | Saturated Fat: 2.5 g
Sodium: 280 mg | Total Carbohydrate: 37 g | Dietary Fiber: 6 g | Protein: 10 g

For more recipes, please visit www.nutrition.va.gov



Broccoli and Cheese Egg Muffins

Prep: 20 minutes | Cook: 15 minutes | Total: 35 minutes

Yield: 3 servings | Serving Size: 2 egg muffins

Ingredients

Nonstick cooking spray

¾ cup grated broccoli stalk (about 1 large stalk; can substitute broccoli slaw)

½ cup diced onion (about ½ medium onion)

4 eggs

½ cup full-fat (4%) cottage cheese

½ teaspoon ground black pepper

½ cup shredded cheese (e.g. cheddar, mozzarella, cheddar jack, Italian blend)

Directions

1. Preheat a toaster oven or a standard oven to 400°F.
2. Coat the inside of a 6-cup muffin tin or six cups of a standard (12-cup) muffin tin with nonstick cooking spray. Set aside.
3. Add the broccoli and onion to a microwave-safe bowl and microwave on high power (default setting) until softened, about 2-3 minutes. Drain off any water and set aside.
4. In a medium mixing bowl, whisk together the eggs, cottage cheese, and black pepper.
5. Add the broccoli mixture and cheese. Stir to combine.
6. Divide the mixture between the prepared muffin tin cups, filling each to the top.
7. Bake until the muffins are fully set and lightly browned around the edges, about 12-15 minutes in a toaster oven or 15-18 minutes in a standard oven.
8. Let cool slightly, about 5-10 minutes.
9. Remove from the pan, using a butter knife around the edges to loosen as needed.
10. Serve warm.

Nutrition Facts Per Serving: Calories: 195 | Total Fat: 13 g | Saturated Fat: 6.5 g
Sodium: 270 mg | Total Carbohydrate: 4.5 g | Dietary Fiber: 1 g | Protein: 15.5 g

For more recipes, please visit www.nutrition.va.gov



Smashed Chickpea and Cucumber Bites

Prep: 15 minutes | Cook: 0 minutes | Total: 15 minutes

Yield: 4 servings | Serving Size: 5 prepared cucumber bites

Ingredients

1 (15-ounce) can low-sodium garbanzo beans (chickpeas), drained and rinsed

½ cup finely diced celery (about 2 stalks)

¼ cup mayonnaise (about four 0.4-ounce packets)

2 tablespoons lemon juice (about ½ lemon)

2 tablespoons relish (about three 0.31-ounce packets)

2 teaspoons dried dill (optional)

1 teaspoon mustard (about one 0.25-ounce packet)

¼ teaspoon ground black pepper

1 large cucumber, peeled if desired, cut into twenty ~¼-inch-thick slices

Directions

1. Add the garbanzo beans to a medium mixing bowl, then mash with a potato masher or a fork until they are mostly broken down.
2. Add the celery, mayonnaise, lemon juice, relish, dill (if using), mustard, and black pepper. Stir to combine.
3. Place the cucumber slices on a large plate or platter. Divide the garbanzo bean mixture between the cucumber slices (~1½ tablespoons each), then serve.

Recipe Notes

- This salad can be made into a sandwich or added to a pita pocket.
- The garbanzo bean mixture can be made ahead of time and kept in the refrigerator for up to 4 days.

Nutrition Facts Per Serving: Calories: 165 | Total Fat: 6.5 g | Saturated Fat: 0.5 g
Sodium: 335 mg | Total Carbohydrate: 23 g | Dietary Fiber: 4 g | Protein: 6 g

For more recipes, please visit www.nutrition.va.gov



Peanut Butter Apple Toast Crunch

Prep: 10 minutes | Cook: 5 minutes | Total: 15 minutes

Yield: 1 serving | Serving Size: 2 slices

Ingredients

2 slices whole-grain sandwich bread

3 tablespoons plain reduced-fat (2%) Greek yogurt

1 tablespoon peanut butter

1 teaspoon sugar-based sweetener (e.g. honey, maple syrup, pancake syrup)

½ small or ¼ medium apple, thinly sliced

1 pinch (~⅛ teaspoon) ground cinnamon

Directions

1. Toast the bread in a toaster or under the broiler to your preferred level of doneness, then place on a plate and set aside.
2. In a small bowl, use a fork to whisk together the yogurt, peanut butter, and selected sweetener.
3. Divide the mixture between the slices of toasted bread (~2 tablespoons each) and spread into an even layer.
4. Top each with half of the apple slices, followed by the cinnamon. Serve right away.

