



## Recipes to Learn

### Breakfast

#### Scrambled eggs

##### Ingredients needed:

1. 2 eggs
2. Salt
3. Pepper
4. ¼ cup milk

##### Instructions:

1. Crack the eggs into a small bowl by lightly tapping the side of the egg on the rim of the bowl until there is a small break in the egg shell.
2. Place your fingers into the break of the egg shell and pull the two halves apart, making sure to remove any pieces of shell that might have fallen into the bowl.
3. Once you have cracked both eggs into the bowl, add the ¼ cup of milk into the same bowl, using a measuring cup to measure the correct amount of milk
4. Add a pinch of salt into the same bowl as the egg and milk mixture.
5. Add a pinch of pepper into the same bowl as the egg, milk, and salt mixture.
6. Using a whisk or fork, mix everything together for 30 seconds until the mixture is frothy. The yolk and whites of the eggs should be completely combined together.
7. Spray a medium sized skillet with cooking spray.
8. Place the skillet onto the stovetop.
9. Pour in the egg mixture.
10. Turn the heat on to medium.
11. Let the mixture sit in the pan until the edges start to cook.
12. Push around the eggs until there is little to no liquid left in the pan.
13. Turn off the heat.
14. Transfer the eggs onto a plate.
15. Add more salt and pepper if needed, for extra flavor.

#### Yogurt Parfait

##### Ingredients needed:

1. ¾ cup of any flavor yogurt, typically vanilla.



2. 1/3 cup fruit such as sliced strawberries, or raspberries.
3. 1/3 cup granola (optional).

#### Instructions:

1. Scoop the yogurt into a bowl or cup.
2. Layer the fruit on top of the yogurt.
3. Sprinkle the granola on top of the fruit and yogurt.

## Snacks

### Ants on a Log

#### Ingredients needed:

1. 1 bunch celery, chopped
2. 4 tablespoons peanut butter
3. 1-2 tablespoons raisins or chocolate chips

#### Instructions:

1. Chop the celery into 4 inch pieces.
2. Spread peanut butter down the center of the celery.
3. Place the raisins or chocolate chips down the center of the peanut butter.

### Baked Apples

#### Ingredients needed\*:

1. 1 apple
2. 2 tablespoons brown sugar
3. 1 tablespoon butter
4. ½ tablespoon cinnamon

#### Instructions

1. Preheat oven to 350 degrees.
2. Scoop out the core from top of the apple, leaving a well. Do not cut all the way through.
3. Stuff apple with 2 tablespoons of brown sugar and 1 tablespoon of butter.
4. Place apple in a shallow baking dish.
5. Sprinkle the apple with cinnamon.
6. Bake for 15 minutes or until sugar begins to melt and the apples are tender.

\*amount of ingredients varies on how many people will be consuming. If there is more than one person, double ingredients as needed.

## Lunch

### Taco Salad for Two

#### Ingredients needed:

1. ½ pound ground turkey meat
2. 1/3 cup water
3. 2 tablespoons taco seasoning
4. 2 cups torn lettuce
5. 1 cup canned red or black beans, drained
6. ½ cup shredded sharp cheddar cheese
7. ¼ cup chopped white onion
8. 3 tablespoons ranch dressing

#### Instructions:

1. In a medium sized skillet, brown the ground turkey meat until there is no pink coloring left.
2. Drain the excess grease out of the pan.
3. Add in water and taco seasoning to the pan with the meat.
4. Bring seasoning, water, and meat mixture to a boil.
5. Cook for two minutes longer after boiling, or until the mixture has thickened.
6. Divide the lettuce into two bowls.
7. Top with the beans, meat mixture, onion, cheese, and ranch dressing.

### BLT Sandwich

#### Ingredients needed:

1. 2 pieces of wheat toast
2. 2 slices of bacon, cooked.
3. 2 iceberg lettuce leaves
4. 1 tablespoon of mayo
5. 2 pieces of sliced tomato

#### Instructions:

1. Toast the pieces of bread in a toaster.
2. Place toasted bread on a plate and spread mayo on top.
3. Add the lettuce, tomato, and cooked bacon to the bread.
4. Place the other piece of toasted bread on top.

# Dinners

## Green Bean Casserole

### Ingredients needed:

1. 1 can cream of mushroom soup
2. 2 cans of cut green beans, drained
3. 1 and 1/3 cups FRENCH'S® Crispy Fried Onions
4. 3/4 cup milk
5. 1/8 teaspoon black pepper

### Instructions:

1. Preheat oven to 350 degrees.
2. Mix soup, milk, and pepper and add to a baking dish.
3. Stir in beans and 2/3 cup of fried onions.
4. Place in oven and cook for 30 minutes or until thoroughly heated.
5. Garnish with the rest of the fried onions.
6. Bake for 5 more minutes or until onions are golden.

## Crock Pot Beef and Broccoli (must own a crock pot or slow cooker for this recipe)

### Ingredients needed:

1. 1.5 pounds flank steak, thinly sliced and chopped into 2 inch pieces
2. 1 cup beef broth
3. 2/3 cup low sodium soy sauce
4. 1/3 cup brown sugar
5. 1 tablespoon sesame oil
6. 1 tablespoon minced garlic
7. 1/4 teaspoon red chili flakes (optional)
8. 4 cups broccoli florets
9. 2 tablespoons cornstarch + 4 tablespoons cold water

### Instructions:

1. Grease the inside of the crock pot with cooking spray- wipe down excess if sprayed too much.
2. Add steak, beef broth, soy sauce, brown sugar, sesame oil, garlic, and chili flakes into the crock pot.
3. Cover and let cook on high for 2-3 hours, or until the meat is cooked.
4. Minutes before serving, uncover the slow cooker.
5. In a small bowl whisk corn starch and water until dissolved.
6. Add to slow cooker and stir. Cover and allow to cook another 20-25 minutes.
7. Just before serving, place broccoli in a large Tupperware, fill with 1/2 inch of water, and place the lid on in an off-set manner so that the container can vent

8. Microwave on high for 3 minutes. Drain, stir broccoli into slow cooker, and serve.

## Desserts

### Rice Krispy Treats

#### Ingredients needed:

1. ¼ cup butter
2. 5 cups crispy rice cereal
3. 4 cups mini marshmallows

#### Instructions:

1. Melt butter in large sauce pan over low heat.
2. Add marshmallows and stir until melted and well-blended.
3. Cook 2 minutes longer, stirring constantly. Remove from heat.
4. Add cereal. Stir until well coated.
5. Using buttered spatula or waxed paper, press mixture evenly and firmly in buttered 13 x 9 inch pan.
6. Cut into 2 x 2 inch squares when cool.

### Dark Chocolate Covered Peanut Butter Bananas

#### Ingredients needed:

1. 2 medium ripe bananas
2. ¼ cup peanut butter
3. ¾ cup dark chocolate chips

#### Instructions:

1. Cover a baking sheet with parchment paper.
2. Thinly slice 1 banana and place on baking sheet.
3. Spread peanut butter on top of sliced banana.
4. Cover peanut butter with another slice of banana from the second banana
5. Pour chocolate chips into a microwave safe bowl and melt for 10 seconds at a time until chocolate is melted.
6. Dip the banana sandwiches in the chocolate, covering them fully.
7. Freeze until chilled.

