

get balanced!

recipes

BREAKFAST

APPLE CINNAMON OATMEAL
BANANA NUT OATMEAL

SNACKS

CHEX MUDDY BUDDIES
FROSTED STRAWBERRIES

MAIN DISHES

CILANTRO TOMATO CORN SALAD
ZUCCHINI DUTCH CHEESE CASSEROLE

SIDE DISHES

PARMESAN POTATO WEDGES
STEAMED ASPARAGUS

DESSERTS

APPLE AND PUMPKIN DESSERT
“BAKED” APPLES

BEVERAGES

CHAI HOT CHOCOLATE
LEMON-LIME-APRICOT PUNCH

DIETARY CODE	LEGEND
V	Vegetarian
D	Dairy
VN	Vegan
GF	Gluten Free
E	Eggs

BREAKFAST

Apple Cinnamon Oatmeal

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INGREDIENTS:	INSTRUCTIONS:	TOTAL TIME:
<ul style="list-style-type: none">• 1 egg• 1/3 cup milk• 1 package (1.23 ounce) apples & cinnamon instant oatmeal• 1/4 cup vanilla yogurt	<ol style="list-style-type: none">1) Beat egg and milk in 2-cup microwave-safe bowl until blended. Stir in oatmeal.2) Microwave on High until liquid is absorbed and egg is set, 1-1/2 to 2 minutes; stir. Top with yogurt.	3 min
DIETARY CODE:	V, E, D, GF*	
RECIPE TIP:	*Check your local grocer for gluten free oatmeal.	

BREAKFAST

Banana Nut Oatmeal

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INGREDIENTS:	INSTRUCTIONS:	TOTAL TIME:
<ul style="list-style-type: none">• 1/4 cup quick cooking oats• 1/2 cup skim milk• 1 teaspoon flax seeds• 2 tablespoons chopped walnuts• 3 tablespoons honey• 1 banana, peeled	Combine oats, milk, flax seeds, walnuts, honey, and banana in a microwave-safe bowl. Cook in microwave on High for 2 minutes. Mash the banana with a fork and stir mixture together. Serve hot.	7 min
DIETARY CODE:	V, D, GF, VN*	
RECIPE TIP:	*For a vegan recipe, substitute water for milk, and omit honey.	

SNACKS

Chex[®] Muddy Buddies

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INGREDIENTS:	INSTRUCTIONS:	TOTAL TIME:
<ul style="list-style-type: none">• 9 cups Rice Chex[®]• Corn Chex[®] Chocolate Chex[®] or Honey Nut Chex[®] cereal• 1 cup semisweet chocolate chips• 1/2 cup peanut butter• 1/4 cup butter or margarine• 1 teaspoon vanilla• 1 1/2 cups powdered sugar	<ol style="list-style-type: none">1) Into large bowl, measure cereal; set aside.2) In 1-quart microwavable bowl, microwave chocolate chips, peanut butter and butter uncovered on High 1 minute. Stir. Microwave about 30 seconds longer or until mixture can be stirred smooth. Stir in vanilla. Pour mixture over cereal, stirring until evenly coated. Pour into 2-gallon re-sealable food-storage plastic bag.3) Add powdered sugar. Seal bag; shake until well coated. Spread on waxed paper to cool. Store in airtight container in refrigerator.	15 min
DIETARY CODE:	V, D, GF	
RECIPE TIP:		

SNACKS

Frosted Strawberries

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INGREDIENTS:	INSTRUCTIONS:	TOTAL TIME:
<ul style="list-style-type: none">• 2 pints whole fresh strawberries• 1 cup roasted peanuts, finely chopped• 1 (16 ounce) container cream cheese frosting	<ol style="list-style-type: none">1) Wash and pat dry the strawberries with paper towels, leaving the green caps and stems intact.2) Line a baking sheet with parchment or waxed paper, and set aside. Place the finely chopped peanuts in a bowl, and set aside.3) Heat the frosting in the microwave until warm and melted, 20 to 40 seconds. Hold each strawberry by the green top, and dip it straight down into the warm frosting, coating about 3/4 of the berry.4) Gently roll the dipped strawberry in chopped peanuts, and place on the lined baking sheet to set up. Serve as soon as they have set.	35 min
DIETARY CODE:	V, D, GF	
RECIPE TIP:		

