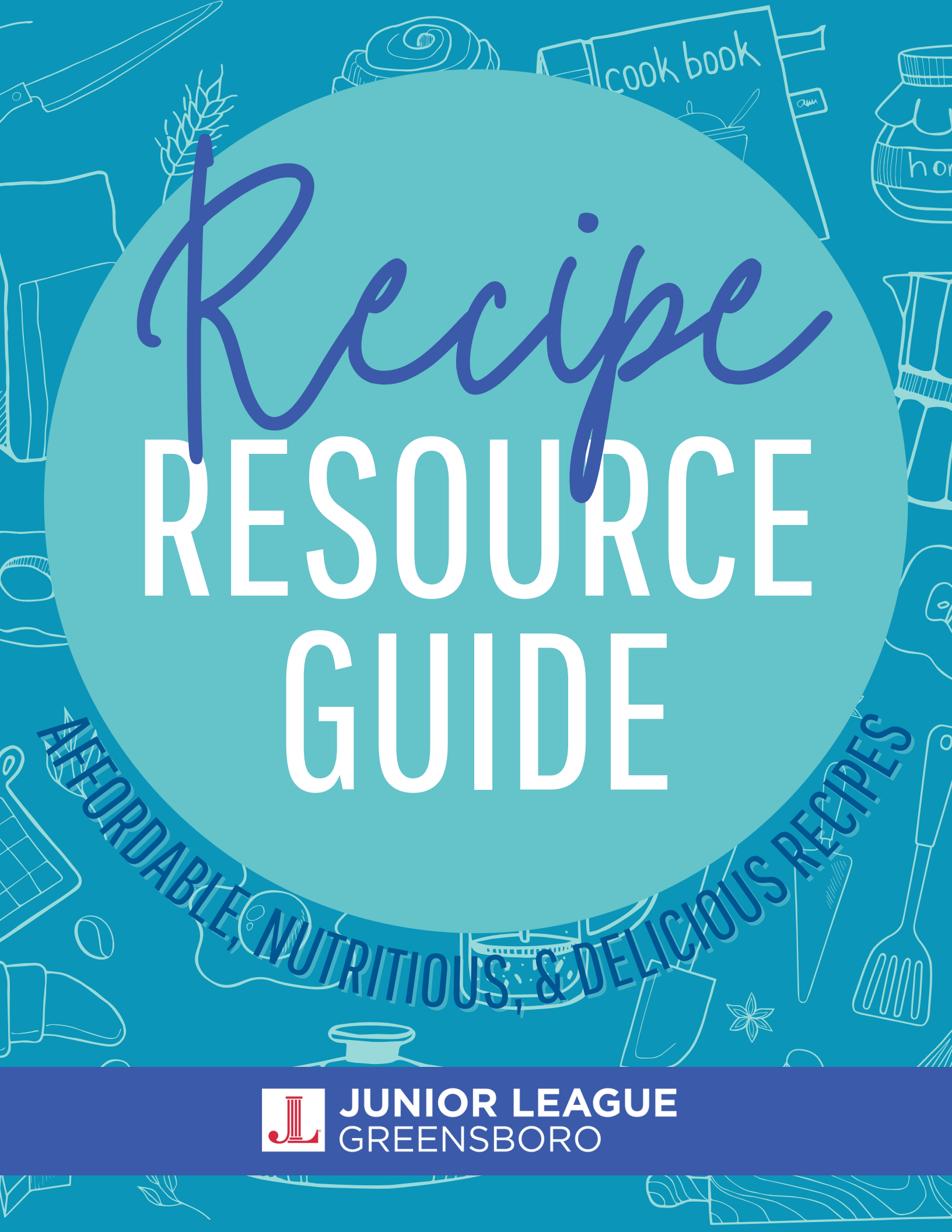


The background is a vibrant teal color, decorated with white line-art illustrations of various kitchen items. These include a chef's knife, a cinnamon roll, a 'cook book' with a tag, a jar of honey, a blender, a whisk, a spatula, a star-shaped herb, a rolling pin, a bowl, and a small pot. A large, light-blue circle is centered on the page, serving as a backdrop for the main title.

# Recipe RESOURCE GUIDE

AFFORDABLE, NUTRITIOUS, & DELICIOUS RECIPES



**JUNIOR LEAGUE**  
GREENSBORO

# THANK YOU TO OUR SPONSORS!



## **The Edward M. Armfield, Sr. Foundation**

**Arch MI**

**Our State Magazine**

**Zuraw Financial  
Advisors**

**Pearl by Lela Rose**

**Dow Oak Events**

**Henson, Talley, &  
Scallon, LLP**

**Belvedere Properties**

**Rudd Farm**

**Edward Jones**

**Greensboro  
Science Center**

**Food Lion**

**Hanes Lineberry  
Funeral Services**

**The Scout Guide  
Triad**

**Merchants Sales  
Company**

**Mother Murphy's  
Flavors**

**Graham Personnel  
Services**





# GREENSBORO EATS:

*A Note from the  
Junior League of Greensboro*

The Junior League of Greensboro is proud to launch Greensboro EATS, a new initiative focused on addressing food insecurity within our community. This initiative reflects our commitment to supporting families in Greensboro and our belief that every member of our community deserves access to nutritious, affordable meals.

To support this effort, we are thrilled to present the Junior League of Greensboro's **Recipe Resource Guide**. This guide is designed to offer individuals and families practical, nutritious, and budget-friendly meal ideas. Our goal is for this guide to serve as a helpful tool in making meals easier to plan and prepare, even on a budget. Whether you're searching for new recipe ideas or seeking tips on pantry staples, we trust this guide will inspire your culinary creations.

We hope you enjoy the Recipe Resource Guide!

With gratitude,

*Nicole Scallon*, 2024-2025 President

*Leigh Anne Church*, 2024-2025 Executive Vice President



# GREENSBORO FOOD PANTRY RESOURCES



---

## **Apple of His Eye Apostolic Ministries**

5 Centerview Dr Suite 161  
Greensboro, NC 27407  
(336) 763-2224

## **BackPack Beginnings Family Market**

3711 Alliance Dr,  
Greensboro, NC 27407  
(336) 954-7445

## **David D. Frazier Food Pantry at Jewish Family Services**

5509-C W. Friendly Ave.  
Greensboro, NC 27410  
(336) 852-4829

## **FaithAction International**

2211 West Meadowview Road  
Greensboro, NC 27407  
(336) 379-0037

## **Friendly Avenue Church of Christ**

5101 W. Friendly Ave.  
Greensboro, NC 27410  
(336) 292-7649

## **Greensboro Urban Ministries**

305 W Gate City Blvd,  
Greensboro, NC 27406  
(336) 271-5959

## **Shepherd's Shelf at Lawndale Baptist Church**

3505 Lawndale Drive  
Greensboro, NC 27408  
(336) 288-3824

## **Mount Zion Church**

1301 Alamance Church Road  
Greensboro, NC 27406  
(336) 273-7930

## **One Step Further**

1806 Merritt Drive  
Greensboro, NC 27407  
(336) 708-9599

## **Out of the Garden - Fresh Mobile Market**

Location Varies; See Website for Details  
[outofthepgardenproject.org](http://outofthepgardenproject.org)  
(336) 821-2450

## **PDY&F Food Pantry**

1523 Barto Place  
Greensboro, NC 27405  
(336) 375-3900

## **St. Paul the Apostle Catholic Church**

2715 Horse Pen Creek Road  
Greensboro, NC 27410  
(336) 294-4696

## **The Blessed Table Food Pantry**

3210 Summit Avenue  
Greensboro, NC 27405  
(336) 312-4172

## **The Salvation Army of Greensboro**

1001 Freeman Mill Road  
Greensboro, NC 27406  
(336) 273-5572

# TABLE OF CONTENTS

- 06 *Affordable Pantry Staples for Budget-Friendly Meals*
- 07 *Ways to “Health-ify” Your Groceries*
- 08 *What’s In Season in North Carolina?*
- 10 *Measurement Conversions & Common Substitutions*
- 11 *Container Gardening: Grow Your Own Food On Your Porch*



## RECIPES

- 12 *Breakfast*
- 29 *Salads*
- 31 *Side Dishes*
- 37 *Main Dishes*
- 54 *Desserts*



# AFFORDABLE PANTRY STAPLES FOR BUDGET-FRIENDLY MEALS



Stocking your pantry with budget-friendly staples can save you money and make meal prep a breeze. With the right ingredients on hand, you can whip up everything from hearty breakfasts to satisfying dinners without frequent trips to the store. Here's a guide to affordable pantry staples to help you stay stocked.

## ESSENTIAL DRY GOODS

- ☐ **Rice:** white, brown, or jasmine
- ☐ **Pasta:** noodles like spaghetti or linguine, tubes like penne or macaroni, small pasta like ditalini or orzo
- ☐ **Oats:** quick-cooking or old-fashioned rolled oats; steel-cut oats for more texture
- ☐ **Dried Beans & Lentils:** inexpensive & packed with protein
- ☐ **Flour:** all-purpose, whole wheat, or almond
- ☐ **Sugar:** white, brown, or honey
- ☐ **Baking Powder & Baking Soda**

## OILS & FATS

- ☐ **Vegetable or Canola Oil**
- ☐ **Butter or Margarine**
- ☐ **Olive Oil**

## FRESH & FROZEN GOODS

- ☐ **Frozen Veggies:** broccoli, spinach, peas, carrots, corn
- ☐ **Frozen Fruits:** berries, bananas, mangoes
- ☐ **Bread:** stays fresh longer when frozen!
- ☐ **Milk & Eggs**

## CANNED & JARRED GOODS

- ☐ **Canned Tomatoes:** diced, crushed, or sauce
- ☐ **Canned Beans:** black, kidney, chickpeas, cannellini or other white beans
- ☐ **Canned Green Chilies**
- ☐ **Peanut Butter**
- ☐ **Sandwich Spreads:** mustard, mayonnaise
- ☐ **Canned Tuna or Chicken**
- ☐ **Jarred Salsa**
- ☐ **Broth:** chicken, beef, or vegetable

## SPICES & SEASONINGS

- ☐ **Salt & Black Pepper**
- ☐ **Garlic Powder & Onion Powder**
- ☐ **Paprika, Cumin, & Chili Powder**
- ☐ **Cayenne Pepper & Crushed Red Pepper Flakes**
- ☐ **Dried Herbs:** basil, oregano, thyme, parsley, rosemary
- ☐ **Spices:** cinnamon, nutmeg, ginger
- ☐ **Spice Blends:** Italian seasoning, taco seasoning
- ☐ **Soy Sauce**
- ☐ **Vanilla Extract**
- ☐ **Vinegar:** white, rice, apple cider

# WAYS TO “HEALTH-IFY” YOUR GROCERIES

by Leigh Anne Church

## AT THE STORE:

- Don’t overlook the frozen section! Fruits & vegetables are frozen at the peak of freshness and contain the same vitamins, minerals, and other nutrients as fresh produce.
- When purchasing canned vegetables, look for low-sodium options. If possible, select canned fruits that are packaged in their own juice.
- Increase heart-healthy fiber in your diet by seeking out whole wheat pasta and bread products. Other whole grain products include oatmeal, popcorn, and whole corn tortillas.
- For breakfast, look for whole grain cereals without frosting or added sugars.
- Look for lean cuts of beef and pork, poultry, and fish. Don’t hesitate to make some of your meals meatless! Vegetarian dishes based on beans, lentils, or eggs are full of protein and affordable too.

