

Turkey Sandwich

Ingredients

- 2 slices of whole wheat bread
- 1 tbsp of strawberry jam or your child's favorite flavor
- 2 Tbsp of mayonnaise plus more for writing on top
- 4 Slices of deli turkey
- 1 Slice of swiss cheese
- 1 plum tomato sliced
- 1 handful of arugula washed and dried

Directions

- Spread one teaspoon of Mayo on top of the bread
- Top with arugula, tomato, turkey and cheese.
- Spread the other slice of bread with the remaining teaspoon of mayo.
- Place mayo side down on top of the sandwich.



Taco Salad (Turkey)

Ingredients

- Ground Turkey
- Lettuce
- Tomato
- Shredded Cheese
- Black beans
- Corn
- sour cream
- Tortilla Chips

Directions

- Cook the taco meat – Heat a large skillet over medium-high heat. Add the oil and diced onion and sauté for 4-5 minutes, or until the onions are soft.
- Add the ground turkey (or beef) to the skillet and use a large wooden spoon to break the turkey into smaller and smaller pieces, cooking until meat is cooked through.
- Add the seasoning, spices and tomato sauce and mix well to combine. Continue to cook for an additional 5 minutes, stirring often.
- Chop lettuce, drain beans and corn.
- Shred the cheese.
- Gather your favorite condiments.
- Mix it all together.



Homemade Veggie Pizza

Ingredients

- 1 pound whole wheat pizza dough, or flat bread
- 2 Tbsp extra virgin olive oil
- 3 cloves garlic, minced
- 1/4 cup pizza sauce
- 1/2 cup mushrooms, sliced
- 1/2 cup grape tomatoes, sliced
- 1/2 cup red bell pepper, chopped
- 1-2 cups shredded chicken
- 2 cups shredded mozzarella cheese

Directions

- Preheat oven to 450°F. Lightly brush oil onto a pizza stone or large baking sheet and place dough onto stone or pan.
- Brush olive oil on top of dough, then sprinkle garlic cloves all over. Lightly spread pizza sauce on top with the back of a spoon.
- Top with sliced mushrooms, tomatoes, peppers, chicken and mozzarella. Bake until crust is golden brown and the center is cooked (about 12-15 minutes).
- Remove from oven. Slice and serve!



Broccoli Pesto Pasta

Ingredients

- 8-ounces pasta
- 4-5 cups broccoli florets, cooked and cooled
- Zest and juice of ½ medium lemon
- ¼ cup fresh basil leaves
- ¼ cup fresh Parmesan cheese
- ¼ cup nuts (pine, walnuts, almonds, pepitas)
- 3-4 cloves garlic, peeled
- ½ teaspoon coarse salt
- ¼ teaspoon ground black pepper
- ½ cup pine nuts (optional)
- ¼ cup chopped fresh herbs (basil, parsley)

Directions

- Bring a medium pot of salted water to a boil. Add pasta and cook according to package directions. Let pasta cool.
- Place cooked broccoli, lemon zest and juice, basil leaves, Parmesan cheese, nuts, garlic, salt and black pepper in the bowl of a food processor.
- Process on low while drizzling olive oil in through the vegetable shoot until desired consistency is reached, scraping the sides of the bowl as needed. Taste and adjust seasoning, if necessary.
- Place in the refrigerator until ready to use (while pasta cools or if making ahead).
- Toss broccoli pesto with cooked pasta until thoroughly combined and transfer to a serving bowl. Top with pine nuts (if using) and fresh herbs. Serve.



Orange-Sesame Quinoa Salad

Ingredients

- 1 cup tri-color pasta or any color quinoa
- ½ cup orange juice
- 1 tsp grated ginger
- 1 tsp grated garlic
- 1 tbsp low-sodium soy sauce
- 1 tbsp sesame oil
- 4 cups mustard greens, tough stems removed
- 1 cup scallions thinly sliced
- 2 cups carrots thinly sliced using a peeler

Directions

- Bring a medium pan of salted water to the boil. Add quinoa and cook until softened, about 15 minutes. Drain and reserve.
- While the quinoa is cooking, make the vinaigrette. Whisk together the orange juice, ginger, garlic and soy sauce. Continue whisking and drizzle in the sesame oil.
- Place the mustard greens, scallions, carrots and reserved quinoa in a large bowl. Toss with the vinaigrette and serve!



Hummus & Feta Sweet Peppers

Ingredients

- 12 Sweet Snacking Peppers
- 1 cup red pepper hummus
- ¼ cup feta, crumbled
- 2 tbsp fresh chives, minced

Directions

- Using a sharp knife, slice the top ½ of each sweet pepper. Set the removed piece of pepper aside to use for a different purpose.
- Peppers can be cut in half, but cutting the top third keeps the peppers stem intact, making it easier to handle as an appetizer.
- Fill a sandwich bag with Red Pepper Hummus, seal and cut a small hole in a bottom corner of the bag. (The sealed sandwich bag will not work like a piping bag.)
- Pipe hummus into the 12 sweet peppers.
- Top each pepper with crumbled Feta cheese and chives. Serve cool or room temperature.