Recipe Notes

- Nonfat (0%) or full fat (5%) Greek yogurt can be used, if desired.
- Any kind of nut or seed butter, creamy or crunchy, can be used.
- Another fruit can be used in place of some or all of the apple. Some options include sliced banana, halved grapes, and whole or sliced berries.

Nutrition Facts Per Serving: Calories: 365 | Total Fat: 19.5 g | Saturated Fat: 4.5 g Sodium: 510 mg | Total Carbohydrate: 56.5 g | Dietary Fiber: 7 g | Protein: 18 g

For more recipes, please visit www.nutrition.va.gov



Roasted Garbanzo Beans with Ranch

Prep: 5 minutes | Cook: 35 minutes | Total: 40 minutes

Yield: 4 servings | Serving Size: ¼ cup

Ingredients

1 (15-ounce) can no-salt-added garbanzo beans (chickpeas), drained and rinsed

1½ teaspoons olive oil

1 teaspoon ranch seasoning mix (store-bought or homemade)

Directions

1. Preheat the oven to 400°F.
2. Spread the beans onto a clean kitchen towel or several layers of paper towels. Let sit, or pat with the towel or paper towels, until completely dry to the touch. Discard any skins that fall off of the beans.
3. Add the beans and oil to a medium mixing bowl and toss to coat.
4. Transfer the beans to a rimmed baking sheet and spread into an even layer (see Recipe Notes).
5. Bake until golden-brown, about 30-35 minutes, shaking the pan to move the beans around every 8-10 minutes.
6. Carefully transfer the beans back to the medium mixing bowl. Add the ranch seasoning and toss to coat.
7. Let cool, then serve or store for later use (see Recipe Notes).

Recipe Notes

- Don't have a rimmed baking sheet? Use aluminum foil to build a wall around the edges of your cookie sheet so the beans don't roll away.
- These roasted garbanzo beans will keep in an airtight container at room temperature for up to 5 days.
- Roasted garbanzo beans can be eaten as a snack or as a topping over a salad or soup in place of croutons.

Nutrition Facts Per Serving: Calories: 120 | Total Fat: 3.5 g | Saturated Fat: 0 g
Sodium: 85 mg | Total Carbohydrate: 16.5 g | Dietary Fiber: 5.5 g | Protein: 5.5 g

For more recipes, please visit www.nutrition.va.gov



Savory Cottage Cheese Bowl

Prep: 5 minutes | Cook: 0 minutes | Total: 5 minutes

Yield: 1 serving | Serving Size: ¾ cup without optional toppings

Ingredients

½ cup lowfat (2%) cottage cheese

¼-½ teaspoon Italian seasoning, to taste

¼ cup halved cherry or grape tomatoes

¼ teaspoon ground black pepper

Optional toppings: Fresh herbs (e.g. parsley, basil, oregano)

Directions

1. In a small bowl, stir together the cottage cheese and Italian seasoning.
2. Top with the cherry or grape tomatoes and sprinkle with the black pepper.
3. Serve cold.

Recipe Notes

- A single variety of dried or fresh herbs (e.g. oregano, basil, parsley) can be used in place of the Italian seasoning, if desired. If using fresh herbs, increase the amount to 1-3 teaspoons.
- Another vegetable or a combination of vegetables can be used in place of the tomatoes. Some ideas include zucchini, cucumber, red onion, bell pepper, or canned diced tomatoes.

Nutrition Facts Per Serving: Calories: 90 | Total Fat: 1 g | Saturated Fat: 1 g
Sodium: 510 mg | Total Carbohydrate: 4 g | Dietary Fiber: 0.5 g | Protein: 14 g

For more recipes, please visit www.nutrition.va.gov



Baked Nachos

Prep: 10 minutes | Cook: 15 minutes | Total: 25 minutes

Yield: 6 servings | Serving Size: ~2 cups without optional toppings

Ingredients

1 (10- to 12-ounce) bag corn tortilla chips

1 cup shredded cheddar or cheddar cheese blend (e.g. Mexican style, cheddar jack)

1 (15-ounce) can black beans, drained and rinsed

1 large tomato, diced (about 1½ cups)

1 cup chopped or shredded crunchy lettuce (e.g. iceberg lettuce, lower section of romaine lettuce)

Optional toppings: Olives, plain Greek yogurt, jalapeños, salsa, onion, cilantro, lime juice

Directions

1. Preheat the oven to 350°F.
2. Line a baking sheet with aluminum foil or parchment paper.
3. Spread the tortilla chips into an even layer on the prepared baking sheet.
4. Sprinkle the chips with the cheese followed by the beans and tomato.
5. Bake until the cheese is melted, about 9-11 minutes.
6. Sprinkle with the lettuce, along with any other toppings as desired.
7. Serve right away.