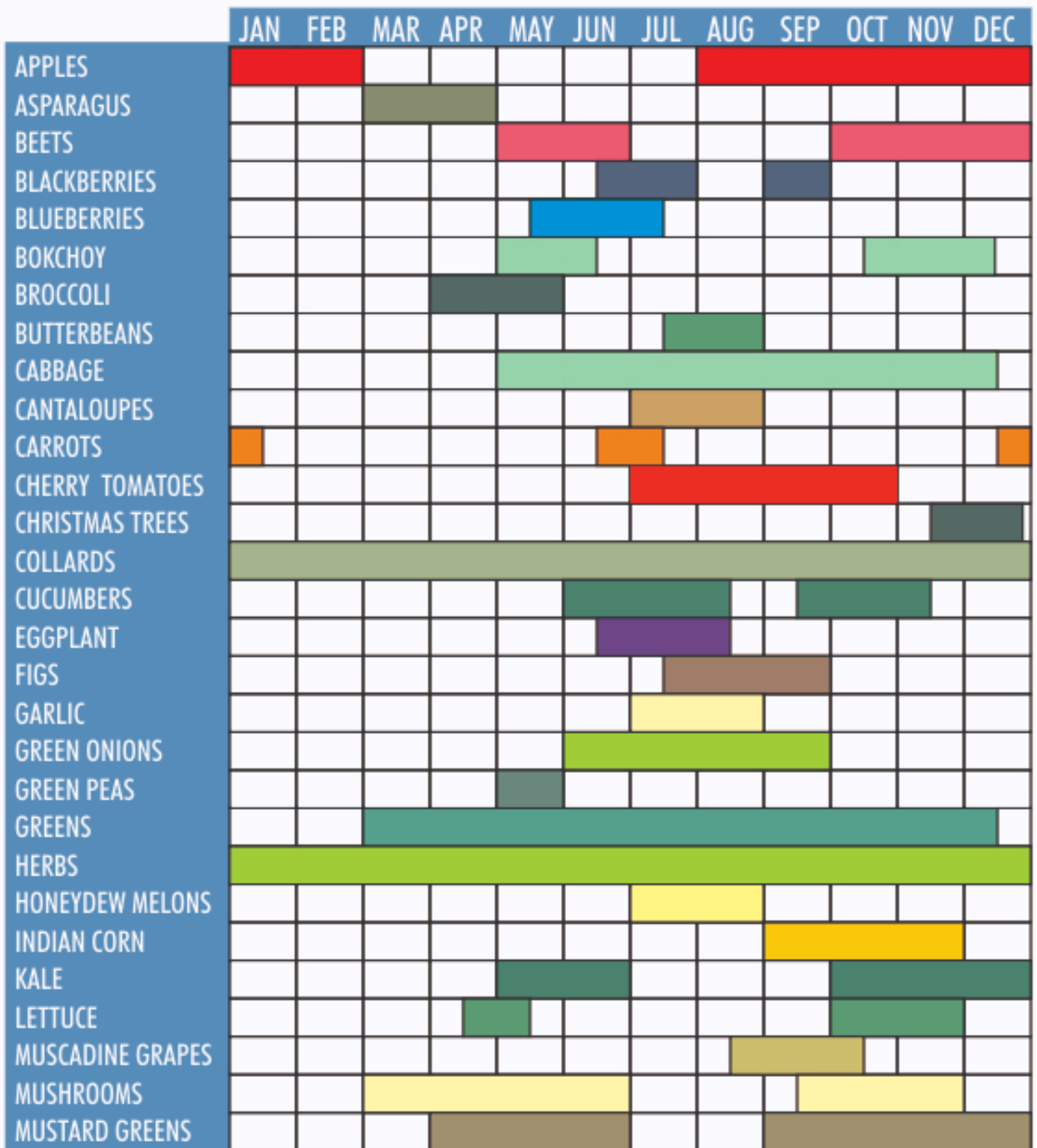


## IN THE KITCHEN:

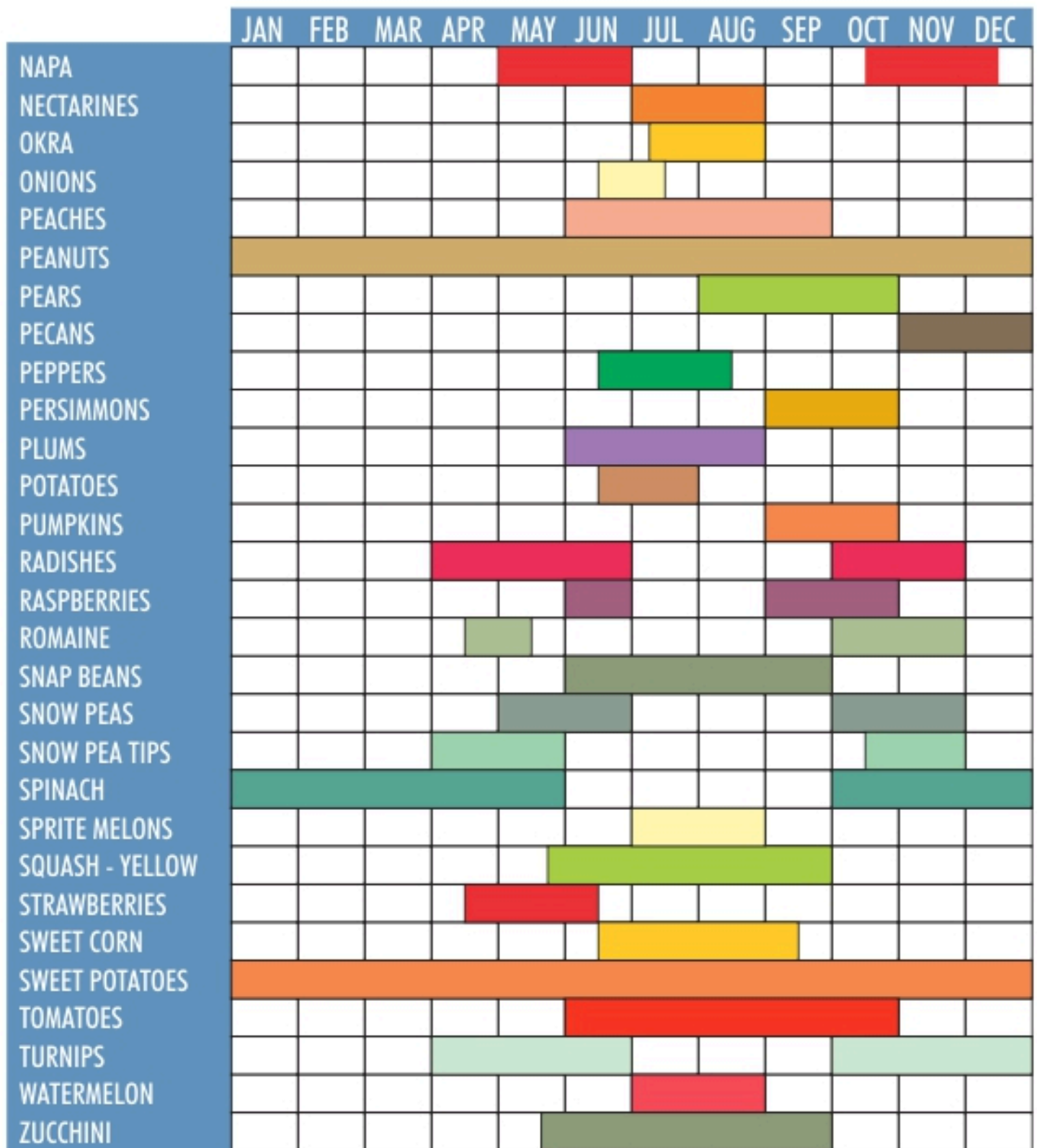


- Drain and rinse canned vegetables and replace the liquid with fresh water for reheating. This can dramatically lower the sodium content!
- Turn a box of macaroni and cheese into a meal by adding filling veggies like frozen peas, broccoli, or cauliflower.
- Add a punch of protein to leftover grains or veggies by adding eggs! Poach or fry an egg on top, or turn it into a scramble.
- It can be easy to rely on salt and pepper to add flavor- but think outside the box. Season foods with herbs, spices, chiles, lime or lemon juice, and vinegar.
- When baking a boxed mix cake or quick bread, try replacing half the butter, shortening, or oil with unsweetened applesauce or mashed banana.
- Many recipes can be modified to contain less fat and sugar! Experiment by reducing the cheese by half, or reducing the sugar by  $\frac{1}{3}$  to  $\frac{1}{2}$ .
- Consider the cooking method: instead of deep-frying, try a no-fat-added cooking method like braising, broiling, grilling, or steaming.
- Instead of sautéing in butter or oil, use cooking spray in a non-stick pan or olive oil.

# WHAT'S IN SEASON...



# IN NORTH CAROLINA?



For directories and more information about NC produce, visit [www.ncagr.gov/markets](http://www.ncagr.gov/markets).



North Carolina Dept. of Agriculture & Consumer Services  
Division of Marketing  
(919) 707-3100  
Steve Troxler, Commissioner





# MEASUREMENT CONVERSIONS

1 TABLESPOON

3 TEASPOONS

1 PINT

2 CUPS OR 16 FLUID OUNCES

1/8 CUP

2 TABLESPOONS OR 1 FLUID OUNCE

1 QUART

2 PINTS, 4 CUPS, OR 32 FLUID OUNCES

1/4 CUP

4 TABLESPOONS OR 2 FLUID OUNCES

1 GALLON

4 QUARTS, 16 CUPS, OR 128 FLUID OUNCES

1/2 CUP

8 TABLESPOONS OR 4 FLUID OUNCES

1/4 POUND

4 OUNCES

3/4 CUP

12 TABLESPOONS OR 6 FLUID OUNCES

1/2 POUND

8 OUNCES

1 CUP

16 TABLESPOONS OR 8 FLUID OUNCES

1 POUND

16 OUNCES



## COMMON SUBSTITUTIONS

1 tablespoon fresh herbs



1 teaspoon dried herbs

1 clove fresh garlic



1/8 teaspoon garlic powder

1 cup breadcrumbs



1 cup crushed crackers

1 cup sour cream



1 cup plain yogurt

1 cup buttermilk



1 tbsp. vinegar + milk to fill 1 cup

1 cup self-rising flour



1 c. all-purpose flour + 1 tsp. baking powder + 1/2 tsp. salt

1 large egg (baking only)



1/4 applesauce or mashed banana



# CONTAINER GARDENING: GROW YOUR OWN FOOD ON YOUR PORCH

Growing your own food in containers on your porch or balcony is a simple, affordable way to have access to fresh, healthy produce right at home. This guide will help you get started with a small container garden, even if you have limited space or resources.

## 1. ASSESS YOUR SPACE & LIGHT

Measure your space and observe sunlight:

- **Full Sun (6+ hours):**
  - Vegetables: Tomatoes, peppers, leafy greens (like spinach and kale), and radishes
  - Herbs: Basil, parsley, oregano, and thyme
- **Partial Sun (3-6 hours):**
  - Vegetables: Lettuce, Swiss chard, carrots, and bush beans
  - Herbs: Mint, cilantro, and dill
- **Shade (<3 hours):**
  - Vegetables: Leafy greens like lettuce, spinach, and arugula
  - Herbs: Chives, mint, and parsley



## 2. CHOOSE THE RIGHT CONTAINERS

- Use buckets, crates, or repurposed food containers with drainage holes.
- Larger containers retain moisture better and provide room for roots.

## 3. PREPARE & PLANT

- Add drainage holes if needed.
- Use potting soil or mix compost with garden soil.
- Plant seeds or seedlings according to their depth needs.
- Water immediately after planting.



## 4. CARE FOR YOUR GARDEN

- **Water regularly:** Check daily; water when the top inch of soil is dry.
- **Fertilize:** Use slow-release fertilizers, compost, or homemade fertilizers.
- **Pest control:** Use homemade solutions like soapy water to keep plants healthy.

## 5. MAXIMIZE YOUR SPACE

- **Vertical Gardening:** Grow plants on walls, fences, or pallets.
- **Reuse Materials:** Upcycle bottles, yogurt cups, or old shoes as planters.
- **Self-Watering Containers:** Reduce watering needs by using self-watering pots.



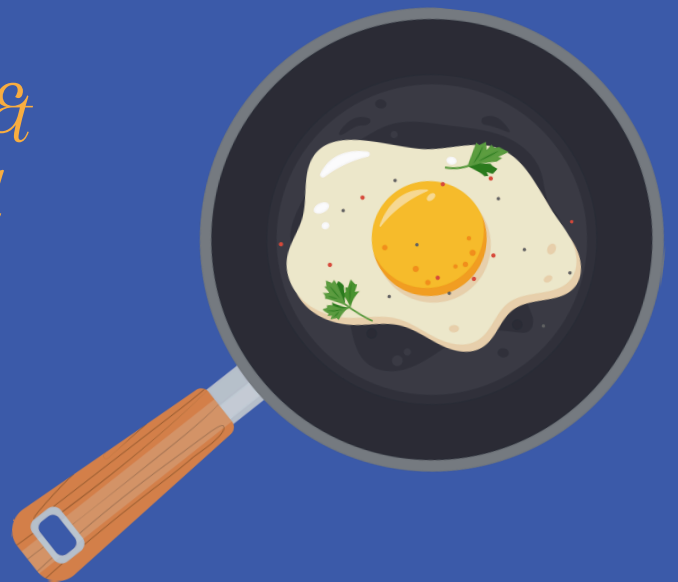
## 6. ENJOY YOUR HARVEST!

- **Once your plants produce, enjoy fresh, homegrown food.** Look for local gardening resources like community gardens, food pantries, or composting programs for extra support.
- Small efforts lead to big rewards—happy growing! 🌱🍅



# BREAKFAST

- 13 *Apple Muffins & Banana Oat Bites*
- 14 *Oatmeal, 5 Ways*
- 15 *Breakfast Hash*
- 16 *Grab & Go Egg Cups & Southwest Scramble with Black Beans*
- 17 *Eggs, 5 Ways*
- 18 *PB&J Granola Bars & Blueberry Cornmeal Pancakes*



# APPLE MUFFINS

Source: Out of the Garden

## INGREDIENTS

- 1 ½ cups all-purpose flour
- ¾ cup sugar
- 2 teaspoons baking powder
- ¼ teaspoon salt
- ¾ cup milk
- 1 egg
- ¼ cup oil
- 1 teaspoon vanilla extract
- 1 apple, peeled and grated
- 1 teaspoon cinnamon



## DIRECTIONS

- 1 Preheat the oven to 350°F and spray a mini muffin tin with cooking spray.
- 2 In a large bowl, whisk together the flour, sugar, baking powder, cinnamon, and salt.
- 3 In a separate bowl, whisk together the milk, egg, oil, and vanilla extract.
- 4 Pour the wet ingredients into the dry ingredients and stir until just combined. Do not overmix the batter.
- 5 Gently fold in the apple.
- 6 Scoop the batter into the prepared muffin tin, filling it nearly to the top. Bake for 14-16 minutes until golden brown on the edges.
- 7 Allow to cool before serving.

*Apples are a great source of **fiber**, which aids in digestion and promotes heart health.*

*Bananas also help with a healthy gut by providing fiber. Bananas can be used as a natural sweetener!*

# BANANA OAT BITES

Source: Out of the Garden

## INGREDIENTS

- 1 ½ cups of rolled oats
- 3 mashed bananas
- ½ cup of dried cranberries (or dried fruit of your choice, chocolate chips or crushed nuts)
- 1 ½ teaspoons cinnamon



## DIRECTIONS

- 1 Preheat oven to 350°F and line a baking sheet with parchment paper.
- 2 Mash bananas first, then add all of the ingredients into a bowl. Stir well.
- 3 Roll into bite-size balls.
- 4 Bake for 15 minutes, serve and enjoy! Store in an air-tight container.



# 5 WAYS

## OATMEAL



Old-fashioned oats can make a hearty & nutritious breakfast, especially on a cold day. Oats are high in fiber, may help lower cholesterol and can reduce your risk of heart disease. But just because it's healthy doesn't mean it needs to be boring! Use our basic recipe to prepare this single-serving oatmeal, then try some of the add-ins listed below to create a breakfast you'll look forward to each morning.

### BASIC OATMEAL:

1/2 cup old-fashioned or steel-cut oats  
1/2 cup milk of your choice  
1/2 cup water  
Ground cinnamon, vanilla extract,  
& salt

**Stovetop Instructions:** Bring the water & milk to a boil in a small saucepan. Reduce heat to low and pour in oats. Add cinnamon, vanilla, and salt to taste. Cook oatmeal, stirring occasionally until the oats have softened and absorbed most of the liquid (about 5 minutes, longer for steel-cut oats). Remove from the heat, cover, and let stand for 2-3 minutes before adding toppings.

**Microwave Instructions:** Stir together all oatmeal base ingredients in a medium microwave-safe bowl. Microwave on HIGH for 2 minutes. Then cook for additional 15-second increments until your oatmeal is softened and puffed. Stir again before adding toppings.

### TRY THESE EXCITING VARIATIONS ON THE CLASSIC RECIPE:

- Banana Blueberry Nut Oatmeal:** You'll need 1 thinly sliced banana divided in half portions, 1/4 cup of blueberries, 1 tbsp. brown sugar, 2 tbsp. walnuts, and 1/2 tbsp. of peanut butter. Add half the banana to the oatmeal as it cooks. Stir in the brown sugar & peanut butter, then garnish with the remaining banana, blueberries, & nuts.
- Maple Brown Sugar Oatmeal:** Stir in 1 tbsp. brown sugar and 1 tsp. maple syrup (adjust the sweetness to your taste). Sprinkle 2 tbsp. chopped pecans on top to add crunch!
- Berry Blast Oatmeal:** Add 1/2 cup of mixed berries of your choice (blueberries, strawberries, blackberries, raspberries) to the oatmeal as it cooks. Add sweetness by stirring in 1/2 tbsp. of honey or maple syrup and 1 tsp. of brown sugar. Top with extra berries!
- Chunky Monkey Oatmeal:** Thinly slice 1 small banana and divide it into half portions (half for cooking, half for topping). Add half the banana to the oatmeal as it cooks. Mix in 1 tsp. cocoa powder, 1 tbsp. semi-sweet or dark chocolate chips, and 1 tbsp. pf peanut butter. Garnish with remaining banana slices.
- Apple Pie Oatmeal:** Stir in 1/4 cup unsweetened applesauce, 1 tsp. brown sugar, a dash of spice (nutmeg, allspice, ginger, and/or cardamom), and raisins if desired. Top with sliced apples.



# BREAKFAST HASH

*Serves 4 people*

## INGREDIENTS

2 lbs. potatoes (*Russet, Yukon Gold, or sweet potatoes*)

2 tablespoons oil

1 teaspoon paprika

½ teaspoon garlic powder

¼ teaspoon salt

Black pepper, to taste

6 eggs

2 tablespoons butter

1 cup canned tomatoes with green chilis or canned fire-roasted tomatoes (*can substitute with salsa*)

1 cup shredded cheddar cheese (*can substitute with Monterey Jack, Colby Jack, or Pepper Jack*)



## DIRECTIONS

- 1 Preheat the oven to 400°F. Wash and dice the potatoes into ½-inch cubes.
- 2 For easier cleanup, line a baking sheet with parchment paper. Otherwise, rub 1 tbsp. of oil on a large baking sheet. Spread the potatoes on the sheet, drizzle with the remaining oil, and sprinkle with smoked paprika, garlic powder, salt, and pepper. Toss to coat the potatoes evenly.
- 3 Roast the potatoes for 40-45 minutes, stirring halfway through, until golden and crispy.
- 4 While the potatoes are roasting, crack the eggs into a bowl, season with salt and pepper, and whisk gently. Melt butter in a skillet over medium-low heat. Pour in the eggs and cook gently, stirring occasionally, until set.
- 5 Top the potatoes with the eggs, tomatoes, and shredded cheese.

*For an Italian-style breakfast hash, use canned tomatoes with basil in place of the canned tomatoes with green chilis, 1 teaspoon of Italian seasoning instead of paprika, and mozzarella instead of cheddar cheese.*

## MAKE THIS WITH CANNED POTATOES:

To use canned potatoes, follow these steps:

1. Drain and rinse the canned potatoes.
2. Pat the potatoes dry with a paper towel.
3. If needed, cut the potatoes into ½-inch pieces.
4. Heat 1 to 2 tablespoons of oil or butter in a sauté pan over medium heat.
5. Add the potatoes, paprika, garlic powder, salt and pepper, and cook for 8-10 minutes, stirring occasionally, until they're golden brown and crispy.
6. Once the potatoes are crispy, continue with the rest of the recipe as usual, adding the eggs and other ingredients.

