

# HOME COOKING WITHOUT A KITCHEN

This cookbook was developed by:

Caring for Generations  
**JF&CS**  
Jewish Family & Children's Service

In partnership with:

**PROJECT  
BREAD**  
A FRESH APPROACH  
TO ENDING HUNGER<sup>SM</sup>



# Table of Contents

## Introduction

Welcome .....	2
Simple Cooking Tools .....	3
Measuring Ingredients without Measuring Cups or Spoons .....	4
Tips for Making Packaged Meals and Soups More Nutritious .....	5
Selecting Frozen and Prepared Meals .....	6

## Basic Microwave Cooking

Microwave Safety Tips .....	7
Microwave-Safe Containers .....	8
Pasta .....	9
Potatoes .....	10
Rice .....	11
Fresh Vegetables: Cooking Steps .....	12
Fresh Vegetables: Cooking Times .....	13

## Recipes

About Our Recipes .....	14
Nutrition Criteria .....	15
Three-Day Meal Plan .....	16
Recipes by Ingredient .....	17
Recipe Index .....	18
Breakfast .....	19
Sandwiches and Salads .....	23
Hot Meals .....	33
Snacks and Sides .....	37

## Additional Information

Additional Resources .....	40
About JF&CS Nutrition Services and Project Bread .....	41
Acknowledgements .....	42

# Introduction

## Welcome to *Home Cooking without a Kitchen*.

Whether you've been cooking since the moment you could walk or you have only just begun, this cookbook is for you. Inside, you will find meal ideas to savor without needing a full kitchen. You don't even need to like to cook to use this cookbook. But we think you will like these recipes. You might find that a few of them become your go-to favorites.

In addition to simple-to-prepare, tasty, and kid-approved recipes, you will find how to cook almost any fresh food in a microwave and learn new ways to use ordinary ingredients.

We hope you like it so much that *Home Cooking without a Kitchen* becomes your new cooking staple.

**Happy eating!**

# Introduction

## Simple Cooking Tools

You can prepare many healthy, no-cook, or microwave recipes with only a few simple kitchen tools. You can buy these items at a grocery store or dollar store.



### 1. Microwave-Safe Bowl

Use your microwave-safe bowl to mix ingredients together, serve meals, store leftovers, or reheat food in the microwave. See page 8 for more information about containers that are safe for the microwave.



### 2. Good Knife

A “chef knife” is a large knife that you can use to cut vegetables, meat, fruit, nuts, or any other ingredient. A sharp knife is always safer than a dull knife.



### 3. Cutting Board

A cutting board gives you a clean surface to cut and prepare ingredients for your recipes.



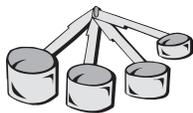
### 4. Can Opener

Use a can opener to open canned ingredients such as tuna, beans, vegetables, and fruits.



### 5. Strainer

Use a strainer to wash fruits and vegetables, drain and rinse the salt from canned beans and vegetables, and drain pasta after cooking.



### 6. Measuring Cups and Spoons

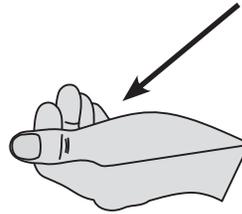
All recipes tell you how much of each ingredient to add. Use measuring spoons and cups to make sure that you are adding the right amounts. If you don't have measuring cups or spoons, you can estimate quantities using the guide on page 4.

# Introduction

## Measuring Ingredients without Measuring Cups or Spoons

Even if you don't have measuring cups or spoons, you can still make many recipes. Here are some easy ways to estimate amounts.

**½ cup** – handful or 1 light bulb



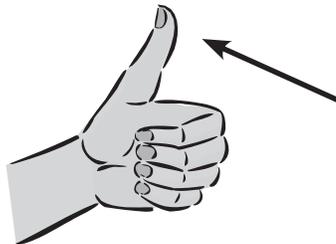
**1 cup** – 1 fist



**1 teaspoon** – the tip of your index finger



**1 Tablespoon** – 1 thumb



# Introduction

## Tips for Making Packaged Meals and Soups More Nutritious

Choose frozen meals with less than 600mg of sodium per serving and canned soups with less than 500mg of sodium per serving.

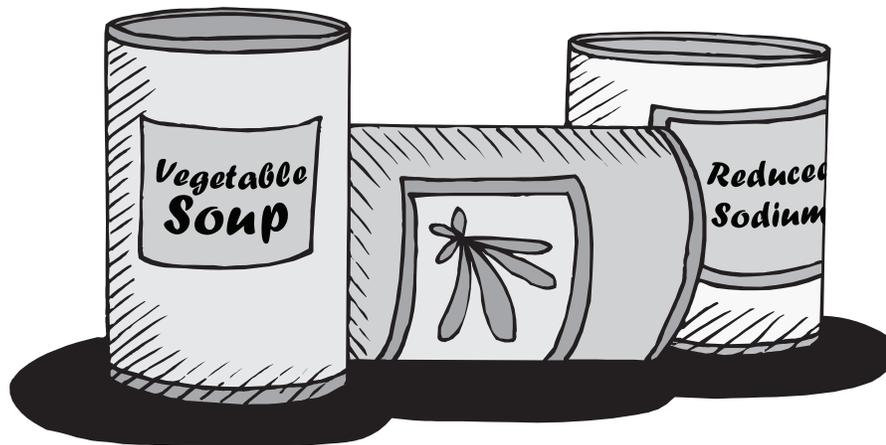
If the meal or soup comes with a flavor packet, only use half or none of it.

Choose meals that include:

- lean protein (such as chicken, turkey, tofu, or beans);
- whole grains (such as brown rice or whole grain pasta); and
- vegetables.

Add fresh, frozen, or low-sodium canned vegetables to your meal to make the meal bigger and more satisfying.

Add canned beans or pre-cooked meat for extra protein.



# Introduction

## Selecting Frozen and Prepared Meals

If you buy frozen or prepared meals, check if they are healthy! Look at the Nutrition Facts label for the following information:

### Healthier Frozen Meal Label

<b>Nutrition Facts</b>	
Serving Size 1 package	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 400	Calories from Fat 25
% Daily Values*	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 490mg	<b>20%</b>
<b>Total Carbohydrate</b> 51g	<b>17%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 4g	
<b>Protein</b> 22g	<b>44%</b>
Vitamin A 25%	Vitamin C 55%
Calcium 4%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

**Serving size:** The amount of food the nutrition facts are based on. The recommended portion is often smaller than we think! Be sure to check how many servings are in the container.

**Calories:** Most healthy adults need about 2000 calories per day, so aim for less than 600 calories per meal. Children generally need fewer calories.

**Saturated Fat:** Look for 10% or less of the Daily Value.  
**Trans Fat:** Look for 0g.  
**Cholesterol:** Aim for 20% or less of the Daily Value.

Saturated fat, trans fat, and cholesterol raise blood cholesterol levels, so choose foods that are as low as possible in these areas.

### INGREDIENTS:

**INGREDIENTS**

**Sugar:** Compare prepared meals to find the lowest-sugar option. Sugar occurs naturally in fruits and unsweetened dairy products, but it gets added to a lot of foods, cereals, and flavored yogurts. This “added sugar” adds calories without any nutrition.

**Whole Grains:** Check the ingredient list when selecting a meal that includes a grain (such as rice or pasta). Look for the term “whole” before the first grain listed (ex: whole wheat). Brown rice, popcorn, oatmeal, and quinoa are also whole grains.

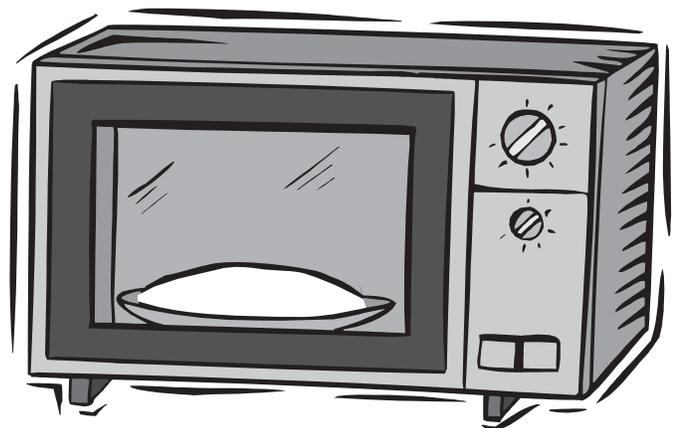
**Sodium (salt):** Aim for less than 600mg of sodium per frozen meal or 500mg per serving of soup. Low-sodium foods are best because sodium can raise blood pressure.

