

**VA**



U.S. Department  
of Veterans Affairs

# Cooking with Ease

For Use With Veterans Without a Home



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## Cooking Temperatures

([fsis.usda.gov](https://fsis.usda.gov))

### **Poultry:**

Whole: 165° F

Ground: 165° F

### **Beef:**

Steaks/Roasts/Chops: 145° F

Ground: 160° F

### **Pork:**

Steaks/Roasts/Chops: 145° F

Ground: 160° F

### **Ham:**

Fresh or smoked: 145° F

### **Fish:**

Filets: 145° F

Ground: 145° F

**Leftovers and Casseroles:** 165° F

**Eggs:** 160° F

## Abbreviations

c = Cup

Tbsp = Tablespoon

Tsp = Teaspoon

oz = Ounce

lb = Pound

g = Gram

mg = Milligram



# Stove Top Recipes

# Garbanzo and Tomato Pasta

## Ingredients:

- ✓ 1 box (14-16 oz) pasta
- ✓ 3 Tbsp Italian dressing
- ✓ 1 (14.5 oz) can or 4 raw tomatoes, diced
- ✓ 1 can (15 oz) garbanzo beans, rinsed
- ✓ 1 ¼ c green beans
- ✓ 3 Tbsp Parmesan cheese, grated if desired

**Tip:** Broccoli or cauliflower would be a great addition to this recipe or can be used in place of the green beans.

## Instructions:

1. Cook pasta according to package directions. Drain cooked pasta.
2. In sauce pan over medium heat, add Italian dressing, garbanzo beans, tomatoes and green beans. Heat thoroughly but allowing green beans to remain fairly firm.
3. Add cooked pasta to sauce mixture.
4. Serve topped with Parmesan cheese if desired.

**Source:** Altered by MNI HTK cookbook subcommittee  
**Submitted by:** Dana Strohmaier, RD, CDE Hines VAMC

# Chicken Stew

## Ingredients:

- ✓ 1 (5 oz) can chicken, drained
- ✓ 1 (11 oz) can cream chicken soup
- ✓ 1 (11 oz) can cream mushroom soup
- ✓ 1 (15 oz) can sliced carrots or 2 c frozen sliced carrots
- ✓ 1 (15 oz) can peas, drained and rinsed or 2 c frozen peas
- ✓ shredded cheese, as desired for topping

**Tip:** Choosing frozen vegetables over canned can reduce salt intake greatly.

**Microwave Cooking:** Combine all ingredients but the cheese in a microwave safe bowl. Heat in microwave, stirring occasionally, until fully cooked.

## Instructions:

1. Combine all ingredients but the cheese and heat on stovetop until fully cooked and vegetables are tender.
2. Top heated soup with cheese and serve with whole grain crackers.

**Source:** Donations with a Difference. (n.d.), from <http://urbanext.illinois.edu/foodbaskets/default.cfm>

**Submitted by:** Lori Carlson, MS, RDN, LDN VA Illiana Health Care System

# Chicken Mac 'n Cheese

## Ingredients:

- ✓ 1 (7.25 oz) box macaroni and cheese mix
- ✓ ¼ c evaporated milk
- ✓ 1 (5 oz) can of chicken, drained
- ✓ 1 (16 oz) bag frozen broccoli, thawed

**Tip:** Try adding any of you favorite vegetables for added fiber.

## Instructions:

1. Cook macaroni and cheese according to box directions.
2. Add chicken and vegetables, cooking over medium heat until vegetables tender.

**Source:** Donations with a Difference. (n.d.), from <http://urbanext.illinois.edu/foodbaskets/default.cfm>

**Submitted by:** Lori Carlson, MS, RDN, LDN VA Illiana Health Care System

# Meatless Chili

## Ingredients:

- ✓ 1 (28 oz) can crushed tomatoes
- ✓ 1 (15 oz) can light red kidney beans, drained and rinsed
- ✓ 1 (15 oz) can dark red kidney beans, drained and rinsed
- ✓ 1 (15 oz) can black beans
- ✓ 1 packet of chili seasoning

**Tip:** For added flavor and fiber, try adding peppers and onions if you have them on hand. If you don't have a package of chili mix, try using 1 Tbsp chili powder, 1 Tbsp cumin and 2 tsp garlic powder.

## Instructions:

1. Add all ingredients in large pot, bring to a boil. Reduce heat.
2. Let simmer for 20 minutes to allow flavors to marry. Stir occasionally.
3. Serve with desired toppings.