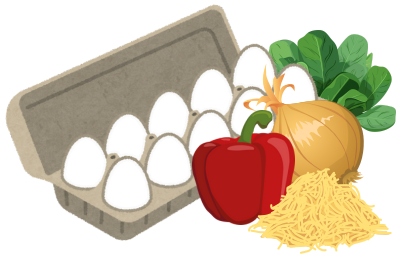


# GRAB & GO EGG CUPS

Source: Katie Kirby, JLG Member | Serves 6 people

## INGREDIENTS

12 eggs  
¼ teaspoon salt (*to taste*)  
½ teaspoon pepper (*to taste*)  
1 package crescent roll dough  
1 bag of spinach  
1 red bell pepper  
1 yellow onion  
½ cup shredded cheddar cheese  
(*can substitute with Monterey Jack, Colby Jack, or Pepper Jack*)



## DIRECTIONS

- 1 Preheat oven to 350°F and spray muffin pan with non-stick cooking spray.
- 2 Crack eggs into a bowl, add salt & pepper, and whisk until fully combined.
- 3 Chop the spinach, onion, and red bell pepper, then add them to the egg mixture. Stir to coat the veggies.
- 4 Line each muffin cup with a piece of crescent roll dough, pressing down gently to form a crust.
- 5 Pour the egg mixture into the muffin cups, filling each about ¾ full.
- 6 Top with shredded cheddar cheese and bake for 15-20 minutes, or until the eggs are set and the crust is golden brown.

*Choose your own veggies, cheeses, and even meats to customize your egg cups! Try ham, mushroom & Swiss.*

# SOUTHWEST SCRAMBLE WITH BLACK BEANS

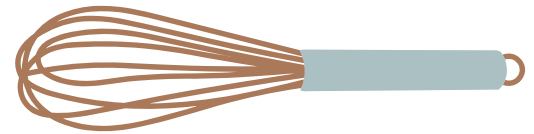
Serves 4 people

## INGREDIENTS

6 eggs  
2 tablespoons butter  
1 15-oz. can black beans  
2-3 cups tortilla chips  
1 cup salsa (*can substitute with canned tomatoes with green chilis or canned fire-roasted tomatoes*)  
1 cup shredded cheese of your choice  
Pinch of salt  
Black pepper to taste  
2 tablespoons chopped fresh cilantro  
(*swap 2 teaspoons of dried cilantro*)

## DIRECTIONS

- 1 Drain and rinse the black beans.
- 2 Crack eggs into a large bowl and whisk until combined.
- 3 Melt butter in large skillet over medium-low heat. Once butter is melted, pour the eggs into the skillet & cook slowly over medium-low heat. Gently move the eggs around until they are almost set. Season with salt & pepper. Do not overcook the eggs at this point as they will continue to cook when you add in the other ingredients.
- 4 Gently fold in the black beans and tortilla strips, breaking the tortilla strips into smaller pieces. Top the egg mixture with the salsa and cheese. Place a lid over the skillet and turn the heat up to medium and cook for about 5 minutes or until the eggs are set and the cheese is melted. Top with cilantro.





# EGGS

# 5 WAYS

There are endless ways to make eggs the centerpiece of your meal. Eggs are so versatile- eat them for breakfast, lunch, dinner, or as a snack! Not only are eggs relatively inexpensive, but they're a great source of protein and many other nutrients. Finally, eggs are quick and simple to cook!

## HAVE YOU TRIED THESE COOKING METHODS?

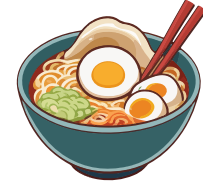
1

**FRIED:** Heat butter or oil in a non-stick or cast-iron skillet over medium heat. Crack your egg carefully into the pan. For a sunny-side-up egg, let it cook until the whites are firm but the yolk is still runny (about 3-4 minutes). To make over-easy, over-medium, and over-well eggs, just flip and cook to your desired yolk firmness! Add a fried egg to hashbrowns, a rice or noodle bowl, or even on top of a juicy burger.

2

**HARD-BOILED:** Place eggs in a pot and cover them with cold water by 1 inch. Bring the water to a boil over high heat. As soon as the water starts to boil, turn off the heat and cover the pot. Leave the eggs in the hot water for 10-12 minutes (10 minutes yields a creamier yolk- or cook even less time for a soft-boiled egg). Drain the eggs and transfer them to a large bowl of ice water to stop the cooking process. Let them cool completely before peeling the eggs. With your perfectly hard-boiled eggs, you could:

- Eat them as a snack
- Make deviled eggs
- Slice them and add them to a salad
- Make egg salad
- Add them to ramen



3

**POACHING:** Poaching means cooking eggs without the shell in barely simmering water, producing a firm white outside and soft, oozy yolk. Bring a pot of water to a slight simmer, then gently slide a cracked egg into the water. Cook for 3-4 minutes, then scoop out with a slotted spoon & drain on a paper towel. Serve a poached egg on toast for breakfast, atop a hearty salad for lunch, or as the star of a rice or grain bowl. Or consider a classic Eggs Benedict recipe!

4

**SCRAMBLED:** Whisk eggs together with salt, pepper, and milk if desired. Melt a small amount of butter into a non-stick skillet over medium-low heat. Pour in the eggs, using a silicone spatula to push and fold them into soft curds once they start to set. Add cheese, leftover vegetables, or meats to create your own breakfast scramble. Scrambled eggs are also a great start to breakfast burritos, sandwiches, or migas!

5

**OMELET:** Master the perfect omelet and you'll always be able to satisfy your hunger in a hurry. Whisk 2-3 eggs in a small bowl with a fork, then season with salt & pepper. In a pre-heated non-stick skillet over medium heat, add a thin layer of butter. Your pan is the right temperature when the butter foams! Pour in your eggs, scramble for 10 seconds, then let the eggs cook. Swirl the pan to allow the runny egg to touch the hot pan surface directly. When the eggs are almost set, add any fillings like cheese, cooked meats, or cooked veggies. A classic Denver omelet contains ham, onion, green pepper, and sometimes cheese!



# PB&J GRANOLA BARS

Makes 12 servings

## INGREDIENTS

3 cups rolled oats (or 2 cups oats + 1 cup Rice Krispies cereal)

½ cup peanut butter

½ cup jelly or jam

¼ cup hot water

¼ teaspoon salt

Butter, vegetable oil, or non-stick cooking spray for greasing the pan

Additions: nuts, coconut, dried fruit, honey



## DIRECTIONS

- 1 Preheat the oven to 350°F and grease an 8x11-inch baking pan.
- 2 Measure the oats into a large bowl & set aside.
- 3 Add the peanut butter, half the jelly, the water, and the salt to a small saucepan. Stir over low heat until the mixture is smooth.
- 4 Mix the PB&J mixture into the oats, until the oats are completely coated and you have a sticky mass. Transfer the mixture to the baking pan and press into an even layer. Spread the remaining jelly on top.
- 5 Pop the pan into the oven for 25 minutes, until the bars are toasty and brown around the edges.
- 6 Leave the bars in the pan until completely cooled (about 1 hour), then slice into 12 bars.

*Use any kind of jelly or jam: blueberry, grape, strawberry, or cherry are all delicious!*

*No need to defrost frozen blueberries before adding them to pancakes! You can toss them straight into the batter. In fact, using them frozen can help prevent them from bleeding too much color into the batter.*

# BLUEBERRY CORNMEAL PANCAKES

Makes approx. 8-10 pancakes

## INGREDIENTS

1 cup cornmeal

1 cup all-purpose flour

¼ cup sugar

1 tablespoon baking powder

½ teaspoon salt

¼ cup melted butter

1 egg

1 cup milk

1 cup frozen blueberries

⅓ cup canned corn, drained and rinsed

Optional Toppings: butter, maple syrup, honey

## DIRECTIONS

- 1 In a large bowl, whisk together the cornmeal, flour, sugar, baking powder, and salt.
- 2 In a separate bowl, whisk together the egg, milk, and melted butter.
- 3 Pour the wet ingredients into the dry ingredients and stir until just combined. Be careful not to overmix! Gently fold in the frozen blueberries and canned corn.
- 4 Lightly grease a griddle or skillet and heat over medium-high heat. Pour ¼ cup of batter for each pancake. Cook until both sides are golden brown.
- 5 Top with your choice of butter, maple syrup or honey.



# SALADS

- 20 *White Bean & Kale Salad*
- 21 *Shaved Brussels Sprouts Salad & Street Corn Salad*
- 22 *Southwest Bean & Corn Salad & Tangy Three-Bean Salad*
- 23 *Ramen Noodle Salad*
- 24 *Beans, 5 Ways*



# WHITE BEAN & KALE SALAD

Source: Marisa Muñoz, JLG Member

## INGREDIENTS

2 15-oz. cans cannellini beans  
7 oz. jar sun-dried tomatoes in oil  
1 tablespoon apple cider vinegar  
½ teaspoon dried basil  
½ teaspoon salt  
Black pepper (*to taste*)  
Pinch of crushed red pepper flakes  
1 tablespoon olive oil  
2 garlic cloves, minced  
1 bunch fresh kale, chopped  
1 baguette or garlic bread

## DIRECTIONS

- 1 Drain and rinse the white beans.
- 2 Roughly chop the sun-dried tomatoes.
- 3 In a small bowl, combine 2 tablespoons of the oil from the jar of sun-dried tomatoes with the apple cider vinegar, basil, salt, pepper, and a pinch of red pepper flakes. Set the dressing aside.
- 4 Add the olive oil and minced garlic to a large skillet. Sauté the garlic over medium heat for one minute, or just until it begins to soften and becomes fragrant.
- 5 Add the chopped kale and 2 tablespoons of water to the skillet. Stir and cook over medium heat until the kale has wilted.
- 6 Add the drained beans and chopped sun-dried tomatoes to the skillet with the kale. Continue to stir and cook until the beans are heated through.
- 7 Lastly, drizzle the dressing over the skillet and stir to combine, and add salt to taste. Serve warm by itself or piled onto buttered toasted bread.

*Kale is rich in nutrients like potassium, fiber, folate, and calcium, all of which support heart health.*



## SWITCH UP YOUR SALAD WITHOUT BREAKING THE BANK!

### Change Up the Base

- Use different greens: Swap iceberg for romaine, spinach, or mixed greens.
- Try cabbage: Shredded cabbage (red or green) is inexpensive and adds crunch.

### Add Crunch for Cheap

- Crush tortilla chips, crackers, or toast stale bread to make croutons.
- Sprinkle toasted sunflower seeds or peanuts (often cheaper than almonds).
- Add shredded carrots or thinly sliced raw broccoli stalks.

### Get Creative with Dressing

- DIY dressings: Mix olive oil + vinegar + mustard + honey.
- Use salsa or hummus as a dressing alternative.
- Add a squeeze of lemon or lime for freshness.

### Add a Fun Flavor Boost

- Try pickled onions or cucumbers (easy to make at home).
- Add shredded cheese—just a little goes a long way.
- Use dried fruit like raisins or cranberries (buy in bulk for savings).

# SHAVED BRUSSELS SPROUTS SALAD

*Serves 6 people*

## INGREDIENTS

1 bag Brussels sprouts  
1 tablespoon Dijon mustard  
2 teaspoons honey  
2 tablespoons apple cider vinegar  
3 tablespoons olive oil  
2 garlic cloves, minced (*or use*  
*1/2 teaspoon garlic powder*)  
1/4 teaspoon salt  
1/3 cup dried fruit (*craisins,*  
*cherries, apricots, or raisins*)  
1/4 cup chopped nuts (*pecans,*  
*walnuts, or almonds*)

## DIRECTIONS

- 1 Thinly slice the Brussels sprouts using a mandoline or knife, then transfer them to a serving bowl.
- 2 In a separate small bowl, whisk together the Dijon mustard, honey, apple cider vinegar, olive oil, minced garlic, and salt until well combined.
- 3 Add the dried fruit and chopped nuts to the Brussels sprouts.
- 4 Pour the dressing over the salad and toss everything together. Finish by adding black pepper to taste.



# STREET CORN SALAD

*Serves 6 people*

## INGREDIENTS

3 tablespoons mayonnaise  
2 tablespoons plain Greek yogurt  
1 lime  
1/4 teaspoon paprika  
1/4 teaspoon cayenne pepper, *optional*  
1/4 teaspoon chili powder  
1/4 teaspoon salt  
3 cups frozen or canned corn  
(*approximately 5 ears of fresh corn*)  
1/4 cup chopped cilantro  
*Toppings:*  
3 tablespoons cotija cheese  
2 tablespoons diced red onion  
1 tablespoon diced pickled jalapeno

## DIRECTIONS

- 1 If using canned corn, drain and rinse it, or if using frozen corn, thaw and drain it. If using fresh corn, use a knife and shave the kernels from the cob into a large bowl.
- 2 Chop the cilantro and, if desired, dice pickled jalapeños or onions.
- 3 In a small bowl, combine zest and juice from the lime, mayonnaise, yogurt, paprika, cayenne pepper (if desired), chili powder, and salt. Whisk until smooth.
- 4 Heat a skillet over high heat and add the corn. Stir every 30 seconds, allowing some kernels to toast lightly (just enough for a bit of color). Remove from the skillet and transfer to a large mixing bowl.
- 5 Toss the toasted corn, cotija cheese, cilantro, and dressing together until well combined. If using, stir in any diced pickled onions or jalapeños.
- 6 This salad can be served warm or chilled.



### *Ingredient Swaps:*

*Use queso fresco, feta, or goat cheese instead of cotija cheese.*

# SOUTHWEST BEAN & CORN SALAD

Source: *Out of the Garden*



## Ingredient Swaps:

- Use cans of black beans, garbanzo beans, or white beans instead.

- Use diced cucumbers or cherry tomatoes instead of a bell pepper.

## INGREDIENTS

2 15-oz. cans of black eyed peas  
1 15-oz can of corn kernels  
1 medium bell pepper, chopped  
1 small red onion, chopped  
(or 1 teaspoon of garlic powder)  
3 tablespoons oil  
2 tablespoons apple cider vinegar  
OR the juice of 1 lime  
1 teaspoon cumin  
¼ teaspoon salt  
½ teaspoon black pepper  
¼ cup chopped cilantro, optional

## DIRECTIONS

- 1 Core and seed the bell pepper and then finely dice. Chop the red onion if using.
- 2 Drain and rinse beans and corn.
- 3 Combine all ingredients into a large bowl, mix well. If adding cilantro, chop and add to the top of the salad.
- 4 Chill before serving.



# TANGY 3-BEAN SALAD

Source: Chef Lynn Wells, as seen in *Our State* magazine

Serves 6 people

## INGREDIENTS

½ cup apple cider vinegar  
¼ cup sugar  
¼ cup canola oil  
1 teaspoon salt  
½ teaspoon black pepper  
1 can kidney beans, rinsed and drained  
1 can black beans, rinsed and drained  
1 can chickpeas, rinsed and drained  
1 can white corn, drained  
1 green bell pepper, finely chopped  
¼ cup flat-leaf parsley, chopped  
2 tablespoons finely chopped red onion

## DIRECTIONS

- 1 In a small mixing bowl, whisk together vinegar and sugar until sugar dissolves. Continue whisking and slowly add canola oil. Whisk in salt and pepper, set aside.
- 2 In a large mixing bowl, combine kidney beans, black beans, chickpeas, corn, bell pepper, parsley, and onion.
- 3 Pour dressing over beans and toss.
- 4 Refrigerate for a minimum of 4 hours before serving. After 2 hours, toss again so that dressing coats all the ingredients.