Recipe Notes

- Make these nachos a meal by adding another cooked or canned protein, such as chicken or ground beef.

Nutrition Facts Per Serving: Calories: 420 | Total Fat: 18 g | Saturated Fat: 5 g
Sodium: 515 mg | Total Carbohydrate: 52 g | Dietary Fiber: 8 g | Protein: 13 g

For more recipes, please visit www.nutrition.va.gov



Peanut Butter Energy Bites

Prep: 10 minutes | Cook: 0 minutes | Total: 10 minutes

Yield: 16 servings | Serving Size: 1 energy bite

Ingredients

½ cup smooth peanut butter (no-stir version)

1 tablespoon pancake syrup or honey

4-6 tablespoons nonfat dry milk powder, based on desired consistency

Directions

1. In a medium mixing bowl, stir together the peanut butter and pancake syrup or honey.
2. Add 4 tablespoons (¼ cup) of the milk powder and stir to combine.
3. For a firmer texture, add 1-2 more tablespoons of milk powder, stirring with each addition.
4. Divide the mixture into 16 portions (~1 tablespoon each) and roll each portion into a ball.
5. Serve right away, or chill before serving.

Recipe Notes

- These energy bites will keep in the refrigerator for up to 2 weeks, or in the freezer for up to 6 months.

Nutrition Facts Per Serving: Calories: 110 | Total Fat: 8 g | Saturated Fat: 1.5 g
Sodium: 85 mg | Total Carbohydrate: 6 g | Dietary Fiber: 1 g | Protein: 4.5 g

For more recipes, please visit www.nutrition.va.gov

Dessert Recipes



Five-Ingredient Peanut Butter Cookies

Prep: 5 minutes | Cook: 10 minutes | Chill: 15 minutes
Total: 30 minutes

Yield: 12 cookies | Serving Size: 1 cookie

Ingredients

½ cup sugar, plus more to coat fork for pressing

1 egg

1 teaspoon vanilla extract

1 cup natural peanut butter

½ cup old fashioned (rolled) oats

Directions

1. Preheat the oven to 350°F.
2. In a medium bowl, whisk together the sugar, egg, and vanilla.
3. Add the peanut butter and oats. Stir to combine.
4. Using a level 2-tablespoon disher (cookie scoop), divide the dough out onto an ungreased baking sheet, leaving at least 1-2 inches between each portion of dough.
5. Fill the bottom of a small bowl with sugar. Dip a fork in the sugar.
6. Using the back of the fork, gently press the tops of the dough to flatten and make a crisscross design. The pressed dough should be about ½-inch-thick and about 2-inches-wide.
7. Bake until the tops just start to look dry, about 10-12 minutes. The cookies will still look and feel soft.
8. Let the cookies cool on the baking sheet until firm, about 5-7 minutes, then carefully transfer to a cooling rack.
9. Allow to cool completely before serving, about 8-10 minutes.
10. Serve at room temperature.

Nutrition Facts Per Serving: Calories: 175 | Total Fat: 11.5 g | Saturated Fat: 2.5 g
Sodium: 105 mg | Total Carbohydrate: 14.5 g | Dietary Fiber: 1.5 g | Protein: 6.5 g

For more recipes, please visit www.nutrition.va.gov



Chocolate Drizzled Bananas

Prep: 4 minutes | Cook: 1 minute | Chill: 10 minutes | Total: 15 minutes

Yield: 2 servings | Serving Size: 2 banana halves without optional toppings

Ingredients

2 firm ripe medium bananas (all or mostly yellow)

1.5 ounces dark chocolate, finely chopped (see Recipe Notes)

Optional toppings: Sprinkles, chopped nuts, crushed graham cracker, toasted coconut flakes

Directions

1. Peel the bananas, then cut in half crosswise (short direction) and place on a plate. Set aside.
2. Add the chocolate to a small microwave-safe bowl and microwave on high power (default setting) for 30 seconds.
3. Stir the chocolate, then continue microwaving until the last pieces just start to melt, about 15 seconds. Stir the chocolate until it is completely melted.
4. Use a fork or spoon to drizzle the melted chocolate over the banana halves, sprinkling on additional toppings as desired.
5. Place the plate with the bananas in the refrigerator until the chocolate is fully set, about 10-15 minutes.
6. Serve cold.