# Basic Microwave Cooking

Many foods that are usually cooked on a stove or in an oven can also be cooked in a microwave. Read on for how to safely cook common foods in the microwave.

## Microwave Safety Tips

- Use microwave-safe containers such as glass and ceramic. Some plastics (such as Tupperware®) are microwave-safe as well. See a list of microwave-safe containers on the next page.
- Do not put metal into a microwave! This can cause a fire.
- Always check the food package for microwave directions and follow them.
- Arrange foods evenly on the plate to help cook food thoroughly.
- Place a plate or paper towel over your food so it cooks evenly and doesn't splatter or make a mess.
- Stir food halfway through the cooking time to be sure that the food heats evenly.
- Let food cool for 2 minutes. Then test food to ensure it is not too hot before removing from the microwave.
- Be careful of hot steam when taking the cover off of foods cooked in the microwave.



# Basic Microwave Cooking

## Microwave-Safe Containers

Before you begin cooking in a microwave, you need to have the proper cooking containers. Here is a list of which containers are safe and unsafe to use in a microwave.



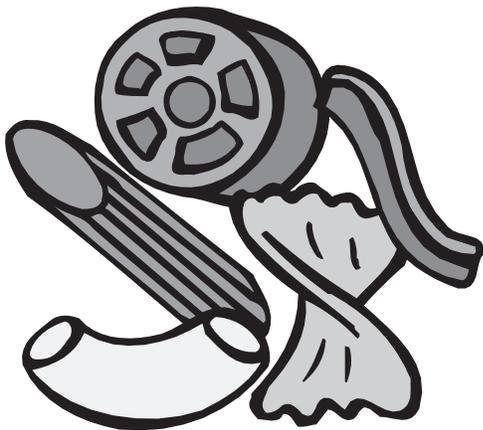
Graphic courtesy of the Food Bank of Western Massachusetts

# Basic Microwave Cooking

## Pasta

1. Place pasta in a bowl or other container that is safe for the microwave. The pasta will expand as it cooks. Make sure to choose a container that is big enough to fit the amount of cooked pasta.
2. Add water.
3. Cook on high per cooking times below.
4. Stir halfway through the cooking time.
5. When pasta is tender, drain excess water and serve with your favorite toppings.

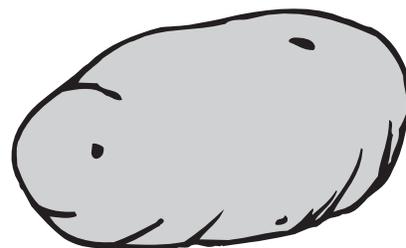
Uncooked pasta	Add water	Microwave time*	Amount of cooked pasta
1 cup	2 ½ cups	12 minutes	2 cups
2 cups	5 cups	24 minutes	4 cups
3 cups	7 ½ cups	36 minutes	6 cups



\* As a general rule, cook for 12 minutes for each cup of uncooked pasta.

# Basic Microwave Cooking

## Potatoes (White or Sweet)



1. Rinse potatoes to remove dirt.
2. Pierce the potato with a fork in about 5 to 8 places on all sides.
3. Place potatoes on a microwave-safe plate. Wrap them in a damp paper towel.
4. See chart below for cooking times. Cook according to the times below.
5. Let cool, then remove from the microwave. Slice potato in half and serve with your favorite toppings.

Number of medium-sized potatoes	Microwave time
1	7 minutes, or until tender
2	12 minutes, or until tender
3	17 minutes, or until tender

# Basic Microwave Cooking

## Rice

1. Place rice in a bowl or other container that is safe for the microwave. The rice will expand as it cooks. Make sure to choose a container that is big enough to fit the amount of cooked rice.
2. Add water. For extra flavor, you can cook rice in low-sodium chicken, vegetable, or beef broth. However, this will add extra sodium to your rice.
3. Cover and cook on high in microwave.
4. After cooking, leave the rice in the microwave for a couple of minutes to cool. This will help the rice finish cooking.



### INSTANT WHITE RICE

Uncooked rice	Add water	Microwave time	Amount of cooked rice
1 cup	1 cup	6 minutes	2 cups
2 cups	2 cups	8 minutes	4 cups
3 cups	3 cups	10 minutes	6 cups

### INSTANT BROWN RICE

Uncooked rice	Add water	Microwave time	Amount of cooked rice
½ cup	1 cup	6 minutes	2 cups
1 cup	1 ¾ cups	8 minutes	4 cups
1½ cups	2 ½ cups	10 minutes	6 cups

### LONG-GRAIN WHITE RICE

Uncooked rice	Add water	Microwave time	Amount of cooked rice
½ cup	1 cup	15 minutes	2 cups
1 cup	2 cups	20 minutes	4 cups
1½ cups	3 cups	25 minutes	6 cups

### LONG-GRAIN BROWN RICE

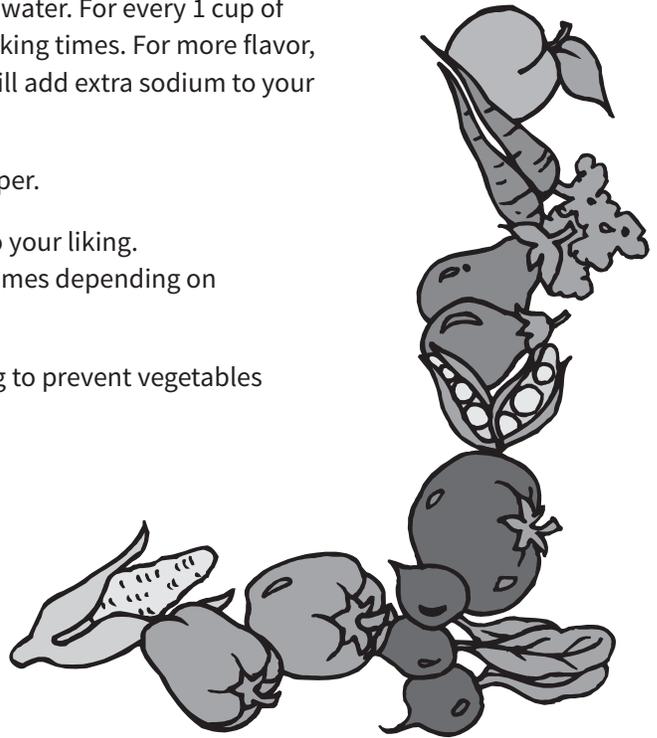
Uncooked rice	Add water	Microwave time	Amount of cooked rice
½ cup	1 cup	20 minutes	1½ cups
1 cup	2 cups	25 minutes	3 cups
1½ cups	3 cups	30 minutes	4½ cups

# Basic Microwave Cooking

## Fresh Vegetables: Cooking Steps

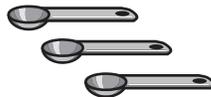
The method for cooking all fresh vegetables in the microwave is generally the same:

1. Rinse vegetables well.
2. Trim as necessary.
3. Chop into same-size pieces to ensure even cooking.
4. Place vegetables in a bowl that is safe for the microwave. Add water.  
For every one cup of vegetables, add 3 tablespoons water. For every 1 cup of greens, use 1 tablespoon water. See page 13 for cooking times. For more flavor, you can use broth instead of water. However, this will add extra sodium to your vegetables.
5. Cover the bowl with a plate, paper towel, or wax paper.
6. Cook on high heat until the vegetables are tender to your liking.  
The vegetables will have slightly different cooking times depending on their size and thickness.
7. Drain some of the liquid from the bowl after cooking to prevent vegetables from getting soggy.
8. Add seasonings of your choice. Mix and serve.