**Source:** Donations with a Difference. (n.d.), from <http://urbanext.illinois.edu/foodbaskets/default.cfm>

**Submitted by:** Lori Carlson, MS, RDN, LDN VA Illiana Health Care System

# Mexican Meatballs

## Ingredients:

- ✓ 1 lb lean ground beef
- ✓ 1 (1-1.25 oz) package taco seasoning
- ✓ Salsa

## Instructions:

1. Mix lean ground beef and taco seasoning and shape into 1-inch meatballs.
2. Brown in skillet then cover until cooked thoroughly. Place on paper towel to drain
3. Serve with salsa, as desired.

**Source:** Coffee, L., & Cale, E. (2003). The diabetic four ingredient cookbook. Kerrville, TX: Coffee and Cale.

**Submitted by:** Jayne E. Peters RD LMNT, Nebraska-Western Iowa Health Care System

# Marinated Vegetable Salad

## Ingredients:

- ✓ 2 c cauliflower pieces
- ✓ 2 c broccoli pieces
- ✓ 1-2 c cherry tomatoes, cut in halves
- ✓ 8 oz Italian Dressing
- ✓ 1½ c uncooked pasta

**Tip:** Rotini noodles work great. Try using whole grain pasta for added fiber and low fat or fat free dressing for fewer calories.

## Instructions:

1. Cook pasta as directed.
2. Mix all ingredients and chill overnight.

**Source:** Coffee, L., & Cale, E. (2003). The diabetic four ingredient cookbook. Kerrville, TX: Coffee and Cale.

**Submitted by:** Jayne E. Peters RD LMNT, Nebraska-Western Iowa Health Care System

# Easy Red Pasta Sauce

## Ingredients:

- ✓ 1 (32 oz) can Italian style stewed tomato or crushed tomatoes or tomato puree or diced tomatoes
- ✓ 1 (4oz) can mushroom pieces (optional)
- ✓ 1 tsp basil
- ✓ 1 tsp oregano
- ✓ 1 tsp parsley
- ✓ 1 tsp thyme
- ✓ 1 tsp rosemary

**Tip:** Try adding your favorite vegetables for added flavor, color and fiber. Adjust seasonings as desired.

## Instructions:

1. Mix all ingredients in medium saucepan.
2. Bring to boil then simmer, uncovered, for 15 minutes, stirring occasionally.
3. Serve over cooked pasta.

**Source:** HTK Cookbook Subcommittee

**Submitted by:** HTK Cookbook Subcommittee

# Cooking Dried Beans

## Ingredients:

- ✓ 1 bag of any of your favorite dried bean

**Tip:** Suggest using 10 cups of cold water for each pound of beans.

## Instructions:

**Overnight method:** Place dry beans in a large container and cover completely with water. Cover and refrigerate 8 hours or overnight. Drain before use in recipe.

**Quick cook method:** In a large pot, completely cover beans with water and boil for 2–3 minutes. Remove from heat, cover and soak for at least 1 hour or up to 4 hours. Drain before use in recipe.

**Source:** HTK Cookbook Subcommittee

**Submitted by:** HTK Cookbook Subcommittee

# Meat and Potato Skillet

## Ingredients:

- ✓ 2 lb lean stew beef
- ✓ 1 large onion, chopped
- ✓ 1 (11.5 oz) can V8 vegetable juice
- ✓ 4 c potatoes, bite sized pieces

**Tip:** Substitute ground beef or ground turkey for stew beef. Cook until potatoes are tender. Serve with a side of green beans or broccoli for a complete meal.

## Instructions:

1. Brown meat and onions in nonstick skillet until fully cooked.
2. Add V8 juice and potatoes.
3. Cover and simmer 30 minutes or until potatoes are tender.

**Source:** Coffee, L., & Cale, E. (2003). The diabetic four ingredient cookbook. Kerrville, TX: Coffee and Cale.

**Submitted by:** Jayne E. Peters RD LMNT, Nebraska-Western Iowa Health Care System

# Pork Stir Fry

## Ingredients:

- ✓ 2 lb pork chops, cut into strips
- ✓ 1 lb fresh or frozen carrots
- ✓ 1 lb broccoli florets, fresh or frozen
- ✓ ½ c bottled sweet and sour sauce

**Tip:** Serve over rice (brown rice if available) for a complete meal.

## Instructions:

1. Cook pork on medium high heat in a sprayed nonstick skillet, stirring frequently until thoroughly cooked.
2. Add carrots, cook until tender.
3. Add broccoli and sauce stirring frequently until broccoli is tender.

**Source:** Adapted from: Coffee, L., & Cale, E. (2003). The diabetic four ingredient cookbook. Kerrville, TX: Coffee and Cale.