Recipe Notes

- To ensure the chocolate drizzles when melted, make sure to use a chocolate bar and not chocolate chips for this recipe.
- For an ice-cold treat, consider freezing the bananas before drizzling with the chocolate. The chocolate will harden quickly on frozen bananas, so they can be served right away.
- Another fresh fruit can be used in place of the bananas, if desired. Some ideas include apples, pears, pineapple, strawberries, or peaches. Simply cut into wedges, spears, or slices before drizzling with the melted chocolate.

Nutrition Facts Per Serving: Calories: 180 | Total Fat: 6.5 g | Saturated Fat: 4 g
Sodium: 10 mg | Total Carbohydrate: 35.5 g | Dietary Fiber: 4 g | Protein: 2 g

For more recipes, please visit www.nutrition.va.gov



Simply Sweet Cream Cheese Dip

Prep: 5 minutes | Cook: 0 minutes | Total: 5 minutes

Yield: 5 servings | Serving Size: 2 tablespoons

Ingredients

4 ounces cream cheese, softened at room temperature (half of an 8-ounce package; see Recipe Notes)

2 tablespoons pancake syrup or honey

1 pinch (~⅛ teaspoon) ground cinnamon

Directions

1. In a medium mixing bowl, whisk together the cream cheese, pancake syrup or honey, and cinnamon.
2. Serve right away, or chill before serving if desired.

Recipe Notes

- If pressed for time, the cream cheese can be softened, still wrapped in its foil, in a bowl of hot water for 5-10 minutes.
- Serve with your favorite fruits as a dip, or as a topping for grilled fruit. This dip also goes well with graham crackers, celery sticks, and unsalted pretzels, or as a spread on toast.
- If preparing a fruit tray ahead of time, you can prevent the fruit from browning by lightly squeezing some lemon juice over pieces of cut fruit.

Nutrition Facts Per Serving: Calories: 80 | Total Fat: 9 g | Saturated Fat: 6 g
Sodium: 70 mg | Total Carbohydrate: 7 g | Dietary Fiber: 0 g | Protein: 5 g

For more recipes, please visit www.nutrition.va.gov



Grilled Peaches

Prep: 10 minutes | Cook: 25 minutes | Total: 35 minutes

Yield: 4 servings | Serving Size: 2 peach halves without optional toppings

Ingredients

2 tablespoons canola or olive oil, divided

1 tablespoon unsalted butter, melted

1 pinch (~⅛ teaspoon) ground cinnamon

4 medium ripe yet firm peaches, halved and pitted (about 1 pound; can substitute any other stone fruit such as plums or nectarines)

Optional toppings: Yogurt, honey, ground cinnamon

Directions

1. In a small bowl, stir 1 tablespoon of the oil with the butter and cinnamon.
2. Using a basting brush or clean fingertips, coat the cut side of each peach half with the butter-oil mixture.
3. Preheat a grill or a grill pan on the stovetop to high heat. If using a grill pan, also preheat the oven to 400°F.
4. When hot, reduce the grill or grill pan to medium heat.
5. Brush the grill grates with the remaining 1 tablespoon of oil.
6. Working in batches if needed, place the peaches cut-side-down on the grill or grill pan. Cook until grill marks form, about 5-7 minutes.
7. Transfer the peaches to a metal baking sheet, with the cut side facing up. Cover the pan loosely with aluminum foil.
8. Place the pan on the grill and close the lid, or place in the oven. Cook until very tender, about 10-15 minutes.
9. Serve warm, or chill before serving if desired.

Recipe Notes

- These grilled peaches can be served on their own as a side, chopped up and added to a salsa, blended into a sauce, or served as a dessert topped with ice cream.

Nutrition Facts Per Serving: Calories: 145 | Total Fat: 10 g | Saturated Fat: 3 g
Sodium: 0 mg | Total Carbohydrate: 14 g | Dietary Fiber: 2.5 g | Protein: 1.5 g

For more recipes, please visit www.nutrition.va.gov



Peaches-and-Cream Microwave Oatmeal

Prep: 5 minutes | Cook: 5 minutes | Total: 10 minutes

Yield: 1 serving | Serving Size: 1 bowl (~1½ cups) without optional toppings

Ingredients

½ cup uncooked old-fashioned (rolled) oats

½ cup lowfat (1%) milk

½ cup water

¼ teaspoon ground cinnamon

1 pinch (~⅛ teaspoon) salt

½ cup canned peaches in 100% juice

2 tablespoons plain nonfat Greek yogurt

1-3 teaspoons packed brown sugar or pancake syrup, to taste

Optional toppings: Pecans, walnuts, almonds

Directions

1. In a medium microwave-safe bowl, stir together the oats, milk, water, cinnamon, and salt.
2. Microwave on high power (default setting) until the oats are tender, about 2-3 minutes.
3. Meanwhile, measure off 2 tablespoons of juice from the canned peaches and add to a small bowl.
4. Drain the peaches and chop into small pieces. Set aside.
5. Add the yogurt and brown sugar or pancake syrup to the bowl with the juice. Stir to combine.
6. Drizzle the yogurt mixture over the cooked oatmeal, then top with the peaches.
7. Serve warm, adding toppings as desired.