# RAMEN NOODLE SALAD

Source: Leigh Anne Church, JLG Member | Serves 8 people

*Cabbage is an excellent source of Vitamin C, Vitamin K, and fiber, & contains antioxidants that support overall health. It's also rich in water content, making it a hydrating & filling food with few calories.*

## INGREDIENTS

### SALAD:

1 head Napa cabbage, shredded  
(approximately 6 cups)  
4 green onions, minced  
1 carrot, finely shredded

### RAMEN CRUNCHIES:

1/3 cup butter  
2 3-oz. packages of ramen noodles,  
crushed  
2 tablespoons sesame seeds  
1/2 cup sliced almonds

### DRESSING:

1/4 cup rice vinegar  
1/2 cup granulated sugar  
1/2 cup light olive oil (or other  
neutral oil)  
2 tablespoons soy sauce  
1 teaspoon ground ginger  
1/4 teaspoon garlic powder  
1 teaspoon toasted sesame oil  
(optional)

### TOPPINGS:

1 11-oz. can mandarin oranges,  
drained  
1/2 cup Craisins (optional)  
2 cups canned chicken, drained &  
shredded (can use shredded  
roisserie chicken)

## DIRECTIONS

- 1 Finely shred the cabbage; do not chop. Combine cabbage, green onions, and carrot in a large bowl. Cover & refrigerate until ready to serve.
- 2 Make the ramen crunchies: Melt the butter in a large skillet over medium heat. Add the crushed ramen noodles, sesame seeds, and almonds, stirring frequently until toasted and fragrant. Let mixture cool on paper towel and set aside.
- 3 Make the dressing: In a small saucepan, heat vinegar, sugar, olive oil, soy sauce, ginger, garlic powder, & sesame oil, if using. Bring the mixture to a boil; let boil for 1 minute. Remove the pan from the heat and let cool.
- 4 Combine dressing, crunchies, salad, and toppings immediately before serving. Serve right away or the crunchies will get soggy!



### Ingredient Swaps:

- Use apple cider vinegar or white wine vinegar instead of rice vinegar.
- Use peanut oil instead of sesame oil.
- Use sunflower seeds, cashews, or peanuts in place of sliced almonds.

# 5 WAYS

# BEANS



Beans are a nutritional powerhouse and one of the most budget-friendly ingredients you can keep in your pantry. They're packed with plant-based protein, fiber, and essential nutrients like iron, magnesium, and folate. Their high fiber content supports digestion and helps keep you full, while their versatility makes them a perfect addition to a variety of dishes. Let's explore five easy and nutritious ways to make the most of beans!

## 1 HEARTY BEAN & VEGETABLE SOUP

Simmer beans with seasonal **vegetables**, **garlic**, and **herbs** for a filling soup. The beans add protein and fiber, while the veggies bring essential vitamins and minerals. It's a comforting, nutrient-dense meal perfect for meal prepping.

## 2 BEAN-PACKED TACOS OR BURRITOS

Mash beans with spices like **cumin** and **paprika** to use as a taco filling or mix with **rice** and **veggies** for burritos. This combination delivers a complete protein, plus plenty of fiber to keep you satisfied.



## 3 SIMPLE BEAN AND GRAIN BOWLS

Pair beans with whole grains like **quinoa** or **brown rice**, and top with **roasted veggies** and a drizzle of **sauce**. The mix of protein, fiber, and complex carbs creates a balanced, energy-boosting meal.

## 4 SAVORY BEAN PATTIES OR BURGERS

Blend beans with **breadcrumbs**, **onions**, and **spices** to form patties. Pan-fry or bake for a plant-based burger option. These patties are rich in protein and can be served on buns, over salads, or in wraps.

## 5 CREAMY BEAN DIPS OR SPREADS

Puree beans with **garlic**, **lemon juice**, and **olive oil** for a nutrient-dense dip. Use it as a spread for sandwiches or a dip for veggies and crackers. It's an easy way to add protein and healthy fats to your snacks and meals.



*Beans are an incredibly affordable way to boost the nutrition of your meals. Whether you're making soups, spreads, or hearty mains, they offer endless possibilities for delicious, balanced eating without breaking the bank.*





# SOUPS

- 26 *Bean and Vegetable Soup & Mushroom Barley Soup*
- 27 *7-Can Veggie Soup & Sweet Potato Chili*
- 28 *Pasta Fagioli Soup*
- 29 *Lentil Soup & Creamy Chicken Noodle Soup*
- 30 *Moroccan Chickpea Stew & Pumpkin Chipotle Soup*



# BEAN & VEGETABLE SOUP



Source: Chef Lynn Wells, as seen in **Our State** magazine

Serves 8 people

## INGREDIENTS

1 ½ cups dried beans  
(½ cup each of cannellini, garbanzo,  
and kidney beans)  
2 tablespoons olive oil  
1 large yellow onion, diced  
1 tablespoon of garlic, minced  
(or ½ teaspoon of garlic powder)  
1 cup diced carrot  
1 cup diced celery  
1 cup diced sweet potato  
6 cups vegetable stock  
1 14-oz. can diced tomatoes  
1 ½ tablespoons apple cider vinegar  
2 bay leaves  
1 tablespoon Italian seasoning  
1 ½ teaspoon salt  
½ teaspoon red pepper flakes  
3 cups spinach or kale  
¼ cup fresh chopped parsley  
(or 1 tablespoon of dried parsley)

## DIRECTIONS

- 1 Rinse dried beans well. In a large pot, cover beans with water (3+ inches above the beans) and add a pinch of salt. Bring to a boil for 2-3 minutes. Remove from heat, cover and let soak for 1 ½ hours. Drain and rinse.
- 2 Heat olive oil in a large pot. Sauté onion and garlic for 5-6 minutes, or until translucent and slightly softened, stirring frequently.
- 3 Add carrots, celery and sweet potato. Continue cooking for 6-7 minutes.
- 4 Add soaked beans, broth, tomatoes, vinegar, bay leaves, Italian seasoning, salt and red pepper flakes. Bring to a boil, then reduce heat to low and simmer for 40-45 minutes, or until the beans are tender.

*Instead of using fresh onions, carrots, and celery, consider using **frozen** vegetables. They are often more affordable, have a longer shelf life, and are just as nutritious! You can find frozen diced onion, mixed carrots, and celery or a "soup mix" of vegetables.*

# MUSHROOM BARLEY SOUP

Serves 6 people

## INGREDIENTS

3 tablespoons olive oil (can use  
vegetable or canola oil)  
1 cup chopped onion  
¾ cup diced carrots  
½ cup chopped celery  
1 clove minced garlic  
1 lb. sliced mushrooms  
6 cups chicken broth (can use water  
with a chicken bouillon cube)  
¾ cup barley  
Salt and pepper to taste

## DIRECTIONS

- 1 Heat oil in large pot over medium heat. Add onion, carrots, and celery to the pot. Sauté until the onion has softened and has turned translucent, about 5-6 minutes. Add the garlic and sauté for another 1-2 minutes.
- 2 Stir in the mushrooms and cook for 3-4 minutes.
- 3 Add broth, barley, salt and pepper. Bring to a boil and then reduce heat to low, cover and simmer until barley is tender, about 45 minutes.

# 7-CAN VEGGIE SOUP

Source: Cristal Campbell Snow, JLG Member | Serves 4 people

## INGREDIENTS

1 can vegetarian chili  
(we love to use Annie's brand)  
1 can black beans, undrained  
1 can chickpeas, undrained  
1 can sweet corn, undrained  
1 can diced tomatoes, undrained  
1 can mixed peas & carrots, undrained  
1 can green chilies, undrained  
1 packet taco seasoning  
½ teaspoon salt  
½ teaspoon black pepper

## DIRECTIONS

- 1 Stir together chili, black beans, chickpeas, sweet corn, diced tomatoes, mixed peas and carrots, green chilies, taco seasoning mix, salt, and pepper together in a large soup pot.
- 2 Bring to a boil over high heat, then turn down the heat to a simmer. Cook for 15-20 minutes until all the ingredients are combined and the soup thickens.
- 3 If adding cooked rice or leftover shredded chicken, stir in and let simmer until heated through. Serve with other toppings on the side.



# SWEET POTATO CHILI

Source: Out of the Garden | Serves 4 people

## INGREDIENTS

4 cups chopped sweet potato  
2 cans black beans, drained and rinsed  
1 jar chunky salsa  
1 teaspoon cumin  
1 cup vegetable stock or chicken stock  
1 teaspoon smoked paprika  
½ teaspoon salt

*Optional toppings: avocado, sour cream, shredded cheese, green onion, cilantro, jalapeno, lime juice*

## DIRECTIONS STOVETOP:

- 1 Place all ingredients in a large pot or Dutch oven. Bring to a strong simmer over medium high.
- 2 Cover, reduce the heat to medium low until the potatoes are cooked through, about 30-45 minutes, stirring occasionally. May need to add a splash more of vegetable stock if it appears the liquid is low.
- 3 Once cooked, mash to desired consistency.

## SLOW-COOKER:

- 1 Place all ingredients in a slow cooker. Cover and cook on low for 6-8 hours or high for 3-4 hours, until the potatoes are tender.
- 2 If needed, add a splash of vegetable stock during cooking to maintain the desired liquid level.
- 3 Once cooked, mash to your preferred consistency.

*Sweet potatoes are like nature's candy—packed with vitamin A, fiber, and potassium, all while being low in fat and calories!*

*Pasta and beans make a nutritious combo by providing complete protein, fiber, and essential nutrients like iron and B vitamins, making them great for sustained energy and digestion.*

# PASTA FAGIOLI SOUP

Source: Cristal Campbell Snow, JLG Member | Serves 8 people

## INGREDIENTS

2 tablespoons olive oil, divided  
1 lb. ground beef  
1 yellow onion, diced  
2 medium carrots, diced  
3 stalks celery, diced  
3 cloves garlic, minced  
3 8-oz. cans of tomato sauce  
32 oz. chicken broth  
1 15-oz. can diced tomatoes  
1 cup ditalini pasta (or pasta of choice)  
1 15-oz. can red kidney beans  
1 15-oz. can great northern beans (can substitute cannellini beans or navy beans)  
1 tablespoon Italian seasoning  
2 teaspoons sugar  
Salt and pepper to taste  
½ cup water



## DIRECTIONS

- 1 Heat 1 tablespoon olive oil in a large pot over medium high heat. Crumble in ground beef and cook, stirring occasionally until cooked through.
- 2 Drain fat from beef, then transfer beef to a plate and set aside.
- 3 Heat remaining 1 tablespoon olive oil in same pot. Add onions, carrots, and celery; sauté over medium-high heat until tender, about 6 minutes.
- 4 Add garlic and sauté 1 minute longer.
- 5 Add chicken broth, tomato sauce, water, canned tomatoes, sugar and Italian seasoning and cooked beef, then season with salt and pepper to taste.
- 6 Bring to a boil, then reduce heat to medium-low. Cover with lid and allow to simmer, stirring occasionally, until veggies are soft, about 15 - 20 minutes.
- 7 Meanwhile prepare ditalini pasta (or pasta of choice) according to directions on package, cooking to al dente.
- 8 Add cooked and drained pasta to soup along with kidney beans and great northern beans. Thin with a little more broth or water if desired.

*If you don't have Italian seasoning on hand, you can mix your own with dried herbs and seasonings! Combine: 1 tablespoon dried **basil**, 1 tablespoon dried **thyme**, 1 tablespoon dried **rosemary**, 1 tablespoon dried **marjoram**, 1 tablespoon dried **parsley**, and 2 tablespoons dried **oregano**. Optionally, you can add 1 teaspoon **red pepper flakes** and/or 1 teaspoon **garlic powder**. This recipe yields 1/2 cup of seasoning that can be stored in a sealed glass container for later use.*

# LENTIL SOUP

Source: Out of the Garden | Serves 4-6 people

*Lentils are a powerhouse filled with plant-based protein & fiber, supporting good gut health. Lentils are rich in folate, iron, potassium, zinc and magnesium.*

## INGREDIENTS

1 large onion, finely chopped  
2 cups split lentils  
7 ½ cups chicken stock or water  
(If using water: add a bouillon cube, additional salt or lemon for more flavor)  
1 teaspoon cumin  
(or chili powder, curry powder, paprika, or even taco seasoning)  
Juice of half a lemon  
Salt and pepper to taste  
1 tablespoon oil of choice

## DIRECTIONS

- 1 In a large sauce pan, coat the bottom with oil. Once the pan is warm, add the finely chopped onion. Cook until translucent.
- 2 Add broth or water, lentils, salt and pepper.
- 3 Boil gently for about 30 minutes or until lentils are soft. Add more water if the soup needs thickening.
- 4 Stir in cumin or seasoning of choice, lemon juice, and salt to taste.

# CREAMY CHICKEN NOODLE SOUP

Source: Taste of Home | Serves 4 people

## INGREDIENTS

1 quart (4 cups) water  
4 teaspoons chicken bouillon granules  
3 cups uncooked wide egg noodles  
1 11-oz. can condensed cream of chicken soup, undiluted  
1 ½ cups cubed cooked chicken  
Optional: frozen vegetables like corn, peas, or carrots; fresh spinach  
½ cup sour cream  
Minced fresh parsley

## DIRECTIONS

- 1 In a large saucepan, bring water and bouillon to a boil.
- 2 Add noodles; cook, uncovered, until tender, about 10 minutes. Do not drain.
- 3 Add soup, chicken, and frozen vegetables if using; heat through.
- 4 Remove from the heat; stir in the sour cream.
- 5 Garnish with minced parsley.



*If you're not a fan of sour cream but still want the soup to be creamy, omit the sour cream and use ½ cup heavy cream, whole milk or half-and-half.*

*If you'd like to use rice, omit the noodles and add in 1 cup rice when you would the noodles.*



# MOROCCAN CHICKPEA STEW

Source: Taste of Home | Serves 4 people

## INGREDIENTS

1 tablespoon olive oil  
2 cups cubed & peeled butternut squash  
( $\frac{1}{2}$ -inch cubes)  
1 large onion, chopped  
1 large sweet red pepper, chopped  
1 teaspoon ground cinnamon  
 $\frac{1}{2}$  teaspoon pepper  
 $\frac{1}{4}$  teaspoon ground ginger  
 $\frac{1}{4}$  teaspoon ground cumin  
 $\frac{1}{4}$  teaspoon salt  
1 15-oz. can chickpeas or garbanzo  
beans, rinsed and drained  
1 14.5-oz. can diced tomatoes, undrained  
1 cup water  
Optional: chopped cilantro

## DIRECTIONS

- 1 In a Dutch oven, heat oil over medium-high heat.
- 2 Add squash, onion and red pepper; cook and stir until onion is translucent and red pepper is crisp-tender, about 5 minutes.
- 3 Stir in seasonings until blended.
- 4 Add chickpeas, tomatoes and water; bring to a boil.
- 5 Reduce heat; cover and simmer until squash is tender, about 8 minutes. If desired, top with cilantro.

Serve this thick & delicious stew over couscous, rice or a hearty, textured grain like farro or quinoa. Slices of flatbread or naan would be perfect to help scoop it up, too.

# PUMPKIN CHIPOTLE SOUP

Serves 8 people

## INGREDIENTS

2 tablespoons unsalted butter  
2 tablespoons all-purpose flour  
4 cups vegetable stock  
1 29-oz. (large) can pumpkin purée  
1 12-oz. can evaporated milk  
(or 1  $\frac{1}{2}$  cups half-and-half)  
2 chipotle peppers in adobo sauce,  
minced (use more for extra spice)  
2 tablespoons sofrito  
1 tablespoon Worcestershire sauce  
1 teaspoon salt  
1 teaspoon paprika

Optional toppings: chopped cilantro,  
shredded Monterey Jack cheese, cubed  
avocado, sour cream

## DIRECTIONS

- 1 Melt butter in a large saucepan over medium heat. Stir in flour; cook until golden brown, about 3 minutes.
- 2 Whisk in vegetable stock; bring to a boil over high heat.
- 3 Whisk in pumpkin purée until no lumps remain, then stir in evaporated milk, chipotle peppers, sofrito, Worcestershire sauce, salt, and paprika.
- 4 Return to a simmer, then reduce heat to medium-low; cook until thickened and hot, about 8 minutes. Serve with desired toppings.