**Submitted by:** Jayne E. Peters RD LMNT, Nebraska-Western Iowa Health Care System



# Slow Cooker Recipes

# Chicken Rice Dish

## Ingredients:

- ✓ 1 c cooked rice
- ✓ 1 (10.75 oz) can cream of chicken soup
- ✓ 1 c chicken broth
- ✓ 4 chicken thighs, thawed
- ✓ 10 oz pkg frozen broccoli, thawed

**Tip:** To make without a slow cooker, place chicken in a pot with chicken broth and cream of chicken soup. Cook on medium heat until chicken is fully cooked. Add broccoli and rice then cook until broccoli is soft.

## Instructions:

1. Combine rice, soup, chicken broth, and chicken thighs.
2. Place mixture in slow cooker and cover.
3. Cook on low 4 hours until chicken is fully cooked.
4. During last hour of cooking time, stir in broccoli.

**Submitted by:** Kathryn Simons, MED RD, CDE,  
Durham VA Medical Center

# Hearty Beef Noodle Soup

## Ingredients:

- ✓ ½ lb ground beef or beef cubes
- ✓ 1 (14.5 oz) can stewed tomatoes
- ✓ 1 (8 oz) can tomato sauce
- ✓ 1 c water
- ✓ 1 envelope dry onion soup mix
- ✓ 10 oz pkg frozen vegetables, partially thawed
- ✓ ½ c uncooked noodles

**Tip:** For stove-top cooking, cook beef in a large saucepan. Add tomato sauce, water, onion soup mix and bring to a boil. Add vegetables and noodles and cook until tender.

## Instructions:

1. Combine meat, tomatoes, tomato sauce, water, and soup mix in slow cooker.
2. Cover and cook on low 6 - 8 hours until beef is fully cooked.
3. Turn on high and stir in vegetables and noodles. (Add more water if mixture is too dry and thick.)
4. Cook on high for 30 minutes, or until vegetables are tender and noodles are fully cooked.

**Source:** Ranck, D. J., & Good, P. P. (2001). Fix-it and forget-it cookbook: feasting with your slow cooker. Intercourse, PA: Good Books.

**Submitted by:** Kathryn Simons, MED RD, CDE, Durham VA Medical Center

# Kielbasa Soup

## Ingredients:

- ✓ 1 (16 oz) package frozen mixed vegetables
- ✓ 1 (6 oz) can tomato paste
- ✓ 1 medium onion, chopped
- ✓ 3 medium potatoes, diced or 2 (14.5 oz) cans of diced potatoes
- ✓ 1 ½ lb kielbasa, cut into 1/4-inch pieces
- ✓ 1 gallon water

**Tip:** Substitute kielbasa with your favorite ground meat.

## Instructions:

1. Combine all ingredients in large slow cooker and cover.
2. Cook on low for 8-12 hours or until fully cooked.

**Stove top cooking:** In a large saucepan, cook kielbasa and onions until fully cooked. Add tomato paste and mix well. Add water and bring to a boil. Add potatoes and frozen vegetables and continue heating until fully cooked.

**Source:** Ranck, D. J., & Good, P. P. (2001). Fix-it and forget-it cookbook: feasting with your slow cooker. Intercourse, PA: Good Books.

**Submitted by:** Kathryn Simons, MED RD, CDE, Durham VA Medical Center

# Yummy Peach Cobbler

## Ingredients:

- ✓ ⅓ c buttermilk baking mix
- ✓ ⅔ c dry quick oats
- ✓ ½ c brown sugar
- ✓ 1 tsp cinnamon
- ✓ 4 c sliced peaches (canned or fresh)
- ✓ ½ c water
- ✓ cooking spray

**Tip:** : If using canned peaches, drain well and choose ones packed in their own juice if able.

## Instructions:

1. Mix together baking mix, oats, brown sugar, and cinnamon in greased slow cooker.
2. Stir in peaches and peach juice.
3. Cook on low for at least 5 hours. If you like a drier cobbler, remove lid for last 15 - 30 minutes.

**Submitted by:** Kathryn Simons, MED RD, CDE,  
Durham VA Medical Center

# Sausage and Bean Stew

## Ingredients:

- ✓ 2 (15 oz) cans white beans
- ✓ 1 lb smoked sausage, cut into bite sized pieces
- ✓ 3 c low sodium chicken broth
- ✓ 1 (15 oz) can diced tomatoes, undrained
- ✓ 1 medium onion, chopped
- ✓ ¼ tsp garlic powder
- ✓ 1 tsp dried thyme
- ✓ ½ tsp black pepper
- ✓ 5 oz fresh or frozen spinach, chopped

**Tip:** Also try navy beans, black beans, or kidney beans

## Instructions:

1. Combine all ingredients except spinach in a 4 quart slow cooker.
2. Cover and cook on low for 7-8 hours or high for 4-5 hours until beans are tender and sausage is fully cooked.
3. Stir in spinach and cook 15 minutes.