Recipe Notes

- A flavored Greek yogurt (e.g. vanilla, peach) can be used in place of plain Greek yogurt, if desired.

Nutrition Facts Per Serving: Calories: 340 | Total Fat: 4.5 g | Saturated Fat: 1.5 g
Sodium: 185 mg | Total Carbohydrate: 65 g | Dietary Fiber: 5 g | Protein: 11 g

For more recipes, please visit www.nutrition.va.gov



Simple Fruit-and-Yogurt Parfait

Prep: 5 minutes | Cook: 0 minutes | Total: 5 minutes

Yield: 1 serving | Serving Size: 1 container (¾ cup)

Ingredients

½ cup plain nonfat Greek yogurt (about one 5.3-ounce container)

1-3 teaspoons honey, to taste

2 tablespoons granola (store-bought or homemade)

¼ cup fruit, sliced or chopped if needed (one type, or a combination; e.g. strawberries, blueberries, peaches, mango)

Directions

1. Add the Greek yogurt and honey to a small jar, bowl, or wide-mouth drinking glass. Stir to combine.
2. Add the granola in an even layer over the yogurt mixture, then top with the selected fruit.
3. Serve right away (see Recipe Notes).

Recipe Notes

- If using a flavored Greek yogurt in place of the plain Greek yogurt, skip adding the honey.
- If making ahead or batch-preparing more than one serving, wait to add the granola until ready to serve. For ease, consider portioning out the amount of granola needed for each parfait into a small plastic bag, prep bowl, or sauce cup. Seal or cover tightly with plastic wrap and place next to the parfait(s) in the refrigerator.
- For additional texture and flavor, consider adding 1-2 tablespoons toasted unsweetened coconut flakes, chopped nuts, or shelled seeds.

Nutrition Facts Per Serving: Calories: 175 | Total Fat: 1.5 g | Saturated Fat: 0 g
Sodium: 65 mg | Total Carbohydrate: 27.5 g | Dietary Fiber: 1 g | Protein: 14 g

For more recipes, please visit www.nutrition.va.gov



Simple Rice Pudding

Prep: 10 minutes | Cook: 30 minutes | Total: 40 minutes

Yield: 3 servings | Serving Size: ½ cup

Ingredients

2 cups lowfat (1%) milk

½ cup uncooked instant (5-minute) white rice

2 tablespoons sugar

1 tablespoon unsalted butter

1 pinch (~⅛ teaspoon) salt

1 pinch (~⅛ teaspoon) ground cinnamon

Directions

1. In a medium saucepan, whisk together the milk, rice, sugar, butter salt, and cinnamon.
2. Place the pot on the stovetop over medium-high heat and bring to a simmer, then reduce the heat to maintain a gentle simmer.
3. Cook uncovered until the liquid begins to foam and thicken, about 7-10 minutes, stirring often.
4. Cover the pot with a lid and cook until the rice has broken down and the liquid has thickened enough to coat a metal spoon, about 12-16 minutes, removing the lid to stir every 4-5 minutes.
5. Remove from the heat and let sit for 5 minutes.
6. Serve warm, or chill before serving if desired.

Recipe Notes

- This rice pudding will keep in the refrigerator for up to 4 days.
- The pudding will continue to thicken as it cools. If it becomes too thick, add milk 1 tablespoon at a time until it thins to your liking.

Nutrition Facts Per Serving: Calories: 190 | Total Fat: 5.5 g | Saturated Fat: 3.5 g
Sodium: 125 mg | Total Carbohydrate: 29 g | Dietary Fiber: 0.5 g | Protein: 6.5 g

For more recipes, please visit www.nutrition.va.gov



Microwave Peach Crisp

Prep: 5 minutes | Cook: 10 minutes | Total: 15 minutes

Yield: 4 servings | Serving Size: ~½ cup without optional toppings

Ingredients

1 (15-ounce) can sliced peaches in 100% juice

¼ cup plus 1 teaspoon all-purpose or white whole-wheat flour, divided

3 tablespoons unsalted butter

¼ cup quick cooking (1-minute) oats

¼ cup packed brown sugar

½ teaspoon ground cinnamon

Optional toppings: Whipped cream, ice cream, chopped nuts

Directions

1. Drain the peaches, then add them to a medium microwave-safe bowl or small microwave-safe baking dish. Add 1 teaspoon of the flour and toss to combine. Set aside.
2. Add the butter to a separate small microwave-safe bowl. Microwave on high power (default setting) until melted, about 15-30 seconds.
3. Add the remaining ¼ cup of flour, along with the oats, brown sugar, and cinnamon. Stir to combine, then spread over the peaches in an even layer.
4. Microwave on high power (default setting) until the peaches is bubbling and the oat mixture is softened, about 4-5 minutes.
5. Let sit for 2 minutes, then serve warm.