1 Cup of Chopped  
Vegetables

+



3 Tablespoons  
of Water



1 Cup of Greens

+



1 Tablespoon  
of Water

# Basic Microwave Cooking

## Fresh Vegetables: Cooking Times

Here are some common vegetables and their cooking times, as well as preparation tips.

Vegetable	Preparation Tips	Cook Time*
<b>bell peppers</b>	Cut tops off peppers, remove seeds, and cut into ¼-inch strips.	5-6 minutes
<b>broccoli</b>	Chop into pieces.	3-5 minutes
<b>Brussels sprouts</b>	Rinse and remove any damaged outer leaves.	7 minutes
<b>cabbage</b>	Peel outer leaves and cut into wedges.	4 minutes, then stir and cook 4 minutes longer
<b>carrots</b>	Slice into ¼-inch thick rounds.	5 minutes
<b>cauliflower</b>	Chop into pieces.	3-4 minutes
<b>collards</b>	Remove stems and center ribs and discard. Cut the leaves into ½-inch strips.	5 minutes
<b>corn</b>	Don't husk the corn - just pull off any brown silk, rinse, and then place them in the microwave on a damp paper towel on a plate. Arrange the corn so that the narrow end of each to the center of the plate. Cook up to 4 pieces of corn at one time.	5 minutes, then turn over and cook 5 minutes longer
<b>eggplant</b>	Discard stem. Cut into rounds or cubes.	10 minutes
<b>green beans</b>	Snap off ends of beans.	3-4 minutes
<b>kale</b>	Discard thick stems. Chop leaves and thinner stems.	2 minutes
<b>onions</b>	Remove top and bottom, then peel off outer skin and first layer of the onion. Slice into ¼-inch pieces.	5-6 minutes
<b>spinach</b>	Remove thick stems.	2-3 minutes
<b>zucchini/ summer squash</b>	Slice in rounds.	6-8 minutes

\* Cook time may vary depending on your microwave and how crunchy or soft you like your vegetables.

# Recipes

## About Our Recipes

**These recipes will give you some new ideas about how to prepare delicious, healthy food with the most simple kitchen supplies.**

All of the recipes:

- Taste good
- Can be prepared in 30 minutes or less
- Are low in cost
- Can be made in a microwave or do not need to be cooked
- Are kid-friendly
- Use healthy ingredients, including: whole grains, fruits and vegetables, lean meats, beans, eggs, reduced fat cheese, low fat milk and yogurt, and healthy oils
- Meet strict nutrition guidelines (for more information, see our recipe criteria on page 15)

These recipes are meant to be flexible. Use whatever ingredients you have if:

- You are missing some of the ingredients
- You do not have the healthiest options such as those suggested
- You have a food allergy
- The suggested ingredients are too expensive



# Recipes

## Nutrition Criteria

All recipes in this cookbook meet strict nutrition criteria based on the Dietary Guidelines for Americans, 2010 and American Heart Association recommendations. They include:

Nutrition Criteria	Rationale
Main recipe ingredients are the following: whole grains, vegetables, fruits, lean proteins, low-fat/skim or non-fat dairy.	Based on the Dietary Guidelines for Americans recommended “foods to increase.”
Saturated and trans fat is less than 10% of calories.	Based on the Dietary Guidelines for Americans to promote heart health.
Added sugar is 5% of calories or less.	Based on the American Heart Association guideline of no more than 24 grams of added sugar for women and 2,000 calories per day.
Sodium is less than 30% Daily Value for meals.	Using the Dietary Guidelines for Americans limit of 2,300mg per day, this is 690mg for each meal.
Sodium is less than 10% Daily Value for side dishes or snacks.	Using the Dietary Guidelines for Americans limit of 2,300mg per day, this is 230mg for each side dish or snack.

### In addition

- Recipes are low in cost – less than \$4.20 per serving.
- Recipes include readily available foods and 12 or fewer ingredients.
- Reading level is 6th grade or below.

### How we calculate costs

- All recipes are priced using [www.peapod.com](http://www.peapod.com) prices in the Greater Boston area as of June 2014.
- Costs include all ingredients, with the exception of optional ingredients.
- Costs only include the quantities used in the recipe (for example 1 Tablespoon of peanut butter instead of the whole jar).

# Recipes

## Three-Day Meal Plan

Here is an example of a three-day meal plan that shows you how to use some of the same ingredients (shown in **bold**) for several recipes. Feel free to come up with your own combinations as well!

Meal	Day 1	Day 2	Day 3
<b>Breakfast</b>	<b>Warm Apple Oatmeal</b>	<b>Banana in a Blanket</b>	<b>Cool Summer Oatmeal</b>
	oats skim or 1% milk peanut butter or nuts apple cinnamon	banana whole wheat tortilla peanut butter	oats skim or 1% milk peanut butter or nuts canned peaches cinnamon
<b>Lunch</b>	<b>Lemony Lentil Salad</b>	<b>Smashed Chickpea Salad Pocket</b>	<b>Salsa, Hummus, and Bean Veggie Pockets</b>
	bell pepper cucumber onion lemon juice whole wheat pitas dill black pepper canola oil dijon mustard canned salmon canned lentils	bell pepper cucumber onion lemon juice whole wheat pitas dill black pepper cabbage reduced fat mayonnaise canned chickpeas	bell pepper canned black beans salsa tomato whole wheat pitas hummus
<b>Snack</b>	<b>Yogurt Parfait</b>	<b>Cinnamon-Yogurt Fruit Dip</b>	<b>Yogurt Parfait</b>
	yogurt banana nuts	yogurt canned peaches cinnamon	yogurt apple nuts
<b>Dinner</b>	<b>Veggie Quesadilla</b>	<b>Pinwheel Wraps</b>	<b>Vegetable &amp; Bean Fajita</b>
	bell pepper cheddar cheese canned black beans onion salsa avocado	cheddar cheese canned black beans cabbage whole wheat tortilla tomato yogurt avocado salsa corn green onion	cheddar cheese canned black beans bell pepper onion whole wheat tortilla tomato yogurt canola oil Worcestershire sauce chili powder lime juice