Find the chipotle peppers and the sofrito in the Hispanic section of your grocery store. Enjoy this smoky, mildly spicy soup with cornbread!

# SIDE DISHES

32 *Succotash & Braised Cabbage*

33 *Broccoli Salad with Lemon & Almonds, Spicy Cajun Potato Wedges, & Rice and Beans*

34 *Simple Pasta Salad & Sweet Potato and Chickpea Stir-fry*

35 *Chickpeas, 5 Ways*

36 *Grits & Greens*



# SUCCOTASH

Serves 8-10 people

## INGREDIENTS

1 yellow onion, diced  
2 tablespoons butter, divided  
1 12-oz. bag frozen lima beans  
1 12-oz. bag frozen sweet corn  
1 cup vegetable broth or chicken broth  
1 14.5-oz. can diced tomatoes  
½ teaspoon dried thyme  
1 to 2 cloves minced garlic  
(or ½ teaspoon garlic powder)  
1 teaspoon salt  
Black pepper to taste  
*Optional: top with chopped fresh parsley*

## DIRECTIONS

- 1 Heat a large skillet over medium heat. Add 1 tablespoon of butter and diced onion. Sauté until the onion is softened and translucent.
- 2 Add the lima beans, corn, broth, canned tomatoes, thyme, garlic, salt, & pepper to the skillet. Stir to combine and bring to a simmer. Simmer for 10 to 12 minutes, stirring occasionally.
- 3 Add the remaining tablespoon of butter and stir in until melted. If using, top with chopped fresh parsley.

*Bacon or ham can be added for a richer, savory flavor. Get creative by adding fresh in-season vegetables like okra, jalapeño, green beans, peppers or zucchini.*

# BRAISED CABBAGE

Serves 4 people

## INGREDIENTS

1 small head cabbage, shredded  
½ onion, chopped  
1 cup vegetable or chicken broth  
1 teaspoon apple cider vinegar  
Salt and pepper to taste  
*Optional: 2 slices bacon*

## DIRECTIONS

- 1 If using bacon, cook the bacon in a large pot until crispy, then remove and crumble it. Reserve the bacon drippings.
- 2 Add the chopped onion to the pot and sauté in the bacon drippings (or a bit of oil) until softened.
- 3 Pour in the broth and apple cider vinegar, and season with salt and pepper.
- 4 Cover and let the cabbage braise on low heat for 15-20 minutes, stirring occasionally.
- 5 If using bacon, stir the crumbled bacon into the cabbage just before serving.



*This Southern classic is good for your gut! Onions contain antioxidants that support heart health and may help lower inflammation. Apple cider vinegar can aid digestion and help regulate blood sugar levels.*

# BROCCOLI SALAD WITH LEMON & ALMONDS

*Serves 3-4 people*

## INGREDIENTS

1 bag frozen broccoli florets  
(or 1 bunch fresh broccoli)  
¼ cup sliced almonds  
1 tablespoon olive oil  
1 tablespoon lemon juice  
Salt and pepper to taste

## DIRECTIONS

- 1 Steam or microwave the broccoli until tender.
- 2 While the broccoli cooks, toast the sliced almonds in a dry pan for 2-3 minutes until golden.
- 3 In a large bowl, toss the cooked broccoli with olive oil, lemon juice, salt, and pepper.
- 4 Top with toasted almonds and serve chilled or at room temperature.

# SPICY CAJUN POTATO WEDGES

*Serves 4 people*

## INGREDIENTS

4 medium potatoes, cut into wedges  
(can swap with sweet potatoes)  
2 tablespoons olive oil  
1 teaspoon paprika  
½ teaspoon garlic powder  
½ teaspoon onion powder  
Optional: ½ teaspoon cayenne pepper  
Salt and pepper to taste

## DIRECTIONS

- 1 Preheat the oven to 400°F.
- 2 Toss the potato wedges with olive oil, paprika, garlic powder, onion powder, cayenne pepper, salt, and pepper.
- 3 Spread the wedges in a single layer on a baking sheet. Bake for 25-30 minutes, flipping halfway through, until the potatoes are crispy and golden.



# RICE & BEANS

*Serves 4 people*

## INGREDIENTS

1 cup rice  
1 15-oz. can black beans or kidney beans, drained and rinsed  
½ onion, chopped  
1 teaspoon cumin  
½ teaspoon chili powder  
Salt and pepper to taste

## DIRECTIONS

- 1 Cook the rice according to package instructions.
- 2 In a separate sauté pan, sauté the chopped onion in a bit of oil until softened.
- 3 Add the beans, cumin, chili powder, salt, and pepper to the pan and cook until heated through.
- 4 Serve the beans over the cooked rice

**Switch it up:** Stir in lime juice for a bright finish. Swap white rice for brown rice, quinoa, or cauliflower rice. Mash some of the beans for a creamier texture.

*Optional Add-Ins:*

**Cheese:** Add cubed or shredded cheese like feta, cheddar or mozzarella

**Herbs:** Add fresh or dried herbs like parsley or basil

**Protein:** Add cooked chicken, tuna, or hard-boiled eggs for a more filling salad

# SIMPLE PASTA SALAD

*Serves 6 people*

## DIRECTIONS

- 1 Cook the pasta according to package instructions. Drain and rinse it under cold water to cool it down quickly.
- 2 If using frozen peas, thaw them in the microwave or boil them for 2-3 minutes until tender. Drain and set aside.
- 3 In a large bowl, combine the cooled pasta, peas, cucumber, bell pepper, and onion.
- 4 In a small bowl, mix together the mayonnaise, olive oil, vinegar, garlic powder, salt, and pepper. Pour the dressing over the pasta and vegetables, and toss everything together until well-coated.
- 5 Refrigerate for at least 30 minutes before serving to allow the flavors to meld.

## INGREDIENTS

1 lb. pasta (*rotini, penne, or elbow macaroni*)  
1 cup frozen peas  
½ cup diced cucumber  
½ cup diced bell pepper  
¼ cup red onion, finely chopped  
¼ cup mayonnaise  
2 tablespoons olive oil  
1 tablespoon vinegar (*white or apple cider*)  
½ teaspoon garlic powder  
Salt and pepper to taste

# SWEET POTATO & CHICKPEA STIR-FRY

*Serves 3-4 people*

## INGREDIENTS

2 tablespoons olive oil  
2 medium sweet potatoes, peeled and diced  
1 15.5-oz. can chickpeas, drained and rinsed  
1 bell pepper, chopped  
½ teaspoon cumin  
¼ teaspoon paprika  
Salt and pepper to taste  
*Optional: chopped fresh parsley for garnish*

## DIRECTIONS

- 1 Heat olive oil in a large skillet over medium heat. Add the diced sweet potatoes and cook for about 10-12 minutes, until they begin to soften.
- 2 Add the chopped bell pepper, cumin, paprika, salt, and pepper, and stir to combine.
- 3 Add the chickpeas and continue to cook for another 5-7 minutes until everything is heated through and the sweet potatoes are tender.
- 4 Garnish with fresh parsley if desired and serve as a filling, hearty side dish.





# CHICKPEAS

Canned chickpeas, also called garbanzo beans, are a budget-friendly pantry staple packed with nutrition. They're rich in plant-based protein, fiber, iron, and folate, making them an excellent choice for supporting digestion, energy production, and overall health. Plus, they come with aquafaba — the liquid in the can — which can be a surprisingly useful ingredient. Let's dive into five simple, nutritious ways to make the most of canned chickpeas!

## 5 WAYS

### 1 CRUNCHY ROASTED CHICKPEAS

Toss chickpeas with **olive oil** and **spices**, then roast until crispy. These make a protein- and fiber-rich snack or a crunchy topping for salads and soups, adding texture and flavor without extra cost.



### 2 PROTEIN-PACKED SALADS & BOWLS

Add canned chickpeas to salads or grain bowls for a filling boost of plant-based protein. Try mixing them with **quinoa**, **chopped veggies**, and a **lemon-tahini dressing** for a nutrient-dense lunch. Or toss them with **spinach**, **cherry tomatoes**, **cucumbers**, and **feta** for a Mediterranean-inspired salad. Their hearty texture makes salads more satisfying and adds a dose of fiber and essential nutrients.



### 3 CREAMY HUMMUS OR DIPS

Blend chickpeas with **garlic**, **lemon juice**, and **olive oil** for a quick, nutrient-dense dip. It's perfect for spreading on sandwiches or serving with vegetables and whole-grain crackers for a satisfying snack.



### 4 HEARTY STEWS & CURRIES

Stir chickpeas into soups, stews, or curries to add protein and fiber. They absorb spices beautifully, making them an ideal addition to dishes with bold, warming flavors.



### 5 AQUAFABA AS A VERSATILE SUBSTITUTE

Don't toss the liquid in the can! Aquafaba works as an **egg substitute** in baking or can be whipped into a frothy topping for desserts. It's a cost-effective, vegan-friendly way to add structure and lightness to recipes.



*Collard greens are packed with calcium, which supports strong bones, and are also a great source of vitamins A and C, promoting eye health and boosting immunity!*

## INGREDIENTS

### *Greens:*

- 1/2 teaspoon salt
- 1 lb. collard greens, washed, destemmed and cut into bite-size pieces
- 3 tablespoons olive oil
- 1 red onion, finely chopped
- 1/2 teaspoon minced fresh ginger
- 1/4 teaspoon chili powder
- 1/8 teaspoon cayenne pepper
- 2 large garlic cloves, minced
- 1 cup vegetable stock
- 1 red bell pepper, diced

### *Grits:*

- 4 cups vegetable stock
- 1 teaspoon salt
- 3/4 cup yellow corn grits
- 1/2 cup whole milk
- Black pepper to taste

*Optional: hot pepper vinegar for serving*



# GRITS AND GREENS

*Source: Chef Lynn Wells, as seen in **Our State** magazine*

*Serves 4-6 people*

## DIRECTIONS

### *For the greens:*

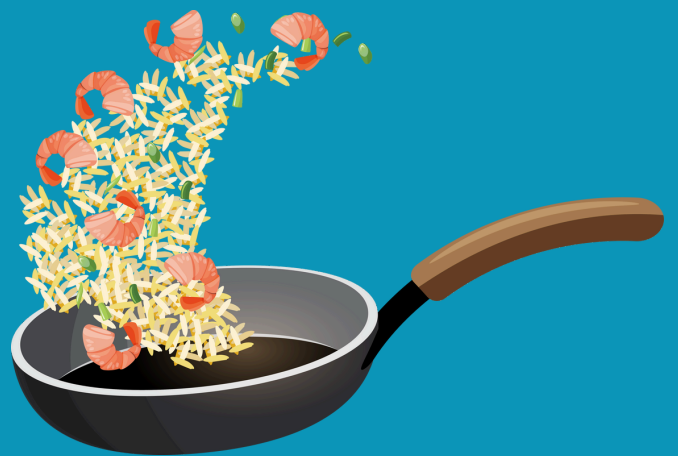
- 1 Add 12 cups of water in a large pot and bring to a boil over high heat. Add 1 tablespoon of salt, then add greens and cook uncovered until softened, about 10 minutes. Drain well, pressing greens to extract as much liquid as possible.
- 2 Add olive oil to a medium sauté pan and heat over medium heat. Add onion, ginger, chili powder, cayenne, and remaining 1/4 teaspoon salt. Sauté until onion is soft and beginning to brown, about 10 minutes. Add garlic and sauté for 2 minutes.
- 3 Stir in greens and stock and bring to a simmer. Decrease the heat to medium-low, cover, and simmer, stirring occasionally, until greens are tender, about 45 minutes.
- 4 Stir in bell pepper. Increase the heat to medium-high, cover, and simmer for 2 minutes. Taste and season with more salt if desired.

### *For the grits:*

- 1 While the greens are simmering, put 3 cups of stock and salt in a medium saucepan and bring to a boil over high heat. Slowly pour in grits, whisking constantly until no lumps remain. Return to a boil, then immediately decrease the heat to low. Simmer uncovered, whisking occasionally to prevent sticking, until grits have absorbed most of liquid and are beginning to thicken, 3 to 5 minutes.
- 2 Add remaining 1 cup stock and simmer for 10 minutes, whisking occasionally, until most of liquid has been absorbed.
- 3 Stir in milk, cover, and simmer, whisking frequently, until grits are soft and fluffy, about 30 minutes. Grits should be firm and creamy. Add a bit of hot water to thin them if necessary.
- 4 To serve, top grits with greens, using a slotted spoon so that liquid drains from greens. Add a splash of hot-pepper vinegar, if using, and season with black pepper.

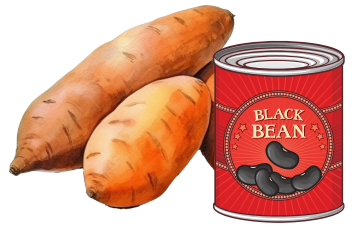
# MAIN DISHES

- 38 *Sweet Potato and Black Bean Enchiladas*
- 39 *Spicy Ratatouille with Spaghetti*
- 40 *Stuffed Cabbage Rolls & Cheesy Turkey Skillet*
- 41 *Ground Beef, 5 Ways*
- 42 *Southwestern Taco Casserole & Mix and Match Meatballs*
- 43 *Baked Spaghetti & Homemade Garlic Bread*
- 44 *Peanut Pork Noodles*
- 45 *Ground Pork, 5 Ways*
- 46 *Creamy Cajun Pasta*
- 47 *Pasta, 5 Ways*
- 48 *Chicken and Rice & Honey Garlic Chicken Thighs*
- 49 *Chicken Stir-fry & Slow-Cooked Creamy Mushroom Chicken*
- 50 *Canned Chicken, 5 Ways*
- 51 *Shrimp Scampi & Shrimp Fried Rice*
- 52 *Tuna Puttanesca*
- 53 *Canned Tuna, 5 Ways*



# SWEET POTATO & BLACK BEAN ENCHILADAS

*Serves 4-6 people*



## INGREDIENTS

2 medium sweet potatoes,  
peeled and diced  
1 15-oz. can black beans,  
drained and rinsed  
1 14.5-oz. can diced tomatoes  
½ onion, chopped  
1 teaspoon cumin  
1 teaspoon chili powder  
½ teaspoon paprika  
Salt and pepper, to taste  
8-10 flour tortillas  
1 ½ cups enchilada sauce  
1 ½ cups shredded cheese of  
choice

*Optional Toppings: sour cream,  
chopped cilantro, or chopped  
green onions*



*For a smoky twist, try adding  
roasted poblano peppers to the  
filling for a rich, slightly spicy  
flavor that complements the  
sweetness of the potatoes!*

## DIRECTIONS

- 1 Preheat the oven to 400°F.
- 2 Place the diced sweet potatoes on a baking sheet, drizzle with a bit of oil, and sprinkle with a pinch of salt and pepper. Roast for about 20-25 minutes, or until tender and lightly browned, stirring halfway through.
- 3 While the sweet potatoes roast, heat a little oil in a large skillet over medium heat. Add the chopped onion and cook for 4-5 minutes until softened.
- 4 Add the drained black beans, diced tomatoes (with their juice), cumin, chili powder, paprika, salt, and pepper. Stir to combine and cook for another 5-7 minutes, allowing the flavors to blend.
- 5 Once the sweet potatoes are roasted, add them to the skillet with the black bean mixture. Stir everything together and cook for a couple more minutes to heat through.
- 6 Reduce oven to 375°F.
- 7 Spread a little enchilada sauce on the bottom of a 9x13-inch baking dish.
- 8 Warm the tortillas slightly (this makes them easier to roll) in the microwave or in a dry skillet for a few seconds.
- 9 Spoon the sweet potato and black bean mixture into each tortilla and roll them up. Place the filled tortillas seam-side down in the baking dish.
- 10 Once all the enchiladas are rolled and placed in the dish, pour the remaining enchilada sauce over the top and sprinkle with shredded cheese.
- 11 Cover the baking dish with aluminum foil and bake for 20 minutes. Then, remove the foil and bake for an additional 5-10 minutes, or until the cheese is melted and bubbly.
- 12 Let the enchiladas rest for a few minutes before serving. You can top them with sour cream, cilantro, or green onions.