**Submitted by:** Megan Woodraska, MS, RD, LN,  
Sioux Falls, SD

# Rice and Beans

## Ingredients:

- ✓ 2 c brown rice
- ✓ 1 (15oz) can red kidney beans, drained and rinsed
- ✓ 1 (15 oz) can white beans, drained and rinsed
- ✓ 1 ½ c spaghetti sauce (roughly half of a 24 oz jar)
- ✓ 1 (14 oz) can of diced tomatoes
- ✓ 1 ½ tsp chili powder, adjust to preference
- ✓ 1 tsp garlic powder, adjust to preference

**Tip:** For added flavor or spice, try adding 1 (4oz) can diced chilies and Worcestershire sauce.

## Instructions:

1. Cook rice according to box.
2. Add the rest of ingredients and simmer until fully cooked. Stir well.
3. Add water or spaghetti sauce as needed to desired consistency.

**Source:** HTK Cookbook Subcommittee

**Submitted by:** HTK Cookbook Subcommittee

# Slow Cooker Meatballs

## Ingredients:

- ✓ 1 lb ground turkey or beef
- ✓ 1 c breadcrumbs
- ✓ 1 egg, beaten
- ✓ 1 (16 oz) can low sodium crushed tomatoes
- ✓ 1 (16 oz) can low sodium tomato sauce
- ✓ 1 tsp garlic and/or onion powder
- ✓ 1 Tbsp dried oregano
- ✓ ½ medium onion, chopped (optional)

**Tip:** Serve with whole wheat bread or pasta and vegetables for a complete meal.

## Instructions:

1. Mix meat, breadcrumbs, egg, and dried spices in a bowl until combined. Form into eight meatballs
2. Pour tomatoes and tomato sauce into slow cooker, adding onion if desired.
3. Place meatballs in tomato mixture, cover, and cook on low for 6-8 hours, until fully cooked.

**Source:** Adapted from (n.d.). <http://eatfresh.org/>

**Submitted by:** Brandi Kozlowski, DTR San Francisco  
VAMC

# Slow Cooker Salsa Chicken

## Ingredients:

- ✓ 1 lb chicken, cut into bite sized pieces, raw or cooked
- ✓ 1 c jarred or fresh salsa
- ✓ 1 c low sodium canned beans, drained and rinsed
- ✓ 1 c assorted vegetables, frozen or fresh

**Tip:** This is a good way to use leftover chicken.

## Instructions:

1. Cover chicken with salsa, beans and vegetables in slow cooker
2. Cook on low 4-6 hours, or until chicken is cooked through.

**Source:** Adapted from (n.d.). <http://eatfresh.org/>

**Submitted by:** Brandi Kozlowski, DTR San Francisco

VAMC

# Crock Pot Chicken

## Ingredients:

- ✓ 4 chicken breasts, approximately 5 oz each
- ✓ 1 small head of cabbage, quartered and core removed
- ✓ 1 pound package of baby carrots
- ✓ 2 (15 oz) cans stewed tomatoes

**Tip:** For ease after cooking, shred cabbage before placing in crock pot.

## Instructions:

1. Place above ingredients in crock pot. Cover and cook on low 6-7 hours until fully cooked.

**Source:** Coffee, L., & Cale, E. (2003). The diabetic four ingredient cookbook. Kerrville, TX: Coffee and Cale.

**Submitted by:** Jayne E. Peters RD LMNT, Nebraska-Western Iowa Health Care System



**Oven  
Recipes**

# Apple Bread Pudding

## Ingredients:

- ✓ cooking spray
- ✓ 1 whole egg
- ✓ 1 egg white
- ✓ 1 c skim milk
- ✓ 2 Tbsp brown sugar
- ✓ 1 tsp vanilla extract
- ✓ 1 tsp cinnamon
- ✓ ½ tsp allspice
- ✓ 6 slices light whole-grain or multigrain bread, cubed
- ✓ 3 medium apples, cut into 1/2-inch cubes

**Tip:** May add 1/2 cup of any one of the following: raisins, dried cranberries, fresh or dried blueberries, chopped walnuts, pecans or almonds. Don't have milk on hand? Try reconstituting powdered milk.

## Instructions:

1. Preheat oven to 350°F.
2. Spray 9x9 baking dish with cooking spray.
3. In large bowl, whisk together egg, egg white, milk, sugar blend, vanilla, cinnamon, and cloves.
4. Add bread and apple cubes. Add fruit or nuts if desired. Mix well.
5. Pour mixture in to prepared baking dish and bake in preheated oven for 40-45 minutes.

