

# Simple, Healthy Recipes for Families to Make During Quarantine

Most ingredients will be available with SNAP, WIC purchases and with food baskets from Hope.

## Breakfast Recipes

### **Breakfast Burritos**

4 flour tortillas

4 eggs

½ cup milk

1 medium red bell pepper

4 small potatoes

1 medium onion

1 can mild green chilis

4 slices bacon

1 cup Mexican blend cheese

1/8 cup vegetable oil

Directions:

Fast way to prepare potatoes. Pierce potatoes and then microwave on high for 8 minutes. Check them but depending on the exact size that should be about the right time. You want them to be just a little firm...not quite done like a baked potato. When they cool just a bit, pull the skins off and dice into about ¼ inch cubes. Put in a pan with half the oil. Cook on medium. After just a couple minutes, put onion and sliced (strips that are about ¼ inch wide and 1 inch long) red bell pepper and mild green chilis. Continue to cook on medium until the onions and peppers are a little soft and the potatoes are starting to brown. Add salt and pepper to taste.

While the potato mixture is browning, mix the eggs and milk in a bowl. Heat another skillet on medium low. Melt butter and pour the eggs into a skillet. Salt and pepper to taste. Stir occasionally until eggs are fluffy. While the eggs are cooking and the potatoes are turned off and waiting, put four pieces of bacon in the microwave, between paper towels on a plate. Cook until crispy, then crumble.

Heat the tortillas, inside paper towels, at 90 percent in the microwave, for 25 seconds. They should be warm and flexible.

Lay four tortillas flat. Add ¼ the potato and egg mixtures across the middle of each tortilla. Add ¼ the bacon and 1/4 cup of cheese in each. Fold the sides in (about the last 2 inches). Then roll the tortilla from one end to the other. Place seam down in the center of a plate. You could add a dollop of salsa and another of guacamole to the side, though many people will like the burrito just the way it is.

### **Easy French Toast**

This is the easiest French toast you will ever make! You don't have to individually dip and cook each slice just have the kids line up the bread in the baking dish, then pour the topping over everything at once and pop it in the oven.

- 6 slices whole wheat bread
- 6 eggs, beaten
- 1 cup milk
- 2 tablespoons brown sugar
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract

Preheat oven to 375 degrees. Grease 9 x 13 baking pan. Line the bottom of the pan with the bread slices. In a bowl, mix together the milk, eggs, brown sugar, cinnamon, and vanilla. Slowly pour the mixture over bread slices. Bake for 20 minutes. To serve, separate the French toast slices and place on individual plates or a serving dish and sprinkle with powdered sugar. Baked French toast slices can also be frozen and defrosted for a quick breakfast when you are pressed for time.

Make sure to cook foods thoroughly. Use a thermometer to make sure meats are fully cooked by measuring the internal temperature: Ground beef and pork: 160 °F Eggs and egg dishes: 160 °F All poultry, ground or whole: 165 °F Leftovers and casseroles: 165 °F Hotdogs and reheated deli meats: 165 °F or steaming hot

## **Yogurt Parfaits**

These parfaits are quick and simple to make but feel very fancy! Kids will have fun layering together all of the ingredients. Parfaits are great for breakfast or snacks.

1 cup yogurt - plain or flavored

1/2 cup fruit - fresh or frozen

1/8 cup crunchy cereal

Spoon half of the yogurt in a dish or glass and top with 1/2 of the fruit and 1/2 of the cereal. Repeat layers. Grab a spoon and enjoy this tasty treat!

## **Lunch Recipes**

### **Quesadillas with Vegetables**

- ½ cup Red bell peppers, chopped
- ½ cup Green onion, chopped
- ½ cup mild green chilis, chopped
- 2 tablespoons Fresh cilantro, cut and discard bottom two inches of stems, chopped
- 8 Corn tortillas
- 1 cup Monterey jack cheese or cheddar cheese, shredded

1. In a skillet, over medium heat: cook corn kernels and bell pepper until soft, about 5 minutes.
2. Add green onions and tomato, continue to cook for 1-2 minutes, until tomato is soft.
3. Turn heat off and add cilantro.
4. Preheat a large skillet over medium-high heat.
5. Heat tortillas on the skillet just enough to make them soft.
6. Place equal parts of cheese and vegetables on each tortilla, fold in half and continue to cook until cheese melts and tortillas are crispy and golden brown (Remember to turn quesadillas over to prevent from burning).
7. Serve warm.

FYI – you can make quesadillas with any ingredients you want. On the show, I just put cheese and green chilis. Some people like shredded chicken or other meats.

## Grilled Ham, Cheese and Tomato Sandwiches

- 4 pieces bread (whole wheat or oat bran preferred)
- 2 slices cheddar cheese
- tomato, sliced
- 2 slices deli ham
- 4 TBL butter
- 1 medium

Butter bread on one side. Put butter side down in skillet. Place one slice cheese and one slice ham on each piece of bread in the skillet. Put two slices of tomato on each sandwich. Butter remaining two slices on both sides; place top slice of bread on each sandwich. Brown first side of sandwich, flip and brown the second. The cheese in the middle should be melted when both sides are browned. Slice and eat!

## Personal Pizzas

1 roll Pizza dough (could substitute 2 English muffins)

Tomato sauce – 2 cups

cheese (1 cup mozzarella)

Other toppings: ham and pineapple, ground beef or other meats (I bet goat would be good on this), veggies (onions, mushrooms, green pepper, black olives...)