# SPICY RATATOUILLE WITH SPAGHETTI

Serves 4 people

*Ratatouille is a traditional French vegetable stew, made by slow-cooking a mix of vegetables—typically tomatoes, zucchini, eggplant, bell peppers, onions, and garlic—along with herbs in olive oil.*

## INGREDIENTS

1 medium zucchini  
1 medium eggplant  
1 bell pepper  
1 onion

8 oz. spaghetti (or any pasta you have on hand)

1 tablespoon olive oil  
2 cloves garlic, minced  
1 15-oz. can diced tomatoes  
1 15-oz. can tomato sauce  
1 teaspoon dried oregano  
1 teaspoon dried basil  
½ teaspoon paprika  
½ teaspoon red pepper flakes  
Salt and pepper to taste  
*Optional: 1 teaspoon of sugar*

*Optional Toppings: chopped fresh parsley or grated Parmesan*

## DIRECTIONS

- 1 Wash and dice the zucchini, eggplant, bell pepper, and onion into bite-sized pieces.
- 2 Bring a large pot of salted water to a boil and cook the spaghetti according to package instructions. Drain and set aside.
- 3 In a large skillet or saucepan, heat olive oil over medium heat. Add the onion and garlic, cooking until softened and fragrant, about 2-3 minutes.
- 4 Add the zucchini, eggplant, and bell pepper to the pan. Sauté for about 5-7 minutes, or until the vegetables start to soften.
- 5 Stir in the canned diced tomatoes and tomato sauce, and add the dried oregano, basil, paprika, red pepper flakes, salt, and pepper. If the sauce tastes too acidic, add the teaspoon of sugar to balance it out.
- 6 Let the ratatouille simmer over medium heat for about 15-20 minutes, stirring occasionally, until the vegetables are tender and the sauce has thickened. Adjust the seasoning as needed.
- 7 Once the ratatouille is ready, toss the cooked spaghetti into the skillet with the ratatouille, or serve the ratatouille over the pasta.
- 8 Top with fresh parsley or grated Parmesan cheese.



*Eggplant is low in calories but high in nutrients like vitamins C and K, making it a great addition to a heart-healthy, antioxidant-packed meal!*



# STUFFED CABBAGE ROLLS

*Serves 6 people*

## INGREDIENTS

1 large head of cabbage  
1 onion, finely chopped  
2 garlic cloves, minced  
1 lb. ground turkey  
½ teaspoon ground cumin  
½ teaspoon dried oregano  
½ teaspoon dried thyme  
1 teaspoon paprika  
1 cup cooked rice

1 14.5-oz. can diced tomatoes  
1 15-oz. can tomato sauce  
¼ teaspoon crushed red pepper flakes  
Salt and pepper to taste

*Optional Toppings: chopped fresh parsley*

## DIRECTIONS

- 1 Carefully remove the leaves from the cabbage and blanch them in boiling water for 2-3 minutes, or until softened. Set them aside to cool.
- 2 In a large skillet, sauté the onion and garlic in a little oil until softened, about 5 minutes.
- 3 Add the ground turkey to the pan and cook until browned. Season with salt, pepper, cumin, oregano, thyme, and paprika. Stir in the cooked rice. Mix well and remove from heat.
- 4 Place about 2-3 tablespoons of the filling in each cabbage leaf and roll tightly, tucking in the sides as you go.
- 5 In a large pot or Dutch oven, combine the diced tomatoes, tomato sauce, crushed red pepper flakes, salt, and pepper. Bring to a simmer.
- 6 Carefully place the cabbage rolls seam-side down into the pot with the sauce. Cover and simmer for about 45 minutes, or until the cabbage is tender and the filling is fully cooked.
- 7 Top with fresh parsley, if using.



*Ground turkey is a lean protein that's lower in fat, making it a heart-healthy option for reducing saturated fat intake.*

## INGREDIENTS

1 box whole wheat pasta of choice (macaroni, ziti, penne)  
1 tablespoon oil  
1 lb. ground turkey  
1 10-oz. can diced tomatoes & green chilies, drained  
2 cups shredded sharp cheddar cheese  
Salt and pepper to taste

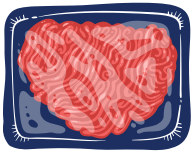
*Optional Seasonings: 1 teaspoon garlic powder, ½ teaspoon onion powder, and ½ teaspoon paprika*

# CHEESY TURKEY SKILLET

*Source: Katie Kirby, JLG Member | Serves 4 people*

## DIRECTIONS

- 1 Bring a large pot of water to a boil. Once boiling, add your whole wheat pasta and cook according to the package instructions. Drain and set aside.
- 2 While the pasta is cooking, heat a pan over medium heat. Add 1 tbsp. of oil and cook the ground turkey, breaking it up with a spoon. Season with salt, pepper, and, if using, garlic powder, onion powder, and/or paprika. Cook until the turkey is browned and cooked through, about 6-8 minutes.
- 3 Once the pasta is drained, return it to the pot. Add the shredded sharp cheddar, the drained diced tomatoes with green chilies, and the cooked ground turkey. Stir everything together until the cheese is mostly melted and everything is well combined.



# GROUND BEEF

# 5 WAYS

Ground beef is a versatile and affordable protein that can elevate your meals with essential nutrients. Rich in iron, zinc, and B vitamins, it supports energy production, immune function, and muscle growth. Choosing lean ground beef helps you maximize protein while keeping saturated fats in check. Let's explore five ways to enjoy this powerhouse ingredient without stretching your budget!

## 1 STUFFED BELL PEPPERS

Mix ground beef with **cooked rice**, **vegetables**, and **spices** to fill halved **bell peppers**. Bell peppers add vitamin C and antioxidants, while the beef provides hearty protein. Bake until tender for a colorful, nutrient-packed meal.



## 2 BEEF & VEGETABLE STIR-FRY

Brown ground beef in a pan, then toss in seasonal vegetables like **broccoli**, **carrots**, and **spinach**. Add a simple **soy or garlic sauce** for flavor. This dish is a quick, high-protein dinner loaded with fiber and vitamins.

## 3 SAVORY BEEF & LENTIL SOUP

Combine ground beef with **lentils**, **diced tomatoes**, and **spices** for a filling soup. Lentils stretch the beef while adding plant-based protein, fiber, and iron. It's a wholesome option that works well for meal prep.

## 4 HOMEMADE BEEF TACOS

Not just for Tuesdays! Sauté ground beef with **onions** and **taco seasoning**, then serve in **tortillas** with **lettuce**, **salsa**, and **shredded cheese**. This classic dish delivers protein, healthy fats, and fresh veggies in every bite.



## 5 BEEF & SWEET POTATO SKILLET

Cook ground beef with **diced sweet potatoes** and your favorite **herbs**. Sweet potatoes bring complex carbs and vitamin A to balance the protein-rich beef. It's a simple, one-pan meal with a satisfying nutrient profile.

*With these easy ideas, ground beef can become the foundation for countless healthy and affordable meals. By pairing it with vegetables, legumes, and whole grains, you can create dishes that are both nourishing and budget-conscious. Enjoy experimenting in the kitchen!*



# SOUTHWESTERN TACO CASSEROLE

Source: Cristal Campbell Snow, JLG Member | Serves 8 people

## INGREDIENTS

2 cups uncooked macaroni noodles  
1 ½ lbs. ground beef  
1 yellow onion, finely diced  
2 cloves garlic, minced  
2 14.5-oz. cans diced tomatoes  
1 15-oz. can kidney beans  
1 6-oz. can tomato paste  
1 4-oz. can chopped green chilies  
1 ½ teaspoons salt  
½ taco seasoning packet  
2 cups Pepper Jack cheese, shredded  
Optional: 2 jalapeños

## DIRECTIONS

- 1 Cook macaroni according to package directions. Drain and set aside.
- 2 Meanwhile, in a large saucepan, cook beef and onion over medium heat until meat is no longer pink, breaking it into crumbles. Add garlic; cook 1 minute longer. Drain.
- 3 Stir in tomatoes through taco seasoning. Bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes.
- 4 Add cooked macaroni to the beef mixture.
- 5 Preheat oven to 375°F. Transfer mixture to two greased 2-qt. baking dishes. Top with cheese and jalapeños. Cover with foil and bake for 30 minutes.
- 6 Uncover; bake until bubbly & heated through, about 10 minutes longer.



*This recipe makes 2 casseroles.  
Serve one, then cool the second;  
cover and freeze up to 3 months.*

# MIX & MATCH MEATBALLS



## CHOOSE YOUR PROTEIN

**Beef:** Rich and hearty, great for Italian or BBQ-style meatballs.

**Pork:** Adds juiciness and works well in Asian or spicy flavors.

**Chicken/Turkey:** Leaner options that absorb flavors, perfect for Mediterranean or buffalo-style meatballs.

**Lamb:** A bold choice for Greek or Middle Eastern meatballs.

## SELECT SEASONINGS

**Italian:** Garlic, oregano, basil, and Parmesan

**Asian:** Ginger, soy sauce, and sesame oil

**Greek:** Oregano, cumin, and a touch of cinnamon

**Mexican:** Cumin, chili powder, and cilantro

**BBQ:** Smoked paprika, black pepper, and brown sugar

## PICK A BINDER

A good meatball needs structure!

Use:

- **Breadcrumbs** (regular or panko) for texture
- **Eggs** to hold everything together
- **Dairy** (milk or yogurt) to keep them moist

## COOK & PAIR WITH A SAUCE

**Tomato-based sauces:** Perfect for Italian meatballs.

**Teriyaki or soy-based glazes:** Great for Asian-style meatballs.

**Tzatziki or garlic yogurt sauce:** Complements Greek meatballs.

**Buffalo or BBQ sauce:** Adds bold flavor to chicken or pork meatballs.



# BAKED SPAGHETTI

Source: Tamaya Franks, JLG Member | Serves 8 people

*Make this recipe your own!  
Use penne, rotini, or other pasta  
shapes. Try cheddar cheese in  
place of the mozzarella.*

## INGREDIENTS

1 lb. ground beef  
12 oz. spaghetti  
24 oz. jar of marinara sauce  
1 ½ cups shredded mozzarella  
cheese  
1 tablespoon olive oil  
Salt and pepper to taste

*Optional Seasonings: 1 teaspoon  
garlic powder, 1 teaspoon Italian  
seasoning, and/or a pinch of red  
pepper flakes*

## HOMEMADE GARLIC BREAD

1 loaf French or Italian bread  
(approx. 24" long)  
6 tablespoons salted butter, room  
temperature  
2 tablespoons olive oil  
4 cloves garlic, minced  
2 tablespoons chopped fresh parsley  
1/8 tsp salt  
¼ teaspoon garlic powder

Preheat the oven to 400°F. In a bowl,  
mix the room-temperature butter,  
olive oil, minced garlic, garlic powder,  
chopped parsley, salt & until relatively  
smooth.

Cut the loaf in half, into two 12" long  
pieces, then cut each piece open  
lengthwise. Lay the bread on a baking  
sheet cut sides facing up. Spread the  
garlic butter mixture evenly over the  
open surfaces of the bread.

Bake the bread for 10-15 minutes, or  
until the edges are golden brown and  
crispy. Cut the bread into 2-inch  
sections and serve hot.

## DIRECTIONS

- 1 Heat a skillet over medium heat. Add the ground beef and cook, breaking it apart with a spoon until browned. Once fully cooked, drain the fat and return the beef to the skillet. Stir in 1 tablespoon olive oil for extra flavor, then season with salt, pepper and, if using, garlic powder, and Italian seasoning.
- 2 Pour in the marinara sauce and let it simmer on low heat for 10-15 minutes, allowing the flavors to meld. For a touch of heat, add a pinch of red pepper flakes!
- 3 While the meat sauce simmers, bring a large pot of water to a boil. Add a pinch of salt to the water, then cook the spaghetti according to the package instructions, until al dente. Once cooked, drain the pasta and return it to the pot.
- 4 Pour the simmered meat sauce over the cooked pasta. Toss gently until the spaghetti is well-coated with the sauce.
- 5 Preheat your oven to 350°. Transfer the pasta mixture into a greased baking dish. Sprinkle the shredded mozzarella cheese generously over the top. Bake in the oven for 20-25 minutes, or until the cheese is melted, bubbly, and slightly golden.
- 6 Serve with garlic bread.



*Instead of peeling ginger with a vegetable peeler, remove the papery skin by scraping it with a spoon, using firm, downward strokes.*

# PEANUT PORK NOODLES

*Source: Cristal Campbell Snow, JLG Member | Serves 4 people*

## INGREDIENTS

½ cup crunchy peanut butter  
¼ cup low-sodium soy sauce  
¼ cup unseasoned rice vinegar  
3 tablespoons sriracha  
3 tablespoons honey

1 head of broccoli  
1 lb. ground pork  
Salt to taste  
2 tablespoons vegetable oil  
6 garlic cloves, thinly sliced  
1 (2-inch) piece ginger, grated

1 lb. linguine (*can substitute with pasta of choice*)

*Optional Toppings: chopped fresh cilantro, lemon, and/or chopped peanuts*

## DIRECTIONS

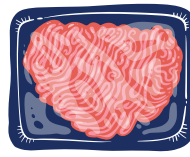
- 1 Bring a large pot of salted water to a boil.
- 2 In a medium bowl, whisk together peanut butter, soy sauce, rice vinegar, sriracha, and honey until well combined. Set this aside.
- 3 Cut broccoli into florets.
- 4 Divide and shape ground pork into 3-inch round patties. Season all over with salt.
- 5 Heat vegetable oil in a large Dutch oven over medium heat until just beginning to smoke. Add pork patties in a single layer and cook, undisturbed, until crispy and brown underneath, 3 to 4 minutes. Use the spatula to flip the patties over and then break them into smaller pieces.
- 6 Add the garlic and ginger and cook, stirring often, until fragrant, 2 minutes longer. Remove from the heat.
- 7 Add linguine to the boiling water and cook according to the package directions until al dente. One to two minutes before you drain the pasta, put broccoli in the pot to blanch. Scoop out and reserve 1 ½ cups of the pasta water, then drain the pasta.
- 8 Add drained pasta to Dutch oven along with the peanut sauce and about ½ cup of reserved pasta water. Turn the heat down to medium and cook stirring and adding more pasta water as needed, until noodles are well coated, about 1 minute.
- 9 Remove pan from heat and top with cilantro, chopped peanuts, and lemon, if using.



*You can easily customize this dish by swapping or adding different vegetables! Try red, yellow, or orange bell peppers, julienned carrots, or snow peas for added nutrition, freshness, and crunch.*



# GROUND PORK



# 5 WAYS

Ground pork is a budget-friendly protein packed with essential nutrients like iron, zinc, and B vitamins, which support energy production and immune health. It's also rich in high-quality protein for muscle maintenance. Pork's mild flavor makes it perfect for absorbing spices and sauces, letting you explore diverse cuisines without overspending. Here are five ways to make the most of ground pork, each with a unique flavor twist!

## 1 SAVORY PORK & CABBAGE STIR-FRY

Sauté ground pork with **shredded cabbage**, **garlic**, **ginger**, and **soy sauce** for a quick, nutrient-dense dish. The cabbage adds fiber and vitamins, while the ginger and garlic provide anti-inflammatory properties.

## 2 PORK & BLACK BEAN TACOS

Cook ground pork with **cumin**, **paprika**, and **chili powder**, then pair it with **black beans** for extra fiber and plant-based protein. Serve in **tortillas** with **salsa** and **lime** for a vibrant, flavor-packed meal.