## Source:

(n.d.), <https://recipes.heart.org/Categories/9/Desserts>

**Submitted by:** Jacqueline Ryan, MS, RDN, Martinsburg VA Medical Center

# Baked Fish and Vegetables

## Ingredients:

- ✓ 4 white fish fillets, 4-5oz each
- ✓ 2 c assorted vegetables, chopped
- ✓ 1 small onion, diced
- ✓ 1 tsp lemon juice
- ✓ 4 (10x12 inch) squares aluminum foil

**Tip:** Assorted vegetables like broccoli, carrots, cauliflower, zucchini or any combination work well in this dish. If you don't have an onion on hand, substitute for 1 tsp of onion powder.

## Instructions:

1. Preheat oven or toaster oven to 450°F.
2. Separate and place fish fillets in center of each tin foil square.
3. Combine assorted vegetables and diced onion in bowl and mix. Spoon vegetables around fillets.
4. Sprinkle with lemon juice. Fold ends of tin foil together to form leak-proof seal.
5. Bake for 10 minutes or until fully cooked.

**Source:** Baked Fish and Vegetables. (n.d.). from <https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/baked-fish-and-vegetables>

**Submitted by:** Dana Strohmaier, RD, CDE, Hines VAMC

# Hawaiian Baked Pork Chops

## Ingredients:

- ✓ 4 pork chops, 4 oz each
- ✓ 1 (15oz) can crushed pineapple
- ✓ 3 medium sweet potatoes, peeled and sliced or 1 (15oz) can sweet potatoes
- ✓ 2 Tbsp brown sugar

**Tip:** Substitute pork chops for ham steak or chicken breast.

## Instructions:

1. Place pineapple with juice in large greased baking dish.
2. Place sliced sweet potatoes over pineapple and sprinkle lightly with brown sugar.
3. Place pork chops on top of sweet potatoes.
4. Bake covered at 350°F for one hour, then uncover and bake at 450°F for 10 minutes or until fully cooked.

**Source:** Coffee, L., & Cale, E. (2003). The diabetic four ingredient cookbook. Kerrville, TX: Coffee and Cale.

**Submitted by:** Jayne E. Peters, RD, LMNT, Nebraska-Western Iowa Health Care System

# Tater Tot Casserole

## Ingredients:

- ✓ ½ lb lean ground beef or turkey
- ✓ ½ onion, chopped
- ✓ ½ lb frozen tater tots
- ✓ 1 (11 oz) can low fat cream of mushroom soup
- ✓ 3 c vegetables, fresh or frozen

**Tip:** Choose low sodium cream of mushroom soup if available. Green beans, carrots, mushrooms and broccoli work really well for this recipe. For added kick, try adding 2 tsp of chili powder to recipe.

## Instructions:

1. In skillet, brown onion and ground meat until fully cooked. Drain off any excess fat.
2. Place meat in bottom of casserole dish. Place frozen tater tots and vegetables on top of meat. Pour can of mushroom soup over mixture. Cover and bake at 350°F for 30 minutes.

**Source:** Adapted from Coffee, L., & Cale, E. (2003). The diabetic four ingredient cookbook. Kerrville, TX: Coffee and Cale.

**Submitted by:** Jayne E. Peters, RD, LMNT, Nebraska-Western Iowa Health Care System

# Baked Lemon Chicken

## Ingredients:

- ✓ 1 lb chicken, boneless, skinless
- ✓ 1 tsp garlic powder
- ✓ 2 Tbsp lemon juice
- ✓ 1 tsp black pepper
- ✓ cooking spray

**Tip:** Great served over rice or pasta. Add in broccoli or your favorite green vegetable for a complete meal.

## Instructions:

1. Coat chicken with cooking spray and sprinkle with garlic powder, pepper and lemon juice.
2. Place in baking dish and bake at 350°F for 20-30 minutes until fully cooked.

**Submitted by:** Jayne E. Peters, RD, LMNT, Nebraska-Western Iowa Health Care System



**No Cook  
Recipes**

# Black Bean Salsa

## Ingredients:

- ✓ 1 (15 oz) can low sodium black beans, rinsed
- ✓  $\frac{1}{3}$  c shredded carrots
- ✓  $\frac{1}{4}$  c salsa
- ✓  $\frac{1}{4}$  tsp cumin (optional)
- ✓  $\frac{1}{4}$  tsp chili powder (optional)
- ✓ tortilla chips

## Instructions:

1. Combine black beans, carrots, salsa, cumin and chili powder in a bowl and mix  
Serve with tortilla chips.

**Submitted by:** Megan Briggs, Dietetic Intern  
Minneapolis VA Health Care System

# Turkey Apple Pita

## Ingredients:

- ✓ 2 slices turkey
- ✓ 1 medium apple, cored and sliced
- ✓ 2 Tbsp nonfat light vanilla yogurt
- ✓ ½ c shredded lettuce
- ✓ 1 whole wheat pita pocket, cut in half