Heat oven at 400 degrees.

Break pizza roll into four pieces. Roll and then spread out in circles on lightly oiled cookie sheet. Spread ½ cup sauce on each circle. Spread ¼ cup cheese and any toppings you prefer.

Pop in oven for 15 minutes, or until cheese is melted and edges of dough are brown.

# Dinner Recipes

## Crispy Oven-Fried Chicken

- ½ cup Fat-free milk or buttermilk
- 1 teaspoon Poultry seasoning
- 1 cup Cornflakes, crumbled
- 1½ tablespoons Onion powder
- 1½ tablespoons Garlic powder
- 2 teaspoons Black pepper
- 2 teaspoons Dried hot pepper, crushed
- 1 teaspoon Ginger, ground
- 8 pieces Chicken, skinless (4 breasts, 4 drumsticks)
- Paprika, a few shakes
- 1 teaspoon Vegetable oil

1. Preheat oven to 350° F.
2. Add ½ teaspoon of poultry seasoning to milk.
3. Combine all other spices with cornflake crumbs, and place in plastic bag. Pour milk into medium size bowl.
4. Wash chicken and pat dry. Dip chicken into milk and shake to remove excess. Quickly shake in bag with seasonings and crumbs and remove the chicken from the bag.
5. Refrigerate chicken for 1 hour.
6. Remove chicken from refrigerator and sprinkle lightly with paprika for color.
7. Space chicken evenly on greased baking pan.
8. Cover with aluminum foil and bake for 30 minutes. Remove foil and continue baking for another 30–40 minutes or until meat can easily be pulled away from the bone with fork. Drumsticks may require less baking time than breasts. Crumbs will form crispy “skin.”

## Stuffed Manicotti

- 1 package (8 ounces) **manicotti shells** (14 shells)
- 1 **egg**
- 1 carton (15 ounces) low-fat **ricotta** or **cottage cheese**
- 6 ounces shredded **mozzarella cheese** (about 1 1/2 cups)
- 1/2 cup **fresh parsley**, minced, or 3 tablespoons dried parsley
- 1/4 teaspoon **salt**
- 1/4 teaspoon **pepper**
- 1 Tablespoon **Italian seasoning**
- 1/2 teaspoon **garlic powder** or 2 cloves **garlic**, minced
- 1 jar (24 to 26 ounces) **pasta sauce**

1. Preheat oven to 350 degrees.
2. Cook pasta according to package directions and drain.
3. While pasta is cooking, beat egg in medium bowl. Add ricotta or cottage cheese, mozzarella cheese, parsley, salt, pepper, Italian seasoning and garlic powder. Mix well.
4. Pour a little of the pasta sauce in the bottom of a rectangular baking pan to prevent pasta from sticking.
5. Stuff shells with filling (about 2-3 rounded teaspoons per shell). Arrange stuffed shells in pan. Pour remaining sauce evenly over pasta.
6. Bake for 10 to 15 minutes or until bubbly throughout.
7. Let rest 10 minutes outside of oven before serving.

## Asian Slaw

- ½ head Napa Cabbage, sliced thinly (about 6 cups)
- ½ bunch fresh cilantro
- 2 medium carrots, shredded
- 1 fresh lime
- 1 mango, washed, peeled and diced

Wash Napa Cabbage. Slice thinly (about ¼ inch thick) and about 2 inches long. Grate carrots, add to bowl with cabbage. Peel fresh mango. Slice fruit from around pit, dice into 4-inch cubes and add to mixture. Rinse and then dice fresh cilantro, including stems, into very small pieces. Add to cabbage mixture. Squeeze juice from fresh lime across the salad. Add salt and pepper to taste. Mix.

## Greek Pasta Salad

- Rotini pasta – 3 uncooked cups
- 1 Sliced red bell pepper – into slivers
- 1/3 medium red onion – sliced into thin pieces about 1 inch long
- 1 cup Feta cheese crumbles
- Juice from 1/2 lemon
- ¼ cup olive oil
- 1/3 cup sliced black olives
- Salt and pepper to taste
- Optional, ½ cup chopped marinated artichokes
- Baked chicken breast, ½ cup, sliced about 1 inch long

Cook pasta for about 12 minutes – until firm, but cooked. Cool. Add all ingredients in large bowl. Mix. Let kids add vegetables of their choice and have fun with this beautiful, healthy, delicious pasta salad!

# Snack

## Hummus

- 1 can garbanzo beans, drained (but keep half liquid, aside)
- Olive oil, 1/4 cup
- 4 cloves of garlic, minced (or more to taste)
- 3 tbl tahini
- ½ tsp salt (more if needed later)
- ½ tsp black pepper
- ½ lemon, fresh squeezed

Put first 6 ingredients (except liquid from beans) into a food processor or blender. Squeeze lemon into mixture. Blend until creamy. Add enough liquid to make the hummus creamy, but firm for good dipping.

Add various ingredients, individually, to create new flavors. Common add-ons might include smoked red pepper in marinade, olives, spinach, artichokes in marinate, sun-dried tomato, pesto or pine nuts. One new flavor at a time for batches is best.

Try having a competition with kids, making smaller batches with different flavors to see which they like best. Serve in a bowl for dipping with pita chips, carrots, celery, naan, crackers or anything else that sounds appealing.