MAIN DISH

Cilantro Corn Tomato Salad

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INGREDIENTS:	INSTRUCTIONS:	TOTAL TIME:
<ul style="list-style-type: none">• 3 ears fresh corn in husks• 1/4 cup butter, melted• 2 roma (plum) tomatoes, chopped• 1 jalapeño pepper, seeded and finely chopped• 1/2 small red onion, finely chopped• 2 cloves garlic, minced• 1/2 bunch fresh cilantro, chopped• salt and freshly ground black pepper to taste• 1 pinch salt-free lemon-herb seasoning	<p>1) Peel back corn husks, but leave them attached at the bottom. Remove the silks, and fold husks back up over the corn. Place on a dinner plate, and cook in the microwave for 5 minutes on High, turning corn once half way through. Cool until okay to touch, then slice corn kernels from the cob and place them in a serving bowl.</p> <p>2) Stir butter into the corn along with the tomatoes, jalapeño, red onion, garlic and cilantro. Season with salt, pepper, and seasoning blend. Mix well, taste, and adjust seasoning if necessary.</p>	20 min
DIETARY CODE:	V, D, GF, VN*	
RECIPE TIP:	<i>*For a vegan recipe, substitute olive oil for butter.</i>	

MAIN DISH

Zucchini Dutch Cheese Casserole

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INGREDIENTS:	INSTRUCTIONS:	TOTAL TIME:
<ul style="list-style-type: none">• 2 cups egg noodles• 4 cups diced zucchini• 1/2 cup water• 1/4 cup butter or margarine• 1 1/2 cups chopped mushrooms• 1/2 cup chopped onion• 1 clove garlic, chopped• 1/4 cup flour• 3/4 teaspoon salt• 3/4 teaspoon dried basil• 1 1/2 cups milk• 1 1/2 cups shredded Gouda cheese	<p>1) Bring a large pot of lightly salted water to a boil over high heat. Add the egg noodles, and cook until al dente, 8 to 10 minutes. Drain in a colander, rinse with cold water, and set aside.</p> <p>2) Meanwhile, place the zucchini and water into a 2 quart, microwave safe casserole dish with lid. Cover and cook in the microwave on High for 6 minutes. Scrape the zucchini into the colander with the pasta and set aside. Place the butter, mushrooms, onion, and garlic into the casserole dish. Cook on High for 3 minutes, then stir in the flour, salt, and basil. Stir in the milk, then return the dish to the microwave and cook on high 5 minutes more, stirring every 2 minutes.</p> <p>3) Stir the zucchini and pasta into the mushroom sauce along with 1 cup of the Gouda cheese. Cook for 6 more minutes on High, then sprinkle with the remaining cheese, and cook another minute until the cheese has melted.</p>	50 min
DIETARY CODE:	V, D, E, GF*	
RECIPE TIP:	*Check your local grocer for gluten free pasta and flour.	

MAIN DISH

Parmesan Potato Wedges

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INGREDIENTS:	INSTRUCTIONS:	TOTAL TIME:
<ul style="list-style-type: none">• 1/3 cup dry bread crumbs• 1/4 cup grated Parmesan cheese• 1 1/2 teaspoons onion salt• 1 teaspoon paprika• 2 medium potatoes, peeled and cut into wedges• 3 tablespoons all-purpose flour• 1/4 cup butter or margarine, melted	<p>1) In a resealable plastic bag, combine the bread crumbs, Parmesan cheese, onion salt and paprika. Coat potatoes with flour; dip in butter. Add to bread crumb mixture; shake to coat evenly. Arrange on a microwave-safe plate.</p> <p>2) Cover with waxed paper. Microwave on High for 4-6 minutes or until tender, rotating every 2 minutes. Let stand for 2 minutes.</p>	15 min
DIETARY CODE:	V, D, GF*, VN*	
RECIPE TIP:	*For a vegan recipe, substitute olive oil for butter. Check your local grocer for gluten free bread crumbs.	