Nutrition Facts Per Serving: Calories: 235 | Total Fat: 9.5 g | Saturated Fat: 5.5 g
Sodium: 80 mg | Total Carbohydrate: 36 g | Dietary Fiber: 2.5 g | Protein: 3 g

For more recipes, please visit www.nutrition.va.gov



Microwave Pancake Mug Cake

Prep: 3 minutes | Cook: 2 minutes | Total: 5 minutes

Yield: 1 serving | Serving Size: 1 mug cake without optional toppings

Ingredients

Nonstick cooking spray

¼ cup buttermilk pancake and baking mix

2 tablespoons lowfat (1%) milk

1 tablespoon fruit preserves

Optional toppings: Fresh fruit, powdered sugar, whipped cream

Directions

1. Coat the inside of a large (10- to 12-ounce) microwave-safe mug with nonstick cooking spray.
2. Add the buttermilk mix and milk to the mug and stir to combine. It is okay if a few lumps remain.
3. Add the fruit preserves to the top of the mixture, in the center.
4. Microwave on high power (default setting) until the mixture is fully set but still moist, about 1-1½ minutes.
5. Carefully remove the mug from the microwave, using potholders if the handle is hot. Let sit for 2 minutes.
6. Serve warm in the mug or turn the cake out onto a plate, adding toppings as desired.

Recipe Notes

- Fruit jam or jelly can be used in place of the fruit preserves.
- Water or a non-dairy milk alternative (e.g. soy milk, almond milk) can be used in place of cow's milk, if desired.
- The fruit preserves may form a tunnel in the center of the cake as it cooks. This is normal.

Nutrition Facts Per Serving: Calories: 110 | Total Fat: 0.5 g | Saturated Fat: 0.5 g
Sodium: 175 mg | Total Carbohydrate: 23 g | Dietary Fiber: 0.5 g | Protein: 2 g

For more recipes, please visit www.nutrition.va.gov

Recipe Index

Recipe Index

A

Apple

Apple Chicken Salad Wrap 29

Apple Cottage Cheese Bowl 60

Peanut Butter Apple Toast Crunch 63

Apple cider or apple juice

Apple Cider-Braised Cabbage 50

Asparagus

Simple Microwave Steamed Asparagus 55

B

Banana

Grilled Peanut Butter and Banana Sandwich ... 37

Chocolate Drizzled Bananas 70

Barbecue sauce

Barbecue Bean Burgers 34

Beans

Black beans

Mexican Street Corn and Bean Chicken Bake .. 30

Cilantro-Lime Black Bean Quinoa Salad..... 39

Baked Nachos 66

Chili beans

Chili Cheese Microwave-Baked Potato..... 21

Garbanzo beans (chickpeas)

Chickpea, Tomato, and Cucumber Salad 52

Quinoa with Chickpeas and Tomatoes 58

Smashed Chickpea and Cucumber Bites..... 62

Roasted Garbanzo Beans with Ranch 64

Lima beans

Simple Stovetop Succotash..... 49

Pinto beans

Southwestern Corn and Bean Soup..... 45

Refried beans

Bean and Vegetable Quesadillas 33

Fajita-Inspired Bean and Vegetable Wraps 36

Variety or unspecified beans

Greens and Beans Soup 40

Microwave Beef and Bean Chili 44

Microwave Five-Can Bean and Vegetable Soup47

White beans (e.g. cannellini, great northern)

Cucumber Tuna Boats..... 20

Barbecue Bean Burgers..... 34

Beef, ground

Microwave Beef and Bean Chili 44

Bread and bread products (e.g. buns, sandwich thins)