## Instructions:

1. Place one slice of turkey, ½ the sliced apple, 1 Tbsp yogurt and ¼ cup lettuce in each pita half.

**Source:** (n.d.). Food and Health Communications Recipes - Innovative ideas and resources for food, nutrition and health professionals and teachers. from <https://foodandhealth.com/recipes.php/category/17>

**Submitted by:** Lori Carlson, MS, RDN, LDN VA Illiana Health Care System

# Overnight Oats

## Ingredients:

- ✓ ½ c rolled oats, dry
- ✓ ¼ c milk
- ✓ 1 c vanilla light yogurt
- ✓ 2 c assorted fruit
- ✓ pinch ground cinnamon

**Tip:** For added taste and protein, try adding your favorite nuts.

## Instructions:

1. Mix all ingredients in a bowl or a large jar and cover. Let sit 30 minutes or refrigerate for up to 3 days.

**Source:** (n.d.). Food and Health Communications Recipes - Innovative ideas and resources for food, nutrition and health professionals and teachers. from <https://foodandhealth.com/recipes.php/category/17>

**Submitted by:** Lori Carlson, MS, RDN, LDN, VA Illiana Health Care System

# Salmon Wraps

## Ingredients:

- ✓ 1 (5-7oz can or pouch) salmon, drained
- ✓ 1 Tbsp light soy sauce
- ✓ 2 c cooked brown rice
- ✓ 1 package whole wheat tortillas

**Tip:** Whole wheat wraps provide a good source of fiber however any of your favorite wraps would work well.

## Instructions:

1. Combine salmon, soy sauce and rice. Add a spoonful to center of tortilla and roll.

## Source:

<http://urbanext.illinois.edu/foodbaskets/default.cfm>

**Submitted by:** Lori Carlson, MS, RDN, LDN, VA Illiana Health Care System

# California Dip

## Ingredients:

- ✓ 2 c cottage cheese, low fat or fat free
- ✓ 1 Tbsp lemon juice
- ✓ 2 Tbsp skim milk
- ✓ 1 envelope dry onion soup mix

**Tip:** If you don't have cottage cheese on hand, try substituting for plain Greek yogurt.

## Instructions:

1. Stir cottage cheese, lemon juice and milk together. Use a blender to mix if a smooth texture is preferred.
2. Add onion soup mix.
3. Chill before serving.

**Source:** Coffee, L., & Cale, E. (2003). The diabetic four ingredient cookbook. Kerrville, TX: Coffee and Cale.

**Submitted by:** Jayne E. Peters RD LMNT, Nebraska-Western Iowa Health Care System



# Microwave Recipes

# Cheesy Ham and Broccoli Rice Bowl

## Ingredients:

- ✓ 1 c cooked rice
- ✓ ¼ c broccoli, cooked
- ✓ 2 slices deli ham
- ✓ 1 slice American cheese
- ✓ 2 Tbsp milk
- ✓ 1 Tbsp water

## Instructions:

1. Microwave broccoli with water until tender for about 30-60 seconds.
2. Microwave American cheese with milk until melted and smooth, approximately 1-2 minutes.
3. Microwave rice for 1 minute.
4. Combine broccoli, cheese, ham and rice.

**Submitted by:** Mellonee Johnson, RD, LD, WJB Dorn

# Microwave BBQ Spud

## Ingredients:

- ✓ 1 medium russet potato
- ✓ 1 (5 oz) can chicken or tuna in water, drained
- ✓ 1 oz shredded cheese
- ✓ 1 tsp butter
- ✓ 2 Tbsp barbeque sauce
- ✓ ½ c broccoli or spinach (optional)

## Instructions:

1. Rinse potato with water and poke potato 2-3 times with fork.
2. Place in microwave for 5-10 minutes until tender.
3. Once potato is soft, cut open, add butter, chicken, cheese, vegetables and drizzle sauce on top.

**Tip:** For added flavor, try using a sweet potato.

**Submitted by:** Mellonee Johnson, RD, LD; WJB Dorn

# Avocado, Bean and Rice Bowl

## Ingredients:

- ✓ 1 (15 oz) can low sodium beans, drained and rinsed
- ✓ 1 c brown rice, cooked
- ✓ 1 avocado
- ✓ ½ c corn
- ✓ ½ tsp black pepper
- ✓ ½ tsp ground cumin

**Tip:** Works well with kidney or black beans. For added flavor, try adding cayenne pepper, garlic powder, cilantro, onion or green chilies.

## Instructions:

1. Combine beans with rice and spices in a microwave safe bowl and heat in microwave until steaming hot.
2. Slice or dice avocado into small pieces and arrange over the top of beans and rice.

