

English Muffin Breakfast Sandwiches

Amount	Ingredient
As needed	Olive or vegetable oil
12 slices	Bacon (pork or turkey)
½ teaspoon	Garlic powder
As needed	Salt
As needed	Pepper
2	Avocados (optional)
1 dozen	English muffins, whole wheat
1 dozen	Eggs
8 ounces	Cheddar cheese, grated

Method of Preparation:

1. Preheat oven to 350°F. Lay bacon on a sheet pan and bake about 15 minutes or until crispy.
2. Separate English muffins. Toast if desired.
3. Slice or mash avocados. Season.
4. Heat sauté pan with oil. Scramble or pan fry eggs.
5. Assemble sandwiches with one egg each. Top with tomato jam (recipe follows) avocado, bacon and cheese.

Tomato Jam

Amount	Ingredient
1 pound	Tomatoes
¼ cup	Brown sugar
½ teaspoon	Salt
½ teaspoon	Pepper
1 ½ Tablespoons	Lemon juice

Method of Preparation:

1. Boil a large pot of water.
2. Core tomatoes and cut an X in on the base of each tomato.
3. Set tomatoes in water and let them sit for a minute. Remove and submerge in cold water. Remove peel.
4. Cut tomatoes in quarter, remove seeds, and process in a food processor leaving it slightly chunky. Add remaining ingredients.
5. Transfer mixture to a medium size saucepot and bring to boil. Maintain a boil for about 10 minutes.
6. Reduce heat and simmer for another 10 minutes or until it is thick enough to coat the back of a spoon.
7. Cool slightly or chill completely and serve as desired.

Smoothie

Amount	Ingredient
1 cup	Mixed fruit, frozen
1 cup	Dairy or non dairy milk
¼ - ½ cup	Yogurt, Greek or plain
½ Tablespoon	Honey (optional)
½ teaspoon	Cinnamon (optional)
¼ teaspoon	Nutmeg (optional)
½ teaspoon	Vanilla extract (optional)

Method of Preparation:

1. Combine everything except yogurt in a high-speed blender until fully incorporated. Add yogurt. Wipe down sides of blender as needed. Serve immediately.

Power Balls

Amount	Ingredient
1 cup	Nuts or seeds
10	Dates or prunes
¼ cup	Cranberries or other dried fruit
1 teaspoon	Cinnamon
¼ teaspoon	Salt
1 Tablespoon	Maple syrup or honey
1 Tablespoon	Cocoa powder

Method of Preparation:

1. Combine all ingredients in a food processor and process until "dough" forms.
2. Roll into balls and refrigerate (1 hour) or freeze (30 minutes) until set.

Cheerio Bites

Amount	Ingredient
6 cups	Cheerios
1 cup	Sunflower butter (or any nut or seed butter) recipe follows
½ cup	Honey
1 teaspoon	Vanilla

Method of Preparation:

1. Line a baking sheet with parchment paper.
2. Measure cheerios into a large mixing bowl.
3. In a small saucepan combine remaining ingredients. Heat until combined whisking occasionally.
4. Pour mixture over cheerios and spoon onto baking sheet.
5. Allow to solidify for about 2 hours.

Sunflower Butter

Amount	Ingredient
3 cups	Sunflower Seeds

Method of Preparation:

1. In a dry sauté pan, toast sunflower seeds until deep golden brown and fragrant.
2. Transfer into a food processor and process until smooth. (This may take a few minutes.)
3. Use in cheerio bites or as a spread. Store in refrigerator.

Note: It is normal to see an oil separation after storing for a few days. Simply stir before use. This can be bought in any grocery store, but is also very simple to make.

Cornbread with Cornflake Crumble

Amount	Ingredient
¾ cup	Cornmeal
¾ cup	All purpose flour
½ cup	Whole wheat flour
1 Tablespoon	Baking powder
½ cup	Granulated sugar
1 teaspoon	Salt
2	Eggs
2 Tablespoons	Honey
¾ cup	Milk or alternative dairy
½ cup	Vegetable oil
Topping:	
1 cup	Cornflake cereal
¼ cup	Walnuts or sunflower seeds
2 Tablespoons	Granulated sugar
2 Tablespoons	Light brown sugar
6 Tablespoons	Oil or melted butter

Method of Preparation:

1. Preheat oven to 350°F. Line and grease a 13x9x2 baking dish.
2. In a large bowl, whisk first 6 ingredients together.
3. In a separate bowl whisk eggs lightly. Add honey, milk and oil.
4. Add wet mixture to dry mixture and stir just until blended being careful not to over mix.
5. For the topping: Combine cereal, walnuts or sunflowers seeds and sugars in a food processor and process until coarse. Stir in melted butter.
6. Pour batter into lined and greased baking dish. Top with crumble.
7. Bake 20-30 minutes until inserted toothpick comes out clean.
8. Serve warm.

Build Your Own Burritos

Filling

Amount	Ingredient
As needed	Oil
1 pound	Ground turkey or beef
1 teaspoon	Salt
1 teaspoon	Pepper
½ teaspoon	Chili powder
½ teaspoon	Cumin
½ teaspoon	Paprika
1 teaspoon	Garlic powder
1 teaspoon	Onion powder
As needed	Whole wheat tortilla wraps or taco shells

Method of Preparation:

1. Heat sauté pan with about ½ tablespoon of oil. Brown the ground meat and add all seasonings.
2. Serve with desired toppings and wrap in tortilla or taco shell.