Barbecue Bean Burgers 34

Microwave Egg Salad Sandwich 35

Grilled Peanut Butter and Banana Sandwich ... 37

Peanut Butter Apple Toast Crunch 63

Broccoli stalk or broccoli slaw

Broccoli and Cheese Egg Muffins..... 61

C

Cabbage or coleslaw mix

Tuna Cabbage Salad..... 46

Apple Cider-Braised Cabbage 50

Carrots

Apple Chicken Salad Wrap..... 32

Greens and Beans Soup..... 40

Italian-Style Lentil Soup 41

Microwave Quinoa Pilaf 54

Cheesy Microwave Vegetable Mash 56

Cauliflower

Buffalo Cauliflower Microwave-Baked Potato . 51

Celery

Apple Chicken Salad Wrap..... 32

Italian-Style Lentil Soup 41

Microwave Quinoa Pilaf 54

Smashed Chickpea and Cucumber Bites 62

Cheese

Cheddar cheese

Chili Cheese Microwave-Baked Potato..... 21

Southwestern Microwave Egg Scramble..... 27

Bean and Vegetable Quesadillas 33

Fajita-Inspired Bean and Vegetable Wraps..... 36

Cheddar cheese, continued

Cheesy Microwave Vegetable Mash..... 56

Baked Nachos..... 66

Cottage cheese

Cheesy Microwave Omelet..... 18

Apple Cottage Cheese Bowl..... 60

Broccoli and Cheese Egg Muffins..... 61

Savory Cottage Cheese Bowl 65

Cream cheese

Simply Sweet Cream Cheese Dip 71

Mozzarella cheese

Cheesy Microwave Omelet..... 18

Stovetop Tortilla Pizza 24

Parmesan cheese

Mexican Street Corn and Bean Chicken Bake... 30

Lemon-Parmesan Microwave Green Beans 53

Variety or unspecified cheese

Microwave Potato and Eggs 23

Buffalo Cauliflower Microwave-Baked Potato . 51

Broccoli and Cheese Egg Muffins..... 61

Chicken, canned

Chili Cheese Microwave-Baked Potato..... 21

Apple Chicken Salad Wrap..... 32

Chicken, fresh or frozen

Mexican Street Corn and Bean Chicken Bake... 30

Chocolate

Chocolate Drizzled Bananas..... 70

Cilantro

Cilantro-Lime Black Bean Quinoa Salad..... 39

Corn

Mexican Street Corn and Bean Chicken Bake .. 30

Southwestern Corn and Bean Soup 45

Simple Stovetop Succotash 49

Corn muffin or cornbread mix, boxed

Microwave Cornbread Muffin in a Mug 57

Cucumber

Cucumber Tuna Boats 20

Chickpea, Tomato, and Cucumber Salad 52

Smashed Chickpea and Cucumber Bites 62

Cranberries, dried

Microwave Quinoa Pilaf 54

E

Eggs

Cheesy Microwave Omelet 18

Microwave Potato and Eggs 23

Salmon Croquettes 25

Southwestern Microwave Egg Scramble 27

Barbecue Bean Burgers 34

Microwave Egg Salad Sandwich 35

Broccoli and Cheese Egg Muffins 61

Five-Ingredient Peanut Butter Cookies 69

F

Fish, canned

Cucumber Tuna Boats 20

Salmon Croquettes 25

Microwave Tuna Pomodoro 28

Lemony Lentil and Salmon Salad 42

Tuna Cabbage Salad 46

Fruit, fresh, variety or unspecified

Simple Fruit-and-Yogurt Parfait 74

G

Granola

Simple Fruit-and-Yogurt Parfait 74

Green beans

Lemon-Parmesan Microwave Green Beans 53

Green onions (see Scallions)