**Submitted by:** Brandi Kozlowski, DTR San Francisco  
VAMC

# White Chicken Chili

## Ingredients:

- ✓ 2 tsp vegetable oil
- ✓ 1 lb thawed boneless, skinless chicken breast, cut into bite sized pieces
- ✓ 1 small onion, chopped
- ✓ 1 (15 oz) can low-sodium chicken broth
- ✓ 1 (4 oz) can chopped green chilies
- ✓ 3 (15 oz) cans great northern beans, drained and rinsed
- ✓ 2 Tbsp taco seasoning mix

**Tip:** Use low sodium taco seasoning if available.

## Instructions:

1. In a microwave safe bowl, combine onions, oil and chicken. Microwave on high 3 minutes or until onion is tender. (Chicken does not need to be cooked through yet.)
2. Add in the broth, beans, chilies and spices and stir well.
3. Cover bowl with paper towel or lid and microwave on high for 10 minutes. Stir, recover and microwave on medium for 7 minutes, until chicken is thoroughly cooked.

**Submitted by:** Kathleen Saren MS, RD  
North Florida/South Georgia VHS

# Breakfast Mug

## Ingredients:

- ✓ 1 egg or ¼ c egg substitute
- ✓ 1 piece turkey sausage
- ✓ whole wheat English muffin

**Tip:** May use Canadian bacon in place of sausage.

## Instructions:

1. Cook turkey sausage patty according to microwave directions.
2. Spray coffee mug with non-stick spray.
3. Crack egg into mug and scramble with a fork. Microwave for 90 seconds, check to see if cooked through. If not, microwave in increments of 20-30 seconds until done.
4. Toast English muffin in toaster.
5. Put together breakfast sandwich with cooked egg, cooked sausage on muffin.

**Source:** (n.d.). from

<http://www.eggnutritioncenter.org/recipe>

**Submitted by:** Lori Carlson, MS, RDN, LDN VA Illiana Health Care System

# English Muffin Pizza

## Ingredients:

- ✓ 1 English muffin
- ✓ 2 Tbsp Tomato sauce
- ✓ 2 Tbsp mozzarella cheese, shredded
- ✓ 2 mushrooms, diced (optional)
- ✓ ¼ c bell pepper, diced (optional)

**Tip:** Try adding your favorite pizza toppings.

## Instructions:

1. Toast English muffin. Top with tomato sauce, vegetables, and cheese. Microwave 30 seconds to melt cheese.

**Source:** (n.d.). Food and Health Communications Recipes - Innovative ideas and resources for food, nutrition and health professionals and teachers. from <https://foodandhealth.com/recipes.php/category/17>

**Submitted by:** Lori Carlson, MS, RDN, LDN VA Illiana Health Care System

# Black Bean Breakfast Burrito

## Ingredients:

- ✓ 1 can black beans, drained and rinsed
- ✓ 2 Tbsp onion, chopped
- ✓ ½ c fresh tomato, chopped or canned diced
- ✓ 4 tortillas, corn or flour
- ✓ ½ c low-sodium salsa
- ✓ 4 Tbsp non-fat plain yogurt (optional)

**Tip:** For added flavor, try adding Spanish rice flavored instant rice.

## Instructions:

1. Mix beans with onion and tomatoes.
2. Microwave tortillas between the two sheets of slightly damp paper towels on high for 15 seconds.
3. Divide bean mixture between the tortillas.
4. Fold each tortilla to enclose filling.
5. Place on microwave-safe dish and spoon salsa over each burrito.
6. Microwave on high for 15 seconds.
7. Serve topped with yogurt.

**Source:** Breakfast Burrito. (n.d.), from <https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/breakfast-burrito>

**Submitted by:** Dana Strohmaier, Hines VAMC

# Pita Pocket Pizza

## Ingredients:

- ✓ 1 whole wheat pita pocket
- ✓ 2 Tbsp part-skim mozzarella cheese
- ✓ 1 Tbsp tomato sauce
- ✓ ¼ c diced yellow onion
- ✓ ¼ c diced green pepper
- ✓ 4 pepperoni, cut into slices
- ✓ 2 toothpicks

**Tip:** Try adding any of your favorite vegetable toppings.

## Instructions:

1. Cut pita in half, open each pocket and spread with 1 Tbsp tomato sauce.
2. Spread 1 Tbsp cheese across each pita.
3. Stuff each pita with the vegetables and meat.
4. "Thread" the toothpicks across the pita's opening to seal the edge.
5. Microwave the pita pizzas for 60 to 90 seconds, or until the cheese melts.