## 3 MEDITERRANEAN PORK & CHICKPEA BOWLS

Brown ground pork with **oregano**, **garlic**, and **lemon**, then mix with **chickpeas**, **tomatoes**, and **cucumber**. The pork's protein pairs perfectly with the fiber and antioxidants in the veggies, creating a balanced dish.

## 4 HEARTY PORK & LENTIL SOUP

Simmer ground pork with **lentils**, **carrots**, and **herbs** for a warming, nutrient-rich soup. Lentils add fiber and extra protein, while pork brings a satisfying richness without the need for heavy ingredients.

## 5 VERSATILE PORK MEATBALLS

Mix ground pork with **breadcrumbs**, **herbs**, and **spices** to make meatballs. Try Italian-style with **garlic** and **oregano**, Asian-inspired with **ginger** and **soy sauce**, or Middle Eastern with **cumin** and **coriander**. Serve them with pasta, rice, or roasted veggies for a customizable, protein-packed dish.



*These ideas showcase how ground pork can be transformed into flavorful, well-rounded meals that nourish your body and excite your taste buds – all while keeping your grocery bill in check.*



*Why make your own seasoning blend?  
It allows you to control the flavor  
while avoiding unnecessary additives  
like preservatives or excess salt.*

# CREAMY CAJUN PASTA

*Serves 6 people*

## INGREDIENTS

### *Cajun Seasoning:*

2 teaspoons smoked paprika  
1 teaspoon dried oregano  
1 teaspoon dried thyme  
½ teaspoons garlic powder  
½ teaspoon onion powder  
⅛ teaspoon cayenne pepper  
¼ teaspoon black pepper  
¼ teaspoon salt

### *Pasta:*

1 tablespoon olive oil  
1 tablespoon butter  
1 lb. ground pork or turkey  
1 yellow onion, diced  
½ bell pepper diced  
1 cup chopped spinach  
1 lb. penne pasta  
1 15-oz. can fire-roasted diced tomatoes  
3 cups chicken broth  
4 oz. cream cheese

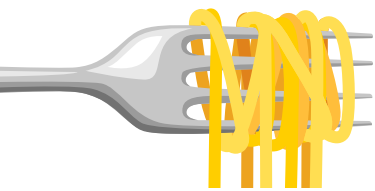
*Optional Toppings: sliced green onions, chopped cilantro, chopped parsley or diced jalapeños*

## DIRECTIONS

- 1 In a small bowl, combine the smoked paprika, oregano, thyme, garlic powder, onion powder, cayenne pepper, black pepper, and salt. Stir until well blended.
- 2 Heat the olive oil and butter in a large deep skillet over medium-high heat. Once the oil is hot and the butter is melted and bubbly, add the ground meat and Cajun seasoning to the skillet. Use a spatula to break it apart as it cooks. Cook for about 5-6 minutes, or until the meat is browned and cooked through.
- 3 Add the diced yellow onion and bell pepper to the skillet and sauté for another 2 minutes, or until the onion and pepper softens and becomes fragrant. Stir occasionally to prevent burning and to loosen any browned bits from the bottom of the skillet.
- 4 Add the uncooked penne pasta, fire-roasted diced tomatoes (with their juices), and chicken broth to the skillet. Stir until evenly combined. Bring the mixture to a boil, then reduce the heat to medium-low and cover. Let the pasta simmer for about 10-12 minutes, stirring every 2-3 minutes, until the pasta is tender and the liquid thickens into a saucy consistency.
- 5 Add the cream cheese in chunks to the skillet and stir until it melts into the sauce, making it creamy and smooth.
- 6 Add the spinach and stir until heated through and well combined.
- 7 Serve topped with your choice of toppings: sliced green onions, chopped cilantro, chopped parsley, or diced jalapeños.



*Make the switch to whole wheat pasta! Whole wheat pasta is healthier than regular pasta because it contains more fiber, which aids digestion and helps regulate blood sugar levels. It also retains essential nutrients like B vitamins, iron, and magnesium.*



# PASTA

# 5 WAYS

Pasta is a pantry staple that's both budget-friendly and versatile. It's a great source of complex carbohydrates, providing long-lasting energy. Whole-grain varieties add extra fiber, which supports digestion and helps you feel full. Plus, pasta pairs well with vegetables, lean proteins, and healthy fats, making it an excellent base for balanced meals. Let's explore five nutritious ways to make the most of this affordable ingredient!

## 1 VEGGIE-PACKED PASTA PRIMAVERA

Toss cooked pasta with sautéed seasonal vegetables like **green peas**, **zucchini**, **bell peppers**, or **spinach**. Add a splash of **olive oil** and **herbs** for flavor. The veggies bring vitamins and antioxidants, turning a simple dish into a nutrient powerhouse.



## 2 PROTEIN-BOOSTED PASTA BOWLS

Mix pasta with lean proteins like **grilled chicken**, **canned tuna**, or **beans**. Add a **light sauce** or **pesto** for flavor. The combination of protein and carbs makes this a well-rounded meal that keeps you energized.



## 3 HEARTY PASTA & BEAN SOUP

Add small pasta shapes like **ditalini**, **stelline**, or **orzo** to a vegetable and bean soup. Beans provide fiber and plant-based protein, while the pasta makes the soup more filling. It's a comforting, nutrient-dense meal perfect for batch cooking.



## 4 MEDITERRANEAN PASTA SALAD

Combine cooked pasta with **tomatoes**, **cucumbers**, **olives**, and **feta cheese**. Dress with **olive oil** and **lemon juice**. This dish is rich in healthy fats and antioxidants, making it a refreshing, nutrient-packed option.



## 5 BAKED PASTA WITH GREENS & CHEESE

Layer cooked pasta with sautéed greens like **kale** or **spinach**, a light **tomato sauce**, and a sprinkle of **cheese**. Bake until bubbly. The greens add iron and vitamins, while the cheese provides calcium and protein.





*Rice is a staple food for more than half of the world's population, making it one of the most widely consumed grains globally!*

### INGREDIENTS

4 tablespoons unsalted butter, divided  
1 cup chopped carrots  
2 stalks celery, sliced  
½ teaspoon salt  
½ teaspoon black pepper  
2 cups uncooked long grain rice  
1 tablespoon dried minced onion  
1 teaspoon dried minced garlic  
2 tablespoons dried parsley flakes  
8 cups (2 qt.) chicken stock  
2 chicken breasts *or* 4 chicken thighs, cut into small bite-sized pieces  
Salt and pepper to taste



# CHICKEN AND RICE

Source: Chef Lynn Wells, as seen in **Our State** magazine

Serves 6 people

### DIRECTIONS

- 1 Melt 2 tablespoons butter in a large soup pot over medium heat. Add carrots and celery, seasoning with salt and pepper. Cover and cook vegetables for 5-6 minutes on medium heat, stirring occasionally.
- 2 Add rice, dried onions, and dried garlic to pot, stir to coat the rice in butter and saute for 1 minute.
- 3 Add dried parsley and chicken stock, then turn heat up to high to bring to a boil, stirring occasionally to ensure the rice doesn't stick to the bottom of the pot as it comes to a boil.
- 4 Reduce heat to medium-low and simmer for 15 minutes, stirring occasionally. Season chicken with salt and pepper on all sides and add to the pot. Continue to simmer until the chicken is cooked through and rice is al dente, 7-10 more minutes, stirring occasionally.
- 5 Stir in remaining 2 tablespoons butter, salt and pepper to taste. Let the dish sit for 5 minutes to thicken and cool then scoop into bowls and serve.

# HONEY GARLIC CHICKEN THIGHS

Serves 4-6 people

### INGREDIENTS

8 chicken thighs (*bone-in, skin-on for more flavor*)  
3 tablespoons honey  
2 tablespoons soy sauce  
1 tablespoon olive oil  
4 garlic cloves, minced  
1 teaspoon dried thyme  
½ teaspoon black pepper  
Salt to taste  
*Optional: 1 tablespoon fresh parsley*

### DIRECTIONS

- 1 Preheat the oven to 400°F.
- 2 In a bowl, mix honey, soy sauce, olive oil, garlic, thyme, salt, and pepper.
- 3 Place the chicken thighs on a baking sheet lined with parchment paper or foil.
- 4 Pour the honey garlic mixture over the chicken thighs.
- 5 Bake for 35-40 minutes, or until the chicken is fully cooked and caramelized on top. Garnish with fresh parsley and serve with rice.



# CHICKEN STIR-FRY

Serves 4-6 people

## INGREDIENTS

8 chicken thighs or 4 chicken breasts  
(boneless, skinless)  
2 tablespoons soy sauce  
1 tablespoon vegetable oil  
1 tablespoon honey *or* brown sugar  
1 tablespoon rice vinegar  
2 garlic cloves, minced  
1 tablespoon ginger, grated  
1 16oz. bag mixed frozen vegetables  
(such as bell peppers, broccoli, carrots  
and peas)

*Optional: chopped green onions or  
chopped cilantro*

## DIRECTIONS

- 1 Cut the chicken thighs into bite-sized pieces.
- 2 In a small bowl, mix soy sauce, oil, honey, rice vinegar, garlic and ginger to create the stir-fry sauce.
- 3 Heat a large skillet or wok over medium-high heat. Add a little oil if needed, and cook chicken pieces until browned and fully cooked through, about 6-8 minutes. Remove the chicken from the pan and set it aside.
- 4 In the same skillet, add the frozen vegetables directly (no need to thaw). Stir-fry for about 5-7 minutes until they are heated through and the water has evaporated. If you'd like to get them a little crispy, cook them for an additional minute or two.
- 5 Once the vegetables are cooked, add the chicken back into the skillet. Pour the sauce over the chicken and vegetables and toss everything to coat evenly. Serve the stir-fry over cooked rice.

*Switch up your stir-fry:*

- Add sriracha to the sauce for a spicy kick!
- Add water chestnuts, baby corn, or bok choy for flavorful crunch.
- Scramble in an egg for a fried-rice feel.

## Slow-Cooked

# CREAMY MUSHROOM CHICKEN



Serves 4-6 people

## INGREDIENTS

1 tablespoon oil  
4 boneless, skinless chicken breasts  
*or* 6 chicken thighs  
2 cups sliced mushrooms (*can use fresh,  
frozen or canned*)  
1 10.5-oz. can cream of mushroom soup  
1 14.5-oz. can chicken broth  
*Optional: 1 packet ranch seasoning mix*  
1 small onion, finely chopped  
2 garlic cloves, minced *or* 1 teaspoon  
garlic powder  
½ teaspoon dried thyme  
½ black pepper  
*Optional: ¼ cup milk*

## DIRECTIONS

- 1 Heat the oil in a skillet over medium heat. Season the chicken with salt and pepper, then brown the chicken on both sides for about 2-3 minutes per side. Add the chicken to the slow cooker.
- 2 Add the mushrooms (*drained and rinsed if using canned*), cream of mushroom soup, chicken broth, ranch seasoning (*if using*), onion, minced garlic (*or garlic powder*), thyme, & black pepper. Stir to combine.
- 3 Cover and cook on low for 4-6 hours or on high for 2-3 hours, or until the chicken is cooked through and tender. If desired, for an extra creamy texture, stir in ¼ cup of milk 15-20 minutes before serving.
- 4 Shred the chicken with two forks right in the slow cooker or serve the chicken whole with the creamy sauce over rice, mashed potatoes, or pasta.



# 5 WAYS

# CANNED CHICKEN



Canned chicken is a versatile, protein-packed pantry staple that can help you whip up quick and nutritious meals. It's an excellent source of lean protein, making it great for muscle repair and satiety. Additionally, it contains essential nutrients like B vitamins, which support energy production, and minerals such as phosphorus and selenium for bone and immune health.

If you're looking for creative ways to use canned chicken, here's five tasty ideas:

## 1 BUFFALO CHICKEN STUFFED PEPPERS

Mix canned chicken with **hot sauce** and a little **Greek yogurt** or **cream cheese**, then stuff it into halved **bell peppers**. Bake until warm and top with shredded **cheddar** for a spicy, protein-packed meal.

## 2 CHICKEN & AVOCADO TOAST

Give your toast a protein boost by smashing **avocado** onto **whole-grain bread** and topping it with seasoned canned chicken. Add a squeeze of **lemon**, some **chili flakes**, or a drizzle of **honey** for extra flavor.



## 3 QUICK CHICKEN ALFREDO PASTA

For a fast and creamy pasta dish, stir canned chicken into cooked **pasta** with **Alfredo sauce**. Add steamed **broccoli** or **spinach** for extra nutrients, and finish with grated **Parmesan cheese** and black pepper.



## 4 CHICKEN & VEGGIE EGG MUFFINS

Upgrade your breakfast by mixing canned chicken with **eggs**, chopped **bell peppers**, and **spinach**, then baking the mixture in muffin tins. These egg muffins are perfect for meal prep and on-the-go breakfasts.



## 5 BBQ CHICKEN SWEET POTATO SKINS

Scoop out baked **sweet potatoes** and mix the soft flesh with canned chicken and **BBQ sauce**. Refill the skins with the mixture, top with **cheese**, and bake until melted. It's a delicious balance of sweet, smoky, and savory flavors.

# SHRIMP SCAMPI

*Serves 2 people*

## INGREDIENTS

8 oz. dried pasta of choice  
3 tablespoons olive oil  
4 garlic cloves, minced  
1 lb. frozen shrimp, thawed & patted dry  
Zest & juice of 1 lemon  
¼ teaspoon crushed red pepper flakes  
½ teaspoon dried parsley  
1 lemon (zest and juice)  
2 tablespoons butter  
Salt & pepper, to taste



## DIRECTIONS

- 1 Bring a large pot of salted water to a boil and cook the pasta according to the package instructions. Drain and set aside, saving a bit of pasta water.
- 2 In a large skillet, heat olive oil over medium heat. Add the minced garlic and cook for 1-2 minutes until fragrant. Add the shrimp and cook for 3-4 minutes until pink and cooked through.
- 3 Add lemon juice, lemon zest, red pepper flakes, and dried parsley. Stir well, adding a bit of pasta water if the sauce needs thinning. Stir in butter for richness, if using.
- 4 Toss the cooked pasta into the skillet with the shrimp, making sure the pasta is well coated in the sauce. Season with salt and pepper to taste.

# SHRIMP FRIED RICE

*Serves 2 people*

## INGREDIENTS

1 lb. frozen shrimp, thawed and patted dry  
2 cups cooked rice (*preferably day-old*)  
½ onion, chopped  
½ bell pepper, chopped  
2 garlic cloves, minced  
½ cup frozen peas and carrots  
2 eggs, beaten  
2 tablespoons soy sauce  
1 tablespoon sesame oil (*optional for extra flavor*)  
Salt and pepper to taste  
*Optional: 2 green onions, chopped*

## DIRECTIONS

- 1 Heat a large skillet or wok over medium heat. Add the frozen shrimp and cook until pink and opaque (about 4-5 minutes). Remove from the skillet and set aside.
- 2 In the same skillet, add a bit of oil if necessary and sauté the onion, bell pepper, garlic, and frozen peas and carrots until softened, about 5 minutes.
- 3 Push the veggies to one side of the skillet and pour the beaten eggs into the other side. Scramble them until cooked through.
- 4 Add the cooked rice to the skillet, breaking up any clumps. Stir everything together.
- 5 Stir in the soy sauce and sesame oil (if using) and season with salt and pepper. Add the cooked shrimp back to the skillet and toss everything to combine. If using, top with green onions.

