

Recipe Frameworks

Pasta

Choose ingredients from each column in the chart below to prepare an easy pasta dinner, serves 4.

Pasta Base (1/2 pound)	Protein	Vegetables (2 cups, any combination)	Sauce (1-2 Cups)	Seasonings (Fresh or dried, add to taste)
Whole grain pasta	Lean ground beef, turkey, or chicken. Cooked and drained (1 pound)	Spinach, chard, or kale	Marinara	Basil
Brown rice pasta	Tofu, drained and crumbled (14 oz.)	Broccoli	Canned diced or crushed tomatoes (no salt added)	Oregano
	Edamame, soy beans (2 cups)	Carrots	White sauce	Thyme
		Bell peppers	Cheese sauce	Rosemary
		Zucchini or yellow squash	Peanut sauce	Garlic
		Tomatoes		
		Mushrooms		
		Onion		

Directions

1. Cook pasta according to package directions.
2. Cook protein as needed. If using fresh garlic, add minced cloves during last minutes of cooking.
3. Cook vegetables as desired; steaming, grilling, roasting, sautéing.
4. In large pot, heat sauce over medium heat. Add desired seasonings. Add protein and vegetables and simmer. Toss with cooked pasta.

Sauce Recipe Options

White Sauce:

1. In small bowl, whisk 2 tablespoons cornstarch and 1 cup milk until smooth.
2. Cook in saucepan over medium heat until thickened, stirring constantly (about 5 minutes).

3. Stir in spices as desired (fresh or dried). Try Italian seasoning, basil, parsley, or dill. Add $\frac{1}{4}$ teaspoon at a time and add more to taste.
4. Remove from heat and toss with pasta dish.

Cheese Sauce

1. Follow instructions for white sauce above.
2. Add 2oz. of grated cheddar cheese.

Salad

Choose ingredients from each column in the chart below to prepare a yummy salad for 4.

Greens (4 Cups, any combination)	Additional Vegetables (1-2 Cups, any combination)	Protein (2 Cups)	Optional Add-Ins (1/2 Cup)	Dressing (1/4 cup)
Lettuce, any variety	Raw beets or carrots, peeled and shredded	Beans (if canned, no salt added, drained, and rinsed)	Nuts or seeds	Oil and vinegar
Spinach	Broccoli or cauliflower, chopped	Hard-boiled eggs, chopped	Cheese, shredded or crumbled	Honey mustard
Arugula	Cucumber, chopped or sliced	Roasted chicken or turkey, shredded or sliced	Cooked whole grain (barley, brown rice, quinoa)	Citrus
Kale	Tomatoes, diced	Tofu, drained and crumbled	Olives, sliced	Balsamic vinaigrette
Chard	Radishes, sliced	Edamame, soy beans	Fresh fruit	
	Bell peppers, chopped			

Salad Dressings

Simple Oil and Vinegar	Honey Mustard	Citrus	Balsamic
3 tablespoons olive oil 2 tablespoons red wine vinegar Salt and pepper to taste	6 tablespoons mustard ½ tablespoon lemon juice or cider vinegar 1 tablespoon honey 1 teaspoon oil Salt and pepper to taste	2 tablespoons lime, lemon, or orange juice 3-4 tablespoons oil Salt and pepper to taste	2 tablespoons balsamic vinegar 1 tablespoon Dijon mustard 3-4 tablespoons oil Salt and pepper to taste

Stir-Fry

Choose ingredients from each column in the chart below to prepare a simple stir-fry dinner, serves 4.

Vegetables (2-3 cups, any combination)	Protein	Sauce (1 recipe/batch)	Grain (1 cup, dry)	Optional Seasoning (Fresh or dried, add to taste)
Bell pepper, carrots, celery, onion, sliced	Boneless, skinless chicken breast, chopped (1 pound)	Peanut sauce	Brown rice	Minced garlic
Snap peas, green beans	Tofu, drained and cut into 1 inch cubes (1 pound)	Spicy Soy Sauce	Whole grain couscous	Zest grated ginger
Broccoli or cauliflower florets	Edamame, soy beans, (2 cups)	Lemon Sauce	Barley	Zest grated turmeric
Mushrooms, sliced			Quinoa	
Cabbage, sliced			Rice or whole grain pasta noodles	
Canned water chestnuts, rinsed				