**Source:** adapted from Pita Pocket Pizza. (2001, December 05), from <http://www.sheknows.com/recipes/pita-pocket-pizza>  
**Submitted by:** Kathleen Saren MS, RD  
North Florida/South Georgia VHS



## **BEEF**

**Garlic**

**Horseradish**

**Onion**

**Pepper**

**Red pepper flakes**

**Sage**

You can also try:

bay leaves, BBQ sauce, chives, cilantro, ginger, lemon, lime, marjoram, parsley, rosemary, tarragon, thyme, Worcestershire sauce



## **Pork**

**Basil**

**Chili powder**

**Cumin**

**Garlic**

**Pepper**

**Sage**

You can also try:

apples, cilantro, fennel, ginger, pears, oregano, horseradish, onion, red pepper flakes, thyme, balsamic vinegar, lime, Worcestershire sauce



## **LAMB**

**Basil**

**Cilantro**

**Garlic**

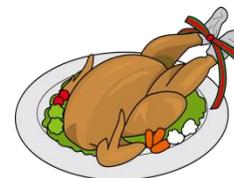
**Mint**

**Oregano**

**Rosemary**

You can also try:

apples, chili powder, cumin, curry powder, ginger, honey, lemon, lime, paprika, parsley, pepper, red pepper flakes, sage, thyme



## **POULTRY**

**Basil**

**Chili pepper**

**Cilantro**

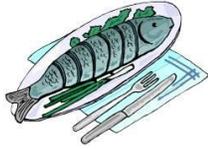
**Garlic**

**Oregano**

**Red pepper flakes**

You can also try:

apples, avocado, carrots, chick peas, cumin, curry powder, ginger, honey, lemon, lime, onion, Old Bay, paprika, parsley, rosemary, tarragon, thyme



## **FISH**

**Basil**

**Curry powder**

**Dill**

**Fennel**

**Lemon**

**Black pepper**

You can also try:  
dry mustard, garlic,  
ginger, lemon pepper,  
lime, marjoram, paprika,  
parsley, tomatoes



## **CARROTS**

**Basil**

**Cilantro**

**Garlic**

**Mint**

**Oregano**

**Rosemary**

You can also try:  
allspice, celery, cilantro,  
cloves, coriander, cumin,  
fennel, lemon, lime,  
maple syrup, marjoram,  
nutmeg, oranges, parsley,  
thyme



## **GREEN BEANS**

**Cilantro**

**Dill**

**Cumin**

**Garlic**

**Oregano**

**Rosemary**

You can also try:  
basil, cheese, chili  
peppers, curry powder,  
ginger, lemon, lime,  
marjoram, mint, onion,  
parsley, red pepper flakes,  
tarragon, thyme



## **SUMMER SQUASH**

**Basil**

**Cinnamon**

**Cumin**

**Oregano**

**Parsley**

**Sage**

You can also try:  
cheese, chili pepper,  
coriander, dill, lemon,  
paprika, pepper,  
rosemary, thyme



## **TOMATO**

**Basil**  
**Cumin**  
**Garlic**  
**Oregano**  
**Parsley**  
**Rosemary**

You can also try:

bay leaves, chili pepper,  
 coriander, curry powder,  
 dill, fennel, ginger, honey,  
 lemon, lime, marjoram,  
 mint, onion, sage, thyme



## **POTATOES**

**Cinnamon**  
**Garlic**  
**Onion**  
**Paprika**  
**Pepper**  
**Rosemary**

You can also try:

basil, cilantro, coriander,  
 dill, ginger, lemon,  
 parsley, sage, thyme,  
 vinegar (white wine,  
 balsamic, etc)



## **CORN**

**Basil**  
**Chili powder**  
**Cumin**  
**Garlic**  
**Pepper**  
**Rosemary**

You can also try:

allspice, cilantro, curry  
 powder, dill, ginger,  
 lemon, lime, maple syrup,  
 oregano, paprika, parsley,  
 sage, vinegar



## **BROCCOLI**

**Basil**  
**Chili peppers**  
**Garlic**  
**Ginger**  
**Onion**

You can also try:

cilantro, coriander, lemon  
 juice, mustard, oregano,  
 parsley, tarragon, thyme  
 vinegar (white wine,  
 balsamic, etc)



## **CAULIFLOWER**

**Bell pepper**

**Chili sauce**

**Cumin**

**Garlic**

**Ginger**

**Paprika**

You can also try:  
bay leaves, lemon,  
cilantro, lime, curry  
powder, dill, onion,  
mustard, red pepper  
flakes, tarragon,  
thyme



## **BRUSSEL SPROUTS**

**Basil**

**Dill**

**Garlic**

**Lemon**

**Paprika**

**Thyme**

You can also try:  
bay leaves , chives,  
coriander, fennel,  
lemon juice, lime,  
marjoram, nutmeg,  
parsley, black or  
white pepper, vinegar  
(white wine,  
balsamic, etc)