# Recipes

## Listed by Ingredient

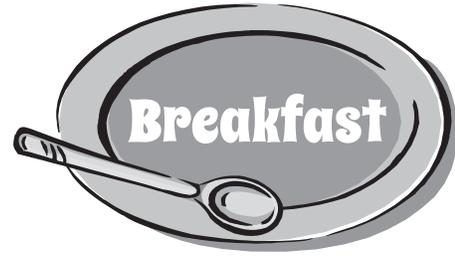
Ingredients	Recipes that use this ingredient
<b>apple</b>	Apple Chicken Salad Pockets; Turkey and Apple Wrap; Warm Apple Oatmeal; Yogurt Parfait
<b>avocado</b>	Egg Sandwich; Pinwheel Wraps; Veggie Quesadilla
<b>banana</b>	Banana in a Blanket; Yogurt Parfait
<b>bell pepper</b>	Lemony Lentil Salad; Smashed Chickpea Salad Pocket; Salsa, Hummus, and Bean Veggie Pockets; Stoplight Salad; Vegetable and Bean Fajita; Veggie Quesadilla
<b>black beans, canned</b>	Pinwheel Wraps; Salsa, Hummus, and Bean Veggie Pockets; Southwestern Corn and Bean Salad; Stoplight Salad; Vegetable and Bean Fajita; Veggie Quesadilla
<b>broccoli or cauliflower, frozen</b>	Cheesy Potato Mash; Tuscan Tuna Salad; Vegetable Stir-Fry with Rice
<b>cabbage</b>	Pinwheel Wraps; Smashed Chickpea Salad Pocket; Southwestern Corn and Bean Salad
<b>cheese, cheddar</b>	Cheesy Potato Mash; Pinwheel Wraps; Veggie Quesadilla; Vegetable and Bean Fajita; Veggie Quesadilla
<b>cinnamon</b>	Warm Apple Oatmeal; Cool Summer Oatmeal; Cinnamon Yogurt Dip
<b>corn, canned</b>	Pinwheel Wraps; Southwestern Corn and Bean Salad; Stoplight Salad; Tuscan Tuna Salad
<b>cucumber</b>	Lemony Lentil Salad; Salsa, Hummus, and Bean Veggie Pockets; Smashed Chickpea Salad Pocket; Tuna Boats
<b>dill</b>	Lemony Lentil Salad; Smashed Chickpea Salad Pocket
<b>garlic powder</b>	Stoplight Salad; Tuna Pomodoro; Tuscan Tuna Salad
<b>green onion</b>	Pinwheel Wraps; Tuna Boats
<b>lemon juice</b>	Lemony Lentil Salad; Smashed Chickpea Salad Pocket; Tuna Boats; Tuscan Tuna Salad
<b>lettuce</b>	Smashed Chickpea Salad Pocket; Turkey and Apple Wrap
<b>mayonnaise, reduced-fat</b>	Apple Chicken Salad Pockets; Smashed Chickpea Salad Pocket; Tuscan Tuna Salad; Turkey and Apple Wrap
<b>milk, skim or 1%</b>	Cheesy Potato Mash; Cool Summer Oatmeal; Warm Apple Oatmeal
<b>mustard, dijon</b>	Lemony Lentil Salad with Salmon; Turkey and Apple Wrap
<b>nuts</b>	Cool Summer Oatmeal; Warm Apple Oatmeal; Yogurt Parfait
<b>oats</b>	Cool Summer Oatmeal; Warm Apple Oatmeal
<b>onion</b>	Lemony Lentil Salad; Smashed Chickpea Salad Pocket; Southwestern Corn and Bean Salad; Vegetable and Bean Fajita; Veggie Quesadilla
<b>peaches, canned</b>	Cool Summer Oatmeal; Cinnamon Yogurt Dip; Yogurt Parfait
<b>peanut butter</b>	Banana in a Blanket; Cool Summer Oatmeal; Warm Apple Oatmeal
<b>pitais, whole wheat</b>	Apple Chicken Salad Pockets; Salsa, Hummus, and Bean Veggie Pockets; Lemony Lentil Salad; Smashed Chickpea Salad Pocket
<b>salsa</b>	Pinwheel Wraps; Salsa, Hummus, and Bean Veggie Pockets; Veggie Quesadilla
<b>tomato</b>	Pinwheel Wraps; Salsa, Hummus, and Bean Veggie Pockets; Southwestern Corn and Bean Salad; Tuna Pomodoro; Vegetable and Bean Fajita; Veggie Quesadilla
<b>tortilla, whole wheat</b>	Banana in a Blanket; Pinwheel Wraps; Turkey and Apple Wrap; Vegetable and Bean Fajita; Veggie Quesadilla
<b>tuna, canned</b>	Tuna Boats; Tuna Pomodoro; Tuscan Tuna Salad
<b>yogurt</b>	Apple Chicken Salad Pockets; Pinwheel Wraps; Yogurt Parfait; Cinnamon Yogurt Dip

# Recipes

## Recipe Index

Apple Chicken Salad Pocket .....	23
Banana in a Blanket .....	19
Cheesy Potato Mash .....	37
Cinnamon-Yogurt Fruit Dip .....	38
Cool Summer Oatmeal .....	21
Egg Sandwich .....	20
Lemony Lentil Salad with Salmon .....	25
Pinwheel Wraps .....	24
Salsa, Hummus, and Bean Veggie Pocket .....	26
Smashed Chickpea Pocket .....	27
Southwestern Corn and Bean Salad .....	28
Stoplight Salad .....	29
Tuna Boats .....	30
Tuna Pomodoro .....	33
Turkey and Apple Wrap .....	32
Tuscan Tuna With Broccoli Salad .....	31
Vegetable and Bean Fajita .....	34
Vegetable Stir-Fry with Rice .....	36
Veggie Quesadilla .....	35
Warm Apple Oatmeal .....	22
Yogurt Parfait .....	39

# Recipes



## Banana in a Blanket

**Makes:** 1 serving | **Preparation Time:** 5 minutes

### Ingredients:

- 1 whole wheat tortilla or 1 slice whole wheat bread
- 2 Tablespoons peanut butter, almond butter, or sunflower butter
- 1 medium banana

### Preparation Instructions:

1. Lay the tortilla or bread on plate. Spread peanut butter evenly on the tortilla or bread.
2. Peel the whole banana and place on the tortilla or bread. Roll up and eat.

### Tip:

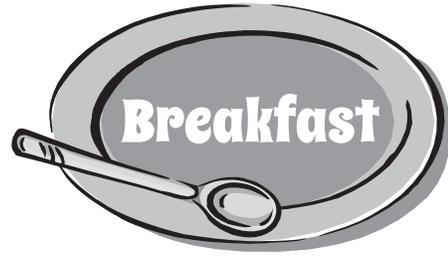
If you like your tortilla warm, you can heat it in the microwave. Place a damp paper towel on a plate that is safe for the microwave. Put the tortilla on top. Layer with another damp paper towel. Microwave the tortilla for 30-45 seconds or until warm.

### Nutrition Analysis:

Per serving: 400 calories; 18g fat (3.5g saturated, 0g trans); 0mg cholesterol; 280mg sodium; 55g carbohydrate (8g fiber, 17g sugar); 13g protein.

Source: modified from [www.pbhfoundation.org](http://www.pbhfoundation.org)

# Recipes



## Egg Sandwich

**Makes:** 1 sandwich | **Preparation Time:** 2 minutes

### Ingredients:

- 1 egg
- ¼ avocado
- 2 slices whole grain bread or whole wheat English muffin

### Preparation Instructions:

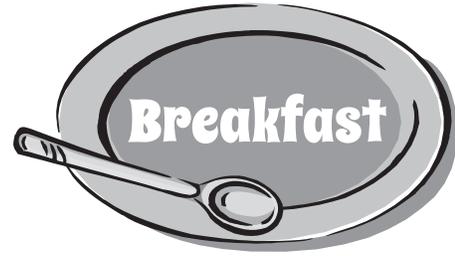
1. Crack the egg into a bowl you can use in a microwave.
2. Cover with a plate or paper towel.
3. Heat the egg in the microwave for about 1 minute or until it is no longer runny.
4. Slice the avocado into thin strips. Place over the egg.
5. Serve on 2 slices of whole grain bread or whole wheat English muffin.

### Nutrition Analysis:

Per sandwich: 290 calories; 14g fat (3g saturated, 0g trans); 185mg cholesterol; 300mg sodium; 28g carbohydrate (7g fiber, 4g sugar); 15g protein.

Source: *Jewish Family & Children's Service Nutrition Services*

# Recipes



## Cool Summer Oatmeal

**Makes:** 1 serving | **Preparation Time:** 5 minutes + overnight

### Ingredients:

- ½ cup dry original flavor oats
- ¾ cup skim or 1% milk
- 1 Tablespoon peanut butter or 2 Tablespoons chopped nuts
- 1 cup of your favorite fruit (such as berries or chopped canned peaches)

### Optional Toppings:

- 1 teaspoon honey or brown sugar
- ¼ teaspoon vanilla extract
- ¼ teaspoon cinnamon

### Preparation Instructions:

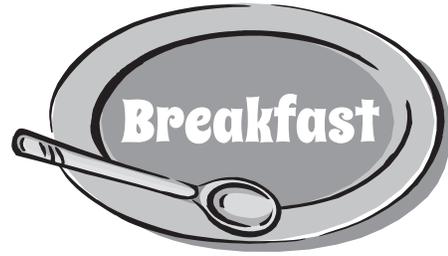
1. Combine the oats, ¾ cup milk, peanut butter or nuts, and fruit in a bowl. Stir to combine.
2. Place the oat mixture in the refrigerator overnight.
3. The next morning, take out the oat mixture and stir. Add your favorite toppings and serve.

### Nutrition Analysis:

Per serving: 400 calories; 11g fat (1.5g saturated, 0g trans); 0mg cholesterol; 160mg sodium; 62g carbohydrate (9g fiber, 26g sugar); 16g protein.