Directions

1. Prepare grains according to package directions. While grains cook, prepare stir-fry.
2. If using meat protein: Heat skillet to medium-high heat, add oil and cubed poultry and stir occasionally during cooking. Cook until cooked through, about 4-6 minutes. Transfer meat to plate.
3. Add vegetables to skillet, beginning with harder vegetables and adding softer vegetables as these soften. Cook for a total time of about 10 minutes.
4. If using tofu or edamame protein, add it to vegetable mixture in last 5 minutes of cooking.
5. If using optional seasoning, add these to skillet when vegetables have softened and stir into this mixture.
6. If using thick sauce, add sauce to mixture and toss, removed from heat. If using thin sauce, add sauce to mixture and bring to boil. Cook until sauce thickens, 1-2 minutes.

7. Stir cooked meat into mixture and serve over grains.

Sauce Recipe Options

Peanut Sauce

In small pan, stir together 1/4 cup peanut butter, 1/3 cup warm water, 1/4 cup low sodium soy-sauce, 2 tablespoons cider vinegar, and 4 teaspoons sugar. Simmer lightly.

Spicy Soy Sauce

In small bowl, stir together 1/4 cup low sodium soy sauce, 1 tablespoon brown sugar, 1 tablespoon cornstarch, 1 teaspoon minced jalapenos, and 1/2 teaspoon ground ginger.

Lemon Sauce

1. In small bowl, stir together 3 tablespoons lemon juice, 3 tablespoons low sodium soy sauce, and 2 teaspoons corn starch

Soups

Choose ingredients from each column in the chart below to prepare soups, serves 4.

Protein (1 pound, diced)	Vegetables (2 cups, chopped)	Liquid (4 cups)	Grain (1 cup, dry)	Optional Seasoning (Fresh or dried, add to taste)
Chicken/Turkey, boneless skinless	Greens (spinach, kale, chard, collards)	Water	Brown rice	Thyme
Edamame, soy beans	Onion, bell pepper	Low sodium vegetable stock	Whole grain couscous	Parsley
Beans or lentils	Celery		Barley	Cumin
	Zucchini		Quinoa	Garlic
	Mushrooms		Whole grain pasta noodles	Hot peppers
	Tomatoes			Ginger
	Carrots			Turmeric
	Mushrooms			Citrus Zest
	Broccoli, cauliflower			

Directions

1. Prepare grain according to packaging instructions.
2. Heat 1 tablespoon oil in soup pot over medium-high heat. If using meat, sauté until browned, about 5 minutes.
3. Reduce heat to medium and add hardy vegetables, sauté for about 5 minutes.
4. Add liquid and bring to a boil. If using canned vegetables and vegetarian proteins, add these now. Add dried seasonings as desired. Reduce heat and simmer for 25-30 minutes, stirring occasionally.
5. Add cooked grains during last 5 minutes of cooking.
6. Add fresh herb seasoning.

Casseroles

Choose ingredients from each column in the chart below to prepare a casserole dish, serves 4.

Protein (1 cup, fully cooked)	Vegetables (2 cups, chopped)	Sauce (Choose one)	Grain (1 cup, dry)	Toppings (1/2 cup)
Chicken/Turkey, boneless skinless, cubed or ground	Greens (spinach, kale, chard, collards)	10 oz. Low or non-fat cream soup (mushroom, celery, tomato) with ¼ cup milk	Brown rice	Grated cheese
Canned tuna, salmon	Onion, bell pepper	14.5 oz. diced tomatoes, no salt added	Whole grain pasta	Bread crumbs
Beans or lentils	Celery		Barley	Crushed tortilla chips
	Zucchini		Quinoa	
	Mushrooms			
	Tomatoes			
	Carrots			
	Mushrooms			
	Broccoli, cauliflower			

Directions

1. Preheat oven to 350 degrees F.
2. Prepare grain according to package directions.
3. Cook firmer vegetables for 3-5 minutes in boiling water, drain well.
4. Combine and stir together main ingredients in baking pan. Season with spices to taste. Top with toppings.
5. Cover pan with foil and bake for 40-60 minutes, until brown and bubbly. Remove foil for last 5-10 minutes of cooking.