I

Italian dressing

Chickpea, Tomato, and Cucumber Salad 52

J

Jam, jelly, or fruit preserves

Microwave Pancake Mug Cake 77

L

Lemon or lemon juice

Cucumber Tuna Boats 20

Salmon Croquettes 25

Lemony Lentil and Salmon Salad 42

Lemon-Parmesan Microwave Green Beans 53

Smashed Chickpea and Cucumber Bites 62

Lentils

Lentil Tacos 29

Italian-Style Lentil Soup 41

Lemony Lentil and Salmon Salad 42

Lettuce or salad greens

Lemony Lentil and Salmon Salad 42

Baked Nachos 66

Lime or lime juice

Mexican Street Corn and Bean Chicken Bake .. 30

Fajita-Inspired Bean and Vegetable Wraps 36

Cilantro-Lime Black Bean Quinoa Salad..... 39

Quinoa with Chickpeas and Tomatoes 58

M

Milk

Creamy Peanut Butter Overnight Oats..... 19

Cheesy Microwave Vegetable Mash 56

Microwave Cornbread Muffin in a Mug 57

Peaches-and-Cream Microwave Oatmeal..... 73

Simple Rice Pudding 75

Microwave Pancake Mug Cake..... 77

Milk powder, nonfat dry

Peanut Butter Energy Bites..... 67

N

Nuts, seeds, nut/seed butter

Almonds

Microwave Quinoa Pilaf 54

Peanut butter

Creamy Peanut Butter Overnight Oats..... 19

Grilled Peanut Butter and Banana Sandwich ... 37

Apple Cottage Cheese Bowl..... 60

Peanut Butter Apple Toast Crunch 63

Peanut Butter Energy Bites..... 67

Five-Ingredient Peanut Butter Cookies..... 69

Walnuts

Apple Chicken Salad Wrap..... 32

O

Oats

Creamy Peanut Butter Overnight Oats..... 19

Five-Ingredient Peanut Butter Cookies..... 69

Peaches-and-Cream Microwave Oatmeal..... 73

Microwave Peach Crisp..... 76

Onion

Salmon Croquettes 25

Fajita-Inspired Bean and Vegetable Wraps 36

Italian-Style Lentil Soup 41

Microwave Beef and Bean Chili 44

Southwestern Corn and Bean Soup..... 45

Simple Stovetop Succotash..... 49

Apple Cider-Braised Cabbage 50

Microwave Quinoa Pilaf..... 54

Broccoli and Cheese Egg Muffins..... 61

P

Pancake or baking mix, buttermilk, boxed

Microwave Pancake Mug Cake..... 77

Pasta, dried

Microwave Tuna Pomodoro 28

Pasta, fresh or frozen

Tortellini Tomato Soup 43

Peaches, canned or frozen

Peaches-and-Cream Microwave Oatmeal..... 73

Microwave Peach Crisp..... 76

Peaches, fresh

Grilled Peaches 72

Peppers, bell

Fajita-Inspired Bean and Vegetable Wraps 36

Simple Stovetop Succotash 49

Peppers, canned, diced green chile

Southwestern Microwave Egg Scramble 27

Lentil Tacos 29

Potatoes

Chili Cheese Microwave-Baked Potato 21

Grilled Fish-and-Vegetable Foil Packets 22

Microwave Potato and Eggs 23

Buffalo Cauliflower Microwave-Baked Potato . 51

Cheesy Microwave Vegetable Mash 56

Q

Quinoa

Cilantro-Lime Black Bean Quinoa Salad 39

Microwave Quinoa Pilaf 54

Quinoa with Chickpeas and Tomatoes 58

R

Relish, pickle

Smashed Chickpea and Cucumber Bites 62

Rice

Vegetable Stir-Fry Rice Bowls 26

Simple Rice Pudding 75

S

Salsa

Southwestern Corn and Bean Soup 45

Scallions (green onions)

Cucumber Tuna Boats 20

T

Tomatoes, canned

Stovetop Tortilla Pizza 24

Microwave Tuna Pomodoro 28

Lentil Tacos 29

Greens and Beans Soup 40

Italian-Style Lentil Soup 41

Tortellini Tomato Soup 43

Microwave Beef and Bean Chili 44

Microwave Five-Can Bean and Vegetable Soup 47

Tomatoes, fresh

Cherry or grape tomatoes

Grilled Fish-and-Vegetable Foil Packets 22

Chickpea, Tomato, and Cucumber Salad 52

Savory Cottage Cheese Bowl 65

Standard tomatoes (e.g. Roma, beefsteak)

Fajita-Inspired Bean and Vegetable Wraps 36

Quinoa with Chickpeas and Tomatoes 58

Baked Nachos 66

Tortillas or wraps

Stovetop Tortilla Pizza 24

Lentil Tacos 29

Apple Chicken Salad Wrap 32

Bean and Vegetable Quesadillas 33

Fajita-Inspired Bean and Vegetable Wraps 36

Tortilla chips

Baked Nachos 66

V

Vegetables, canned, mixed

Microwave Five-Can Bean and Vegetable Soup 47

Vegetables, fresh, variety or unspecified

Lemony Lentil and Salmon Salad 42

Vegetables, frozen

Pepper and onion blend

Bean and Vegetable Quesadillas 33

Variety or unspecified vegetables

Vegetable Stir-Fry Rice Bowls 26

Tortellini Tomato Soup 43

Y

Yellow squash

Grilled Fish-and-Vegetable Foil Packets 22

Greens and Beans Soup 40

Yogurt, Greek

Fajita-Inspired Bean and Vegetable Wraps 36

Peanut Butter Apple Toast Crunch 63

Peaches-and-Cream Microwave Oatmeal 73

Simple Fruit-and-Yogurt Parfait 74

Z

Zucchini

Grilled Fish-and-Vegetable Foil Packets 22