Source: *Jewish Family & Children's Service Nutrition Services*

# Recipes



## Warm Apple Oatmeal

**Makes:** 1 serving | **Preparation Time:** 5 minutes

### Ingredients:

- ½ cup dry original flavor oats
- ½ cup skim or 1% milk
- 1 apple, chopped
- 1 Tablespoon peanut butter or 2 Tablespoons chopped walnuts

### Optional Toppings:

- 1 teaspoon honey or brown sugar
- ¼ teaspoon vanilla extract
- ¼ teaspoon cinnamon

### Preparation Instructions:

1. Mix the oats and milk together in a bowl that is safe for the microwave.
2. Heat in the microwave for 1½-2 minutes or until cooked.
3. Chop the apple into bite-sized pieces.
4. Stir in the apple and peanut butter (or nuts). If desired, add your favorite toppings.

### Nutrition Analysis:

Per serving: 380 calories; 11g fat (2g saturated, 0g trans); 0mg cholesterol; 140mg sodium; 62g carbohydrate (9g fiber, 27g sugar); 14g protein.

Source: *Jewish Family & Children's Service Nutrition Services*

# Recipes



## Apple Chicken Salad Pocket

**Makes:** 4 servings | **Preparation Time:** 15 minutes

### Ingredients:

- 1 (10 oz) can chicken breast
- ¼ cup reduced-fat mayonnaise
- ¼ cup plain, fat-free yogurt
- ⅛ teaspoon black pepper
- 2 medium apples
- 4 whole wheat pitas

### Optional Ingredients:

- 2 Tablespoons chopped nuts

### Preparation Instructions:

1. Drain the water from the canned chicken.
2. Mix the mayonnaise, yogurt, and black pepper in a large bowl.
3. Chop the apples.
4. Add the chicken, apples, and nuts (if using) to the mayonnaise mixture. Mix together.
5. Cut the pitas in half. Add ¼ of the mixture into each whole wheat pita pocket.

### Tips:

Feel free to substitute tuna canned in water or canned salmon for the canned chicken. If you like your pita warm, you can heat it in the microwave. Microwave the pita for 10 seconds or until warm.

### Nutrition Analysis:

Per serving: 220 calories; 6g fat (1.5g saturated, 0g trans); 50mg cholesterol; 490mg sodium; 28g carbohydrate (8g fiber, 8g sugar); 21g protein.

Source: *Jewish Family & Children's Service Nutrition Services*

# Recipes



## Pinwheel Wraps

**Makes:** 4 serving | **Preparation Time:** 30 minutes

### Ingredients:

4 (10-inch) whole wheat tortillas	½ cup canned or frozen corn
2 cups shredded cabbage	¼ cup shredded reduced-fat cheese
¼ cup chopped green onion or scallion	½ cup avocado
½ cup diced tomatoes	¼ cup fat-free sour cream or plain yogurt
½ cup low sodium canned black beans or refried beans	½ cup salsa

### Preparation Instructions:

1. Chop the cabbage and green onion.
2. If using black beans, pour beans into a strainer and run water over them to rinse off the excess brine. (Note: If you do not have a strainer, you can rinse the beans in the can. Open the can, add water to the beans, and pour out the water, using the cover to keep the beans in the can. Repeat 4 or 5 times.)
3. Mash the black beans or refried beans with a fork. Spread the beans on the tortilla.
4. If using canned corn, pour out the water from the can. If using frozen corn, defrost it in the microwave. Follow defrosting instructions on the package.
5. Sprinkle the corn, tomatoes, cabbage, green onion, and cheese onto the mashed black or refried beans.
6. In a small bowl, mash the avocado. Mix in the sour cream or yogurt, and salsa. Spread on top of the vegetables and cheese.
7. Roll up the tortilla and serve immediately or chill. Slice into 1-inch pinwheels if desired.

### Tips:

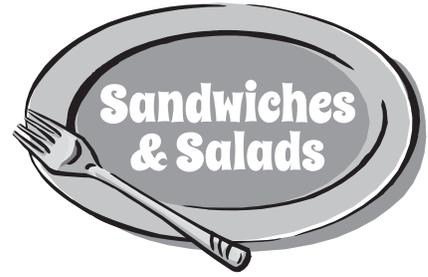
Add more beans or canned chicken for a more filling wrap. If you like your tortilla warm, you can heat it in the microwave. Place a damp paper towel on a plate that is safe for the microwave. Put tortilla on top. Layer with another damp paper towel. Microwave the tortilla for 20 seconds or until warm.

### Nutrition Analysis:

Per serving: 240 calories; 5g fat (1.5g saturated, 0g trans); 5mg cholesterol; 450mg sodium; 40g carbohydrate (7g fiber, 3g sugar); 10g protein.

Source: modified from [www.diabetes.org](http://www.diabetes.org)

# Recipes



## Lemony Lentil Salad with Salmon

**Makes:** 6 servings | **Preparation Time:** 30 minutes

### Ingredients:

2 (15 oz) can lentils  
1 medium green or red bell pepper  
1 cup diced cucumber  
½ cup diced red onion  
3 (5 oz) cans of salmon

### Dressing (or use your favorite):

⅓ cup lemon juice  
2½ Tablespoons dried dill (or other favorite herb)  
2 teaspoons Dijon mustard  
Black pepper, to taste  
⅓ cup canola oil or olive oil

### Optional Ingredients:

6 whole wheat pitas cut in half

### Preparation Instructions:

1. Pour the lentils into a strainer and run water over them to rinse off the brine. (Note: If you do not have a strainer, you can rinse the lentils in the can. Open the can, add water to the lentils, and pour out the water, using the cover to keep the lentils in the can. Repeat 4 or 5 times.)
2. Dice the bell peppers, cucumber, and red onion.
3. Drain the canned salmon. Flake with a fork.
4. Mix lemon juice, dill, mustard, and black pepper in a large bowl. Slowly mix in the oil.
5. Add the lentils, bell pepper, cucumber, onion, and salmon into the bowl. Mix to combine.
6. If desired, serve with whole wheat pita bread.

### Nutrition Analysis:

Per serving: 330 calories; 18g fat (2g saturated, 0g trans); 45mg cholesterol; 450mg sodium; 21g carbohydrate (10g fiber, 4g sugar); 22g protein.

Source: modified from [www.eatingwell.com](http://www.eatingwell.com)

# Recipes



## Salsa, Hummus, and Bean Veggie Pocket

**Makes:** 2 servings | **Preparation Time:** 5 minutes

### Ingredients:

- ¼ cup low-sodium canned beans, any type
- ¼ cup hummus
- ¼ cup salsa
- 2 cups sliced vegetables, such as carrots, bell peppers, cucumbers, or tomatoes
- 2 whole wheat pitas or tortillas

### Preparation Instructions:

1. Pour the beans into a strainer and run water over them to rinse off the excess brine. (Note: If you do not have a strainer, you can rinse the beans in the can. Open the can, add water to the beans, and pour out the water, using the cover to keep the beans in the can. Repeat 4 or 5 times.)
1. Mix the hummus and salsa together in a bowl. Add the beans and mix to combine.
2. Fill each pita or tortilla with 1 cup of the sliced vegetables plus one half of the salsa, hummus, and bean mixture.

### Tips:

This recipe can also be used as a dip instead of a sandwich.

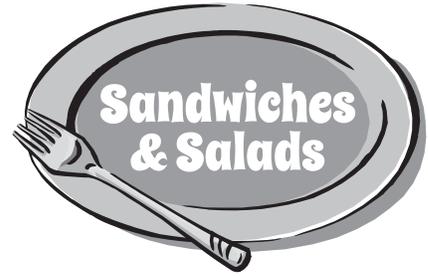
If you like your pita warm, you can heat it in the microwave. Microwave the pita for 10 seconds or until warm.

### Nutrition Analysis:

Per serving: 310 calories; 5g fat (1g saturated, 0g trans); 0mg cholesterol; 680mg sodium; 58g carbohydrate (12g dietary fiber; 8g sugar); 12g protein.