*Keep frozen shrimp on hand for dinner in a hurry. Thaw by running under cold water in a colander.*

*If you do not have kalmata olives, you can use canned or jarred green olives, add an additional tablespoon of capers to the recipe, or use chopped canned artichokes.*

# TUNA PUTTANESCA

*Serves 6 people*

## INGREDIENTS

8 oz. dried pasta of choice  
(*spaghetti, fettuccine, or orecchiette are all great here*)

3 tablespoons olive oil  
1 small onion, finely chopped  
2 garlic cloves, minced *or* 1  
teaspoon garlic powder

1 14.5-oz. can diced tomatoes  
1 teaspoon dried oregano  
½ teaspoon crushed red  
pepper flakes  
*Salt & pepper to taste*

2 5-oz. cans tuna, drained  
¼ cup kalmata olives, chopped  
2 tablespoons capers  
*Optional: 2-4 anchovy fillets,  
finely diced or 1-2 teaspoons of  
anchovy paste*



## DIRECTIONS

- 1 Bring a large pot of salted water to a boil and cook the pasta according to the package instructions. Drain and set aside, reserving a bit of pasta water for later if needed.
- 2 In a large skillet, heat the olive oil over medium heat. Add the chopped onion and sauté for about 3-5 minutes until softened. Add the garlic and sauté for another 1-2 minutes until fragrant.
- 3 Stir in the canned diced tomatoes (with their juice), oregano, red pepper flakes, and a pinch of salt and pepper. Let the sauce simmer for about 10-15 minutes to thicken and develop the flavors.
- 4 Flake the tuna into large chunks and add it to the skillet. Stir to combine.
- 5 Add the olives, capers, and anchovy, if using. Stir everything together and simmer for another 5-7 minutes. If the sauce is too thick, add a little pasta water to reach the desired consistency.
- 6 Once the sauce is ready, add the cooked pasta to the skillet and toss everything together, making sure the pasta is well-coated with the sauce.

*Optional: garnish with chopped fresh parsley, a chiffonade of basil, and/or Parmesan cheese.*

*In season, try using fresh whole tomatoes instead of canned tomatoes for amazing flavor. And if you think you don't like anchovies, don't skip this dish! You can leave them out, but consider trying it the traditional way as it adds a wonderful depth of flavor to the sauce.*

# CANNED TUNA

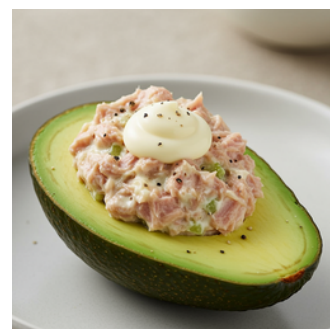


# 5 WAYS

Canned tuna is not only affordable and convenient, but it's also packed with nutrition! It's an excellent source of lean protein, omega-3 fatty acids, and essential vitamins like B12 and D. Plus, it provides minerals such as selenium, which supports immune health, and iodine, which is vital for thyroid function. If you're looking for fresh ways to enjoy this pantry staple, here are five creative ideas to try:

## 1 TUNA-STUFFED AVOCADOS

For a nutritious and satisfying meal, mix canned tuna with a little **Greek yogurt** or **mashed avocado**, season with **lime juice** and **spices**, and scoop it into **avocado halves**. This combination delivers a perfect balance of healthy fats and protein.



## 2 TUNA & WHITE BEAN SALAD

Elevate your salad game by tossing canned tuna with **white beans**, chopped **red onion**, fresh **herbs**, and a drizzle of **olive oil** and **lemon juice**. This Mediterranean-inspired dish is both filling and refreshing, perfect for a light lunch or side dish.

## 3 TUNA MELT QUESADILLA

Take the classic tuna melt to the next level by making a quesadilla. Spread tuna mixed with a little **mustard** and diced **pickles** onto a **tortilla**, add shredded **cheese**, fold it in half, and crisp it up in a skillet. Serve with a side of **salsa** or a dollop of **Greek yogurt**.



## 4 TUNA & EGG BREAKFAST SCRAMBLE

Give your morning **eggs** a protein boost by scrambling them with canned tuna, sautéed **spinach**, & diced **tomatoes**. Season with salt, pepper, and a touch of **hot sauce** for a flavorful start to your day.

## 5 ASIAN-INSPIRED TUNA LETTUCE WRAPS

For a light and flavorful meal, mix canned tuna with **soy sauce**, **sesame oil**, **grated ginger**, and chopped **scallions**. Spoon the mixture into crisp **lettuce leaves** and top with shredded **carrots** or crushed **peanuts** for extra crunch.



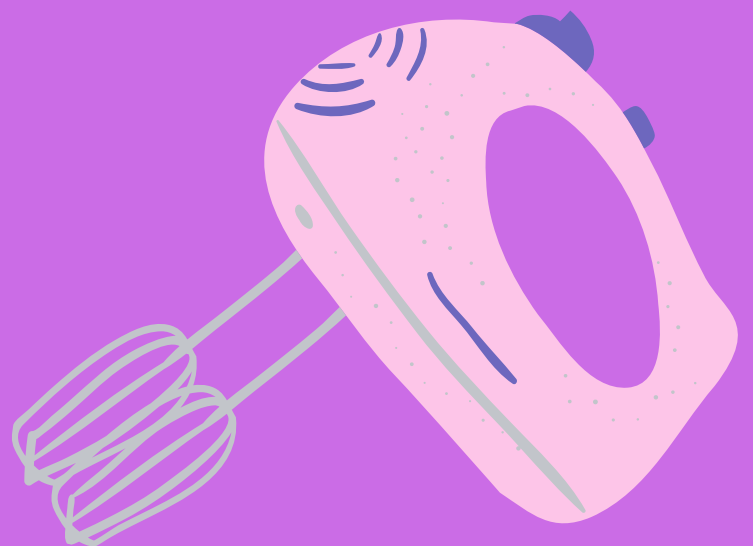
*With these creative ideas, canned tuna can be so much more than just a basic sandwich filler. Whether you're in the mood for something light or hearty, there's a way to make this versatile ingredient shine in any meal!*





# DESSERTS

- 55 *S'mores Dip & Peanut Butter Pretzel Bars*
- 56 *Fruit & Yogurt Popsicles, Pineapple Coconut Popsicles, & Watermelon Popsicles*
- 57 *Baked Apples & Fruit Cobbler*
- 58 *Crushed Pineapple Upside-Down Cake & Quick Mug Cakes*





# S'MORES DIP

*Serves 4 people*

## INGREDIENTS

2 cups chocolate chips  
1 cup mini marshmallows  
1 tablespoon butter  
½ teaspoon vanilla extract  
*To Serve: graham crackers and fruit of choice*



## DIRECTIONS

- 1 Preheat your oven to 450°F.
- 2 Place chocolate chips and butter in a microwave safe bowl. Microwave for 30 seconds, stir, microwave for another 30 seconds, stir, and then microwave for 10 second intervals followed by a stir until the chocolate is melted. Stir in the vanilla extract.
- 3 Pour the melted chocolate into a 7 or 8 inch round oven-safe dish. Top with mini marshmallows and bake for 3-5 minutes or until the marshmallows are golden brown and melty.
- 4 Serve with graham crackers and fruit of choice.

*Get creative with your S'mores Dip:*

- **Peanut Butter Swirl:** Stir in 2 tablespoons of peanut butter for a nutty twist.
- **Spiced Chocolate:** Add a pinch of cinnamon or cayenne for a warm, spicy kick.

# PEANUT BUTTER PRETZEL BARS

*Serves 8 people*

## INGREDIENTS

1 cup graham cracker crumbs  
(8-10 graham crackers)  
½ cup crushed pretzels  
½ cup butter  
1 cup peanut butter  
1 cup powdered sugar  
1 ½ cups chocolate chips  
2 tablespoons butter  
*Optional: ⅓ cup crushed peanuts*

## DIRECTIONS

- 1 Add pretzels & graham crackers to a food processor and pulse until crumbly. Alternatively, add pretzels & graham crackers to a Ziploc bag and crush with a rolling pin.
- 2 Place butter and 1 cup peanut butter in a microwave-safe bowl. Microwave and stir in 30-second intervals until fully melted and combined.
- 3 Add the powdered sugar and crumb mixture to the melted peanut butter mixture. Stir until evenly combined.
- 4 Line an 8x8-inch baking dish with parchment paper, leaving overhang on the sides for easy removal later. Press the peanut butter mixture into the bottom of the dish, spreading it evenly across the surface.
- 5 In a microwave-safe bowl, add chocolate chips and 2 T. butter. Microwave for 30 seconds, stir, microwave for another 30 seconds, stir, and then microwave for 10 second intervals followed by a stir until the chocolate is melted. Pour melted chocolate over the peanut butter base, spreading it into an even layer. Sprinkle crushed peanuts evenly over the top for an added crunch.
- 6 Refrigerate the bars for at least 2 hours, or until fully set. Cut into squares and serve.



You can adjust the sweetness to your taste. Frozen bananas, mangoes, or berries make great additions!

# FRUIT & YOGURT POPSICLES

*Serves 4-6 people*

## INGREDIENTS

1 cup plain yogurt (*you can use a flavored yogurt for extra sweetness*)  
1 tablespoon honey or maple syrup  
Fresh or frozen fruit of choice

## DIRECTIONS

- 1 In a bowl, mix the yogurt with honey or maple syrup.
- 2 Chop the fruit into small pieces and mix it into the yogurt.
- 3 Pour the mixture into popsicle molds and freeze for 4-6 hours or until set.



# PINEAPPLE COCONUT POPSICLES

*Serves 4-6 people*

## INGREDIENTS

1 cup fresh, canned, or frozen pineapple  
½ cup coconut milk  
*Optional: 1 tablespoon honey*

## DIRECTIONS

- 1 Blend the pineapple and coconut milk until smooth. If using canned pineapple, drain the juice before blending. Sweeten with honey, if desired.
- 2 Pour the mixture into popsicle molds and freeze for 4-6 hours or until set.

*Try this recipe with fresh, canned, or frozen peaches for another sweet & refreshing treat.*



# WATERMELON POPSICLES

*Serves 4-6 people*

## INGREDIENTS

3 cups cubed watermelon (*buy seedless or remove seeds*)  
1 tablespoon lime juice

*Optional: 2 teaspoons honey or sugar for extra sweetness; lime zest*

## DIRECTIONS

- 1 Place the cubed watermelon, lime juice, & lime zest (*if using*) into a blender or food processor and blend until smooth. Add the honey or sugar if you'd like more sweetness.
- 2 Pour the watermelon mixture into your popsicle molds and freeze for 4-6 hours or until set.

# BAKED APPLES

*Serves 4 people*

## INGREDIENTS

3 tablespoons unsalted butter, softened to room temperature  
¼ cup packed light or dark brown sugar  
½ teaspoon ground cinnamon  
⅛ teaspoon ground nutmeg  
¼ cup old-fashioned whole rolled oats  
*Optional: 2 tablespoons raisins, dried cranberries, or chopped nuts*  
4 large apples, rinsed and patted dry  
¾ cup warm water  
*Optional: ice cream or whipped cream for serving*



*Choose perfectly round apples that are on the firmer side. Granny Smith, Fuji, Pink Lady, or Honeycrisp are great choices for baking! Make sure they stand up straight on their bottom, so they don't tip over in the oven.*

## DIRECTIONS

- 1 Preheat oven to 375°F.
- 2 Using a mixer, or simply using a fork or spoon, beat/mash the butter, sugar, cinnamon, and nutmeg together until combined. Stir in the oats, then the raisins/dried cranberries/nuts, if using. Set aside.
- 3 Using a sharp paring knife or an apple corer, cut around the core, about halfway or ¾ down into the apple. Use a spoon to carefully dig out the core and any remaining seeds.
- 4 Place cored apples in an 8-inch baking pan. Spoon filling into each apple, filling all the way to the top. Pour warm water into the pan around the apples, which helps prevent the apples from drying out and burning.
- 5 Bake for 40-45 minutes or until apples appear slightly soft. Serve warm with ice cream or whipped cream.

# FRUIT COBBLER

*Serves 8 people*

## INGREDIENTS

½ cup (1 stick) butter  
1 cup sugar  
1 cup all-purpose flour  
1 ½ teaspoons baking powder  
¼ teaspoon salt  
¾ cup milk  
1 20-oz. can fruit pie filling  
(apple, peach, cherry, blueberry, strawberry, or strawberry rhubarb)



*For a streusel topping instead: Combine ½ cup packed brown sugar with ½ cup flour and ¼ cup of chilled butter. Cut-in with a pastry blender to make crumbs. Add ¼ cup of chopped pecans or walnuts. Sprinkle the streusel over the pie filling layer and bake as directed.*

## DIRECTIONS

- 1 Preheat oven to 350°F. Add butter to an 8-inch square baking dish and place in the oven to melt.
- 2 Combine sugar, flour, baking powder, salt, and milk in a large bowl. Mix until well blended.
- 3 Remove baking dish from oven once butter has melted. Pour batter over butter. Pour pie filling over top of batter.
- 4 Bake for 50 to 60 minutes or until crust is golden brown around the edges. It might look buttery on top, but the butter will sink into cake as it cools a bit.

*Pineapple is like a tropical burst of sunshine, packed with vitamin C to boost your immune system, fiber for digestion, and a splash of manganese to keep you feeling energized and refreshed!*

# CRUSHED PINEAPPLE UPSIDE-DOWN CAKE

*Serves 8 people*

## INGREDIENTS

½ cup brown sugar  
⅓ cup butter  
1 20-oz. can crushed pineapple, well drained, juice set aside  
2 eggs  
⅔ cup sugar  
1 teaspoon vanilla extract  
1 cup all-purpose flour, sifted  
½ teaspoon baking soda  
¼ teaspoon salt  
*Optional: whipped cream for serving*

## DIRECTIONS

- 1 Preheat oven to 350°F and spray 9x9 square pan with baking spray.
- 2 Melt butter over medium heat in a sauce pan. Add brown sugar. Pour butter mixture into baking pan.
- 3 Add well-drained pineapple on top of brown sugar butter mixture.
- 4 In a separate bowl, using an electric mixer, beat eggs until lemon-colored (about 5 minutes). Gradually beat in sugar, 6 tablespoons of reserved pineapple juice and vanilla extract.
- 5 In small bowl, combine flour, baking soda, and salt.
- 6 Add dry ingredients to wet batter and combine until fully incorporated.
- 7 Pour cake batter over pineapple in baking pan.
- 8 Bake approximately 45 minutes, or until wooden pick thrust into the center of the cake comes out clean.
- 9 Immediately turn upside down onto a serving plate, but do not remove pan for a few minutes... this allows the brown sugar/pineapple mixture to run down over the cake. Serve warm, with whipped cream if desired.



*Single-serving mug cakes you can make in minutes for a sweet treat!*

## QUICK MUG CAKES



### VANILLA MUG CAKE

Mix ¼ cup flour, 2 T. sugar, ¼ tsp. baking powder, 3 T. milk, ¼ tsp. vanilla, & 1 T. oil in a mug. Microwave for 60-90 seconds.

### BROWNIE MUG CAKE

Mix ¼ cup flour, 2 T. cocoa powder, 2 T. sugar, ¼ cup milk, and 2 T. oil in a mug. Microwave for 60-90 seconds.

### BANANA BREAD MUG CAKE

Mix ½ mashed banana, 3 T. flour, 1 T. sugar, ¼ tsp. baking powder, 2 T. milk, & ½ tsp. cinnamon in a mug. Microwave for 60-90 seconds.

## SOURCES

*Recipes: JLG Members, Out of the Garden, Chef Lynn Wells (as seen in Our State Magazine)*

*Recipe Photos: Members' own, Canva, Google Gemini*

*Graphics: Canva*

*While every effort has been made to ensure the accuracy and completeness of the recipes and information in this guide, the author and publisher assume no responsibility for any errors, omissions, or inaccuracies. Readers are encouraged to use their best judgment when following recipes and are responsible for their own health and safety.*



# ENJOY!



**JUNIOR LEAGUE**  
GREENSBORO



**To request more copies of this guide, contact:**

**Junior League of Greensboro**

3101 W. Friendly Avenue

Greensboro, NC 27408

(336) 852-5542

[greensboro.jl.org](http://greensboro.jl.org) | [EATSJLG@gmail.com](mailto:EATSJLG@gmail.com)



[facebook.com/JLGreensboro](https://facebook.com/JLGreensboro)



[@JLGreensboro](https://www.instagram.com/JLGreensboro)