Guacamole

Amount	Ingredient
1	Avocado, flesh removed
1	Shallot, minced
1	Lime, juiced
1 Tablespoon	Cilantro, fresh, minced
½ teaspoon	Cumin (optional)
½ teaspoon	Garlic powder (optional)
To taste	Salt
To taste	Pepper

Method of Preparation:

1. Combine all ingredients in a large bowl and mash with fork until desired consistency is reached. Season to taste and serve.

Note: If not serving right away, to prevent browning place avocado pit on top and wrap tightly with plastic wrap. Chill.

Salsa

Amount	Ingredient
2 cups	Cherry tomatoes
1	Shallot, minced
¼ cup	Cilantro, fresh. minced
1 clove	Garlic
To taste	Salt
1 Tablespoon	Lime juice

Method of Preparation:

1. Combine all ingredients and in a food processor until desired consistency is reached. Season to taste and serve.

Brown Rice

Amount	Ingredient
1 ½ cup	Water or vegetable stock (unsalted or low sodium)
1 teaspoon	Salt
½ cup	Brown rice

Method of preparation:

1. Bring salted water or vegetable stock to a boil.
2. Add rice, lower to a simmer, cover and cook for 20-30 minutes or until liquid is absorbed.
3. Fluff with a fork and serve.

Couscous Salad

Amount	Ingredient
4 cups	Vegetable Stock (low sodium)
2 cups	Couscous
1 ½ cups	Cherry tomatoes
2	Cucumbers
½ - 1 cup	Cranberries, dried

Method of Preparation:

1. Bring chicken broth to a boil. Add couscous. Turn heat off and let sit 5-7 minutes. Fluff with fork. Allow to cool.
2. Rinse and half cherry tomatoes.
3. Rinse, peel, seed, and diced cucumber.
4. Mix all ingredients together and fold in dressing (recipe follows).

Vinaigrette

Amount	Ingredient
½ cup	Vinegar (apple cider, balsamic, red wine etc.)
2 cloves	Garlic (or 1 teaspoon garlic powder)
1 Tablespoon	Honey
1 Tablespoon	Mustard
To taste	Salt
To taste	Pepper
¾ cup-1 cup	Olive oil

Method of Preparation:

1. Combine all ingredients except oil in a high-speed blender or in whisk in medium bowl. Blend until combined.
2. Stream in oil. Blend on high or whisk vigorously for about a minute to completely emulsify.
3. Serve immediately or chill and reserve for later use (may need to be shaken or whisked slightly).

Molten Lava Cake

Amount	Ingredient
1 stick	Butter, unsalted
2/3 cup	Semi-sweet chocolate chips
2	Eggs
2	Egg yolks
4 Tablespoon	Granulated sugar
2 Tablespoons	All purpose flour

Method of Preparation:

1. Preheat oven to 450°F. Grease 4, 6-ounce ramekins and dust with flour.
2. In a small saucepan, melt chocolate and butter. Cool slightly.
3. In a medium bowl, beat eggs, yolks, and sugar with an electric mixer until thick and pale yellow (about 1 minute).
4. Add melted chocolate mixture and flour and beat until full incorporated.
5. Divide batter amongst prepared ramekins and bake until edges are set but center still jiggles slightly, 8-10 minutes.
6. Let stand for about 15 seconds, run a knife around the edges and then invert each cake onto a serving plate. Dust with confectioner sugar and serve with fresh berries and/or a dollop of whipped cream (recipe follows).

Whipped Cream

Amount	Ingredient
2 cups	Heavy whipping cream
¼ - ½ cup	Confectioner sugar
1 teaspoon	Vanilla extract

Method of Preparation:

1. Place bowl and whisk attachment of mixer (or large stainless steel bowl and whisk) in freezer for at least 30 minutes.
2. Pour heavy cream into chilled bowl and whisk. Once soft peaks are formed add sugar and vanilla.
3. Continue to whisk until medium-firm peaks are formed.
4. Serve immediately.

Chocolate Zucchini Bread

Amount	Ingredient
2 ½ cups	Zucchini, grated
¾ cup	All purpose flour
¾ cup	Whole wheat flour
¼ cup	Cocoa powder
¾ teaspoon	Baking soda
½ teaspoon	Baking powder
1 teaspoon	Salt
1 cup	Semisweet chocolate morsels
¼ cup	Vegetable oil or melted butter
½ cup	Milk
1	Egg
¾ cup	Light brown sugar
1 teaspoon	Vanilla extract

Method of Preparation:

1. Preheat oven to 350°F. Grease and line a loaf pan.
2. Place the grated zucchini in a clean kitchen towel and squeeze out any excess moisture. Set aside.
3. In a large bowl, whisk together flours, cocoa powder, baking soda, baking powder and salt. Stir in chocolate.
4. In another large bowl, whisk together butter and milk. Add egg, sugar and vanilla. Whisk until smooth. Fold in grated zucchini.
5. Pour wet mixture into dry mixture and stir until combined.
6. Pour into prepared pan and bake about 50 minutes, rotating half way, until toothpick inserted comes out clean.
7. Cool slightly, slice and serve.