Source: *Jewish Family & Children's Service Nutrition Services*

# Recipes



## Smashed Chickpea Pocket

**Makes:** 4 servings | **Preparation Time:** 15 minutes

### Ingredients:

- 1 (15 oz) can chickpeas
- 5 Tablespoons reduced-fat mayonnaise
- 1 Tablespoon lemon juice
- 1 teaspoon dried dill (or other favorite herb)
- ¼ teaspoon black pepper
- 1 cucumber
- ½ green or red bell pepper
- ½ medium red onion
- 4 whole wheat pita pockets or 4 whole wheat tortillas
- ½ cup chopped lettuce or cabbage

### Preparation Instructions:

1. Pour the chickpeas into a strainer and run water over them to rinse off the brine. (Note: If you do not have a strainer, you can rinse the chickpeas in the can. Open the can, add water to the chickpeas, and pour out the water, using the cover to keep the chickpeas in the can. Repeat 4 or 5 times.)
2. Combine the chickpeas, mayonnaise, lemon juice, dill, and black pepper in a large bowl. Mash with a fork until almost smooth with small chunks.
3. Dice the cucumber, bell pepper, and red onion. Add to the chickpea mixture.
4. Cut the pita in half. Fill each pita pocket (or tortilla) with lettuce or cabbage and ¼ of the chickpea mixture.

### Tips:

Add canned tuna or chicken for a more filling sandwich. If you like your tortilla warm, you can heat it in the microwave. Place a damp paper towel on a plate that is safe for the microwave. Put tortilla on top. Layer with another damp paper towel. Microwave the tortilla for 20 seconds or until warm.

### Nutrition Analysis:

Per serving: 340 calories; 10g fat (1g saturated, 0g trans); 5mg cholesterol; 620mg sodium; 58g carbohydrate (12g dietary fiber; 4g sugar); 12g protein.

Source: *Jewish Family & Children's Service Nutrition Services*

# Recipes



## Southwestern Corn and Bean Salad

**Makes:** 2 servings | **Preparation Time:** 25 minutes

### Ingredients:

- 1 (15 oz) can low-sodium black beans
- 1 (15 oz) can no-salt-added corn
- 1 cup chopped cabbage
- ½ large tomato
- ¼ cup chopped red onion

### Dressing (or use your favorite):

- 2 Tablespoons lime juice or juice of 1 lime
- 1 Tablespoon canola oil or olive oil
- ¼ teaspoon salt
- Black pepper, to taste

### Optional Ingredients:

- 3 Tablespoons sunflower seeds
- 2 Tablespoons chopped cilantro

### Preparation Instructions:

1. Pour the beans into a strainer and run water over them to rinse off the excess brine. (Note: If you do not have a strainer, you can rinse the beans in the can. Open the can, add water to the beans, and pour out the water, using the cover to keep the beans in the can. Repeat 4 or 5 times.)
2. Drain the canned corn.
3. Chop the cabbage, tomato, and red onion.
4. Whisk the lime juice, oil, salt, and black pepper in a large bowl.
5. Add the beans, corn, cabbage, tomato, and red onion to the bowl. Mix well.
6. If desired, add the sunflower seeds and cilantro.

### Nutrition Analysis:

Per serving: 400 calories; 9g fat (1g saturated, 0g trans); 0mg cholesterol; 480mg sodium; 70g carbohydrate (20g fiber, 11g sugar); 18g protein.

**Tip:** Leaving out the salt in this recipe will decrease sodium content to 190mg.

*Source: modified from [www.eatingwell.com](http://www.eatingwell.com)*

# Recipes



## Stoplight Salad

**Makes:** 4 servings | **Preparation Time:** 10 minutes

### Ingredients:

- 1 (15 oz) can low-sodium black beans
- 1 (15 oz) can no-salt-added corn
- 2 medium red peppers, cut into ½-inch pieces
- 1½ cups edamame (soybeans), pre-shelled and unsalted (or peas)

### Dressing (or use your favorite):

- 3 Tablespoons balsamic vinegar
- 1½ Tablespoons canola oil or olive oil
- ¼ teaspoon garlic powder or 2 cloves minced garlic
- ⅛ teaspoon salt
- Black pepper, to taste

### Optional Ingredients:

- 4 whole wheat pitas, cut in half

### Preparation Instructions:

1. Pour the beans into a strainer and run water over them to rinse off the excess brine. (Note: If you do not have a strainer, you can rinse the beans in the can. Open the can, add water to the beans, and pour out the water, using the cover to keep the beans in the can. Repeat 4 or 5 times.)
2. Drain the canned corn.
3. Chop the peppers into ½ inch pieces.
4. Mix together the vinegar, oil, garlic, salt, and black pepper in a large bowl.
5. Add the beans, corn, peppers, and edamame (or peas) to the bowl. Mix together.
6. Serve immediately or cover and refrigerate for up to one day. For a complete meal, serve in a whole wheat pita pocket.

### Tip:

This salad gets its name because it contains red, yellow, and green – all the colors of a traffic light. Feel free to substitute your favorite beans or vegetables.

### Nutrition Analysis:

Per serving: 320 calories; 9g fat (0g saturated, 0g trans); 0mg cholesterol; 150mg sodium; 45g carbohydrate (13g fiber, 11g sugar); 17g protein.

Source: *Jewish Family & Children's Service Nutrition Services*

# Recipes



## Tuna Boats

**Makes:** 4 servings | **Preparation Time:** 20 minutes

### Ingredients:

- 2 large cucumbers
- 1 (5 oz) can tuna in water
- 1 (15½ oz) can of white beans (or other favorite beans)
- 3 Tablespoons lemon juice
- 2 green onions (scallions), chopped
- 2 Tablespoons canola oil or olive oil
- ⅛ teaspoon salt
- ¼ teaspoon black pepper

### Preparation Instructions:

1. Wash and cut the cucumbers lengthwise. Scoop out the seeds with a spoon.
2. Drain the water from the tuna.
3. Pour the beans into a strainer and run water over them to rinse off the brine. (Note: If you do not have a strainer, you can rinse the beans in the can. Open the can, add water to the beans, and pour out the water, using the cover to keep the beans in the can. Repeat 4 or 5 times.)
4. Place the beans in a medium size bowl and mash them a little. Add the tuna, lemon juice, green onions (scallions), oil, salt, and pepper.
5. Fill each cucumber half with ¼ of the tuna mixture and serve.

### Nutrition Analysis:

Per serving: 170 calories; 7g fat (0.5g saturated, 0g trans); 15mg cholesterol; 390mg sodium; 17g carbohydrate (6g dietary fiber; 0g sugar); 12g protein.

Source: modified from [www.cookingmatters.org](http://www.cookingmatters.org)

# Recipes



## Tuscan Tuna with Broccoli Salad

**Makes:** 2 servings | **Preparation Time:** 15 minutes

### Ingredients:

- 1 (5 oz) can tuna in water
- ½ cup canned corn
- ¼ cup canned sliced black olives
- 1 tablespoon reduced-fat mayonnaise
- 1 teaspoon fresh or ½ teaspoon bottled lemon juice
- 1 teaspoon dried oregano (or other favorite herb)
- 2 cups frozen broccoli and cauliflower mix
- 2 whole wheat pita pockets

### Optional Ingredients:

- ½ teaspoon garlic powder
- Black pepper to taste

### Preparation Instructions:

1. Open and drain the cans of tuna, corn, and olives. Set aside.
2. In a medium bowl, combine the tuna, mayonnaise, lemon juice, and oregano, as well as optional spices if using.
3. Cook broccoli and cauliflower in the microwave according to package instructions. If desired, cut them into smaller, bite size pieces. Add them to the tuna mixture.
4. Add the corn and olives to the tuna mixture. Mix together.
5. Stuff tuna salad into pita pockets.

### Nutrition Analysis:

Per serving: 310 calories, 7 grams total fat (1 gram saturated fat), 30 mg cholesterol, 670 mg sodium, 43 grams total carbohydrate (10 grams fiber, 3 grams sugar), 24 grams protein

Source: Jewish Family & Children's Service Nutrition Services

# Recipes



## Turkey and Apple Wrap

**Makes:** 1 serving | **Preparation Time:** 10 minutes

### Ingredients:

- 4 thin slices of apple
- 1 whole wheat tortilla
- 2 teaspoons mustard
- 2 teaspoons reduced-fat mayonnaise
- ½ cup spinach or chopped lettuce
- 3 oz thinly sliced roast turkey breast (about 3 or 4 slices)

### Optional Ingredients:

- 1 Tablespoon chopped nuts
- 1 Tablespoon raisins or dried cranberries

### Preparation Instructions:

1. Slice the apple into thin slices. Set them aside.
2. Place tortilla on a cutting board or a large plate. Spread the mustard and mayonnaise on the tortilla.
3. Place the spinach or lettuce on the tortilla. Add the turkey. Lay the apple slices across the middle in a row. Sprinkle with the nuts, raisins, or dried cranberries (if desired).
4. Roll up the tortilla tightly. Serve right away or wrap tightly in plastic wrap and put in the refrigerator for up to 12 hours.