MAIN DISH

Steamed Asparagus

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INGREDIENTS:	INSTRUCTIONS:	TOTAL TIME:
<ul style="list-style-type: none">• 1 pound fresh asparagus spears, trimmed• 1/4 cup white wine,• 2 tablespoons butter	<ol style="list-style-type: none">1) Place asparagus in a microwave-safe dish. Pour in wine, and dot with pieces of butter.2) Cover loosely, and cook in the microwave on High for 3 minutes, or until bright green and tender. Allow the dish to stand 5 minutes before serving.	11 min
DIETARY CODE:	V, D, GF, VN*	
RECIPE TIP:	*For a vegan recipe, substitute olive oil for butter.	

Desserts

Apple and Pumpkin Dessert

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INGREDIENTS:	INSTRUCTIONS:	TOTAL TIME:
<ul style="list-style-type: none">• 2 (1 gram) packets sugar substitute• 1 teaspoon pumpkin pie spice• 1 Granny Smith apple, peeled, cored and chopped• 1/4 cup canned pumpkin• 2 tablespoons water	<p>1) Sprinkle 1/3 packet of sugar substitute and 1/3 teaspoon pumpkin pie spice in the bottom of a microwave-safe bowl. Layer 1/4 of the apple pieces into the bowl; repeat. Spread the pumpkin over the apples. Sprinkle the remaining sugar substitute and pumpkin pie spice on the pumpkin. Top with the remaining apples. Pour the water over the mixture.</p> <p>2) Cook in microwave on High for 3 1/2 minutes, stirring every minute.</p>	9 min
DIETARY CODE:	V, VN, GF	
RECIPE TIP:		

Desserts

“Baked” Apples

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INGREDIENTS:	INSTRUCTIONS:	TOTAL TIME:
<ul style="list-style-type: none">• 2 apples• 2 tablespoons brown sugar• 1 teaspoon ground nutmeg• 1 teaspoon ground cinnamon• 2 teaspoons butter	<ol style="list-style-type: none">1) Core the apples, leaving the bottom intact.2) In a bowl, mix the brown sugar, cinnamon and nutmeg. Spoon the sugar mixture into the apples and set a teaspoon (or more to your taste) of butter on top of each apple. Place the apples in a deep casserole dish and cover.3) Microwave for 3 1/2 to 4 minutes or until tender. Let the apples sit for a couple minutes before serving.	11 min
DIETARY CODE:	V, D, GF, VN*	
RECIPE TIP:	<i>*For a vegan recipe, substitute applesauce for butter.</i>	

Beverage

Chai Hot Chocolate

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INGREDIENTS:	INSTRUCTIONS:	TOTAL TIME:
<ul style="list-style-type: none">• 1/2 cup water• 1/2 cup milk• 1 chai tea bag• 1 (.55 ounce) package instant hot chocolate mix	<p>Stir the water and milk together in a microwave-safe mug. Cook on High in the microwave for 1 1/2 minutes. Remove, and add the chai tea bag. Allow tea to steep about 2 minutes. Remove the tea bag, and stir in the hot chocolate mix.</p>	5 min
DIETARY CODE:	V, D, GF*	
RECIPE TIP:	<i>*Check your local grocer for gluten free hot chocolate.</i>	

Beverage

Lemon-Lime-Apricot Punch

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INGREDIENTS:	INSTRUCTIONS:	TOTAL TIME:
<ul style="list-style-type: none">• 1 (46 fluid ounce) can pineapple juice• 1 (46 fluid ounce) can apricot nectar,• 1 (6 ounce) can frozen limeade concentrate• 2 liters lemon-lime flavored carbonated beverage	<p>In a punch bowl combine pineapple juice, apricot nectar and limeade; pour in the lemon-lime beverage.</p>	<p>5 min</p>
DIETARY CODE:	V, VN, GF	
RECIPE TIP:		