### Nutrition Analysis:

Per serving: 270 calories; 3g fat (0.5g saturated, 0g trans); 70mg cholesterol; 520mg sodium; 30g carbohydrate (4g fiber, 3g sugar); 30g protein.

**Tip:** Substituting lower-sodium turkey breast will decrease sodium content to 370mg.

Source: modified from [www.aicr.org](http://www.aicr.org)

# Recipes



## Tuna Pomodoro

**Makes:** 2 servings | **Preparation Time:** 30 minutes

### Ingredients:

- 2 cups dry whole wheat pasta
- 5 cups water
- 2 (7 oz) cans unsalted diced tomatoes
- 1 Tablespoon canola oil or olive oil
- ½ teaspoon garlic powder
- 1 teaspoon dried basil (or other favorite herb)
- ⅛ teaspoon crushed red pepper
- ⅛ teaspoon salt
- Black pepper to taste
- 2 (5 oz) cans tuna in water

### Preparation Instructions:

1. Combine the pasta and water in a large bowl you can microwave. Microwave uncovered for 24 minutes. Drain extra water.
2. Mix the tomatoes, oil, herbs, and spices in a medium bowl until combined. Microwave on high for 3 minutes.
3. Meanwhile, open and drain the can of tuna. Take the sauce out of the microwave and mix in the tuna. Return the sauce to the microwave and cook for an additional 2 minutes or until heated through.
4. Toss with pasta.

### Nutrition Analysis:

Per serving: 480 calories, 10 grams fat (1 gram saturated fat), 45mg cholesterol, 560mg sodium, 66 grams total carbohydrate (9 grams fiber, 9 grams sugar), 31 grams protein

Source: Jewish Family & Children's Service Nutrition Services

# Recipes



## Vegetable and Bean Fajita

**Makes:** 4 servings | **Preparation Time:** 20 minutes

### Ingredients:

- 1 medium onion
- 2 green bell peppers
- 1 large tomato
- 1 (15 oz) can low-sodium beans (black or other favorite beans)
- 4 whole wheat tortillas
- ¼ cup fat-free sour cream or plain, fat-free Greek yogurt
- ½ cup shredded reduced-fat cheddar (or other favorite cheese)

### Sauce (optional):

- ½ teaspoon chili powder
- 1 teaspoon lime juice
- 2 Tablespoons canola oil or olive oil
- 4 teaspoons Worcestershire sauce

### Preparation Instructions:

1. Remove the outer layers from the onion.
2. In a large bowl that is safe for the microwave, heat the onion and peppers whole on high for 5-6 minutes or until soft.
3. Remove the tops and seeds from the peppers. Slice the onion and peppers into thin strips.
4. Dice the tomato and set aside.
5. Pour the beans into a strainer and run water over them to rinse off the excess brine. (Note: If you do not have a strainer, you can rinse the beans in the can. Open the can, add water to the beans, and pour out the water, using the cover to keep the beans in the can. Repeat 4 or 5 times.)
6. Microwave beans on high until slightly softened (1 minute), then mash the beans with a fork until they become a smooth paste.
7. Place a damp paper towel on a plate that is safe for the microwave. Put the tortillas on top. Layer with another damp paper towel. Microwave the tortillas 20 seconds or until warm.
8. Spread ¼ of the beans on each tortilla. Top the beans with the peppers, onions, tomatoes, sour cream or yogurt, and shredded cheese.
9. Combine the chili powder, lime juice, oil, and Worcestershire sauce in a small bowl and mix well.
10. Spoon 1 Tablespoon of the sauce onto each tortilla (if using). Roll up the tortilla and serve.

### Nutrition Analysis:

Per serving: 340 calories; 11g fat (2g saturated, 0g trans); 10mg cholesterol; 390mg sodium; 48g carbohydrate (12g fiber, 5g sugar); 16g protein.

Source: modified from [www.microwavercipe.net](http://www.microwavercipe.net)

# Recipes



## Veggie Quesadilla

**Makes:** 1 serving | **Preparation Time:** 10 minutes

### Ingredients:

- 1 whole wheat tortilla
- 3 Tablespoons reduced-fat shredded cheese (such as cheddar or Monterey Jack)
- 2 Tablespoons low-sodium canned beans (black or other favorite beans)
- 2 Tablespoons chopped bell pepper
- 2 Tablespoons chopped onion
- 1 Tablespoon salsa
- 3 Tablespoons avocado

### Preparation Instructions:

1. Place the tortilla on a plate that is safe for the microwave. Cover half the tortilla with half of the cheese.
2. Pour beans into a strainer and run water over them to rinse off the excess brine. (Note: If you do not have a strainer, you can rinse the beans in the can. Open the can, add water to the beans, and pour out the water, using the cover to keep the beans in the can. Repeat 4 or 5 times.)
3. Spread beans, peppers, and onion evenly across the cheese.
4. Cover beans and vegetables with the remaining cheese.
5. Fold the other half of the tortilla over the cheese. Microwave until cheese is melted (approximately 1½-2 minutes).
6. Remove from the microwave and eat with salsa and avocado.

### Tip:

Add canned chicken and serve with a side salad for a more filling meal.

### Nutrition Analysis:

Per serving: 260 calories; 10g fat (3g saturated, 0g trans); 15mg cholesterol; 450mg sodium; 33g carbohydrate (8g fiber, 2g sugar); 12g protein.

Source: Jewish Family & Children's Service Nutrition Services

# Recipes



## Vegetable Stir-Fry with Rice

**Makes:** 4 servings | **Preparation Time:** 30 minutes

### Ingredients:

- 1 cup uncooked brown rice
- 1 (16 oz) bag frozen broccoli and cauliflower mixture
- 1 (14 oz) package extra firm tofu

### Sauce (or use your favorite):

- ½ teaspoon garlic powder or 4 cloves garlic, finely chopped
- ¼ cup low-sodium soy sauce
- 3 Tablespoons canola oil or olive oil
- 1 Tablespoon brown sugar

### Optional Ingredients:

- ½ cup unsalted nuts such as peanuts

### Preparation Instructions:

1. Cook the brown rice according to the directions on page 11.
2. Defrost the frozen broccoli and cauliflower according to package directions.
3. Drain the tofu and pat dry with a paper towel. Chop the tofu into 1-inch pieces.
4. Mix the garlic, soy sauce, oil, and brown sugar in a large bowl that is safe for the microwave.
5. Add the vegetable and tofu to the bowl with the sauce. Mix well and microwave for 3-5 minutes until heated.
6. Serve over rice. Top with the nuts if desired.

### Tip:

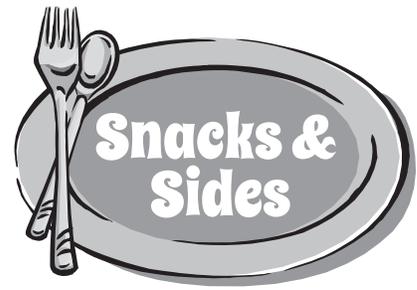
You can substitute 4 cups of your favorite vegetables for the frozen mixed broccoli and cauliflower. Cook according to the microwaving vegetables instructions on page 13.

### Nutrition Analysis:

Per serving: 470 calories; 17g fat (1g saturated, 0g trans); 0mg cholesterol; 580mg sodium; 59g carbohydrate (8g fiber, 9g sugar); 20g protein.

Source: Jewish Family & Children's Service Nutrition Services

# Recipes



## Cheesy Potato Mash

**Makes:** 3 servings | **Preparation Time:** 30 minutes

### Ingredients:

½ pound potatoes (approximately 2 medium potatoes)  
2 cups frozen broccoli or cauliflower  
¼ cup skim or 1% milk  
½ cup shredded reduced-fat cheddar (or other favorite cheese)  
Black pepper to taste

### Preparation Instructions:

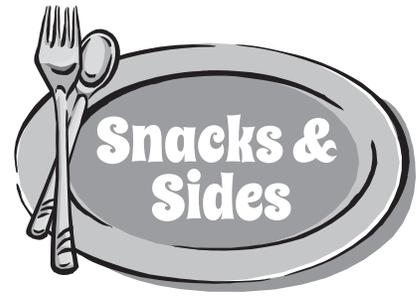
1. Cut potatoes into wedges. Follow the instructions on page 10 to cook the potatoes, microwaving for 12 minutes.
2. Thaw the broccoli or cauliflower according to package directions.
3. Place the potatoes and broccoli or cauliflower in a large bowl. Mash with a fork.
4. Add the milk, cheese, and black pepper. Mix all ingredients and serve.

### Nutrition Analysis:

Per serving: 120 calories; 1.5g fat (1g saturated, 0g trans); 5mg cholesterol; 150mg sodium; 17g carbohydrate (3g fiber, 3g sugar); 8g protein.

Source: modified from [www.eatingwell.com](http://www.eatingwell.com)

# Recipes



## Cinnamon-Yogurt Fruit Dip

**Makes:** 4 servings | **Preparation Time:** 5 minutes

### Ingredients:

- 1 cup plain, fat-free yogurt
- 1 teaspoon cinnamon
- 4 cups of your favorite sliced fruit

### Preparation Instructions:

1. Place yogurt in small bowl, add cinnamon, and stir with a spoon. Serve with sliced fruit.

### Tip:

You can use canned, frozen, or fresh fruit in this recipe. If using canned fruit, drain off the liquid before slicing. If using frozen fruit, defrost it in the microwave following defrosting instructions on the package.

### Nutrition Analysis:

Per serving: 140 calories; 0g fat (0g saturated, 0g trans); 0mg cholesterol; 65mg sodium; 30g carbohydrate (1g fiber, 28g sugar); 5g protein.

Source: *Jewish Family & Children's Service Nutrition Services*

# Recipes



## Yogurt Parfait

**Makes:** 1 serving | **Preparation Time:** 5 minutes

### Ingredients:

½ cup of your favorite fruit

½ cup plain, fat-free yogurt

¼ cup dry whole grain cereal that is low in added sugar (such as original Cheerios, multigrain Cheerios, or Wheat Chex)

### Optional Ingredients:

1 Tablespoon chopped nuts

### Preparation Instructions:

1. Chop fruit into bite-sized pieces.
2. Mix fruit, yogurt, and cereal in a cup or bowl. If desired, top with nuts.

### Tip:

You can use canned, frozen, or fresh fruit in this recipe. If using canned fruit, drain off the liquid before chopping. If using frozen fruit, defrost it in the microwave following defrosting instructions on the package. Double ingredients including the nuts to make this a meal.

### Nutrition Analysis:

Per serving: 100 calories; 0.5g fat (0g saturated; 0g trans); 5mg cholesterol; 110mg sodium; 21g carbohydrate (2g fiber; 11g sugar); 6g protein.

Source: Jewish Family & Children's Service Nutrition Services

# Additional Information

Here are some additional resources to check out.

## Microwave recipe ideas

- [allrecipes.com/recipes/everyday-cooking/cookware-and-equipment/microwave/](http://allrecipes.com/recipes/everyday-cooking/cookware-and-equipment/microwave/)
- [www.MarthaStewart.com](http://www.MarthaStewart.com)
- [www.microwaverecipes.org](http://www.microwaverecipes.org)
- [www.eatingwell.com/recipes\\_menus/recipe\\_slideshows/healthy\\_recipes\\_for\\_your\\_microwave](http://www.eatingwell.com/recipes_menus/recipe_slideshows/healthy_recipes_for_your_microwave)

## Healthy recipe ideas

- [www.chopchopmag.org](http://www.chopchopmag.org)
- [www.cookinglight.com](http://www.cookinglight.com)
- [www.diabetes.org](http://www.diabetes.org)
- [www.eatingwell.com](http://www.eatingwell.com)
- [www.eatright.org/kids/recipes.aspx](http://www.eatright.org/kids/recipes.aspx)
- [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)
- [www.jfcsboston.org/recipes](http://www.jfcsboston.org/recipes)

# Additional Information

## ABOUT JF&CS NUTRITION SERVICES

At JF&CS Nutrition Services, we believe that access to nutritious food is an essential right and a foundation for a better life. We value healthy eating and together with our clients, we explore ways for them to enjoy more and better food. As part of a large, well-established agency that serves 17,000 people annually, we can address our clients' nutrition needs in the context of their lives and communities, and work with them to create sustainable change.



Jewish Family & Children's Service is the leading provider of comprehensive human services, delivering personalized and integrated care that improves people's lives.

[jfcsboston.org](http://jfcsboston.org) | 1430 Main Street | Waltham, MA 02451 | 781-647-JFCS (5327)



## ABOUT PROJECT BREAD



Project Bread takes a fresh approach to ending hunger. We believe that the opposite of hungry isn't simply full — it's healthy. And because there's no single face of hunger, we develop multiple solutions that meet people where they are — solutions that provide people of all ages and walks of life with sustainable, reliable access to nutritious food.

[projectbread.org](http://projectbread.org) | 617-723-5000 | [info@projectbread.org](mailto:info@projectbread.org)

## Project Bread's FoodSource Hotline

Need help finding food? Call Project Bread's statewide FoodSource Hotline to get help applying for SNAP/ Food Stamps; finding a food pantry or meal program in your area; as well as other resources you need to ensure your family has the food they need to stay healthy. The Hotline is free, anonymous, and can provide translation services in over 160 languages.

**CALL: 1-800-645-8333**

**TTY 1-800-377-1292**

### HOTLINE HOURS:

Monday - Friday — 8 A.M. - 7 P.M.

Saturday — 10 A.M. - 2 P.M.

# Additional Information

## Acknowledgements

We would like to thank the following people for helping to make this cookbook possible.

Lisa Foulger for your creativity in making the cookbook look so good. Students of Laura Goldin at Brandeis University for sparking the idea of a cookbook for families without a kitchen. Jennifer Kong for your help with shaping the cookbook into what it could be. Mali Reimer for figuring out all the nuts and bolts of what it takes to publish a cookbook. Rachael Utstein for adding the final few recipes the cookbook needed. Noreen Kelly for organizing and facilitating invaluable feedback directly from families. Justine Kahn for all of your wonderful edits and questions. Guy Koppe for providing your chef expertise that helped to make the focus groups a success. Rimma Zelfand, Alan Jacobson, Meredith Joy, Susan Tresch Fienberg, Robin Kahn, Jamie Grossman, Laurie Brownstein, Betsy Cohen, James Rabb, Henry Kay, Jessica Myers, and Marci Katz for seeing the inherent value of this cookbook from the start.

**With gratitude,**

**Alison Kaufman**

JF&CS Director of Hunger and Nutrition

**Kristen Pufahl Schreck**

JF&CS Nutrition Services Program Manager



# HOME COOKING WITHOUT A KITCHEN

Whether you've been cooking since the moment you could walk, or you have only just begun, this cookbook is for you. Inside, you will find meal ideas to savor without needing a full kitchen. You don't even need to like to cook to use this cookbook. But we think you will like these recipes. You might find that a few of them become your go-to favorites.

In addition to simple-to-prepare, tasty, and kid-approved recipes, you will find how to cook almost any fresh food in a microwave, and learn new ways to use ordinary ingredients.

We hope you like it so much that *Home Cooking without a Kitchen* becomes your new cooking staple.

Caring for Generations  
**JF&CS**  
Jewish Family & Children's Service

[www.jfcsboston.org](http://www.jfcsboston.org)

**PROJECT  
BREAD**  
A FRESH APPROACH  
TO ENDING HUNGER

[www.projectbread.org](http://www.projectbread.org)