## Table of Contents

### Breakfast
- French Toast Roll Ups
  - Cinnamon Roasted Sweet Potatoes and Apples
- Omelette in a Bag
  - Fruit & Butter Toast
- Breakfast Quesadilla
  - Banana Milkshake
- Sweet Potato Quiche
  - Peanut Butter and Jelly Smoothie
- Sweet Potato Hash
  - Fruit and Yogurt Parfait
- Superhero Muffins
  - Yogurt Parfait

### Lunch
- Chicken Alfredo with Cauliflower Sauce
  - Parmesan Green Beans and Kale
- Chipotle Shrimp Tacos
  - Southwestern Black Beans
- Greek Chicken Kabobs with Yogurt Sauce
  - Whole Grain Pita Chips and Hummus
- Greek Yogurt Chicken Salad
  - Baked Kale Chips
- Honey Orange Chicken Wraps
  - Garlic Sesame Green Beans
- Okie Dokie Artichokie Pizza
  - Rainbow Fruit Salad
- Sloppy Joes
  - Oven Baked Fries
- Spaghetti Squash Pasta
  - Cauliflower Tater Tots
- Sweet Potato Nachos
  - Cauliflower Rice
- Thai Peanut Pasta Salad
  - Crispy Soy Roasted Chickpeas
Turkey Veggie Roll-Up 25
  Roasted Vegetables 26

Veggie Verde Taquitos 27
  Cilantro Lime Crema 27
  Cilantro Lime Rice 27

Snack/Dessert 29
  Banana Ice Cream 31
  Banana Oat Cookies 32
  Celery Butterflies 33
  Cheesecake Bites 34
  Chocolate Mousse with Berries 35
  Chocolate Peanut Butter Banana Rafts 36
  Doughnut Apples 37
  Fruit Salad with Greek Yogurt Whipped Cream 38
  Frozen Yogurt Grapes 39
  Mango Lassi 40
  No-Bake Cookie Balls 42
  Stove-Top Popcorn with Seasoning 43
  Summer Berry Salad 44
  Toaster Strudel 45
  Vegan Queso 46
  Zucchini Chips 47
Breakfast
French Toast Roll Ups

Pre-Preparation
Cut crust off bread
Half strawberries

Tools
Cutting board
Tablespoon
Teaspoon
Fork
Knife
Tongs
Bowl for eggs
Bowl for sugar
Plate

Equipment
Medium size frying pan

Cinnamon Roasted Sweet Potatoes and Apples

Pre-Preparation
Cube sweet potatoes
Cube apples

Tools
Large bowl for sweet potatoes
Knife
Cutting board
Measuring cups
Baking sheet
Spatula
Spoon
Large bowl for mixture when finished

Equipment
Oven
Omelette in a Bag

Pre-Preparation
Boil water
Get ziploc bag
Cut tomatoes
Measure spinach
Measure cheese
Cut onions
Measure onions
Get out 2 eggs

Tools
Ziploc bag
Pot for stovetop / to boil water
Wooden spatula
Tongs
Plate
Measuring cups
Cutting board
Cutting knife

Equipment
Stove

Fruit & Butter Toast

Pre-Preparation
Slice strawberries

Tools
Butter knife
Plate
Measuring spoon
Cutting board
Knife

Equipment
Toaster
Breakfast Quesadilla

Pre-Preparation
Chop tomatoes
Chop peppers
Whisk eggs
Chop spinach

Tools
Spatula
Whisk
Knife
Cutting board
Bowl for whisking eggs
Medium nonstick pan
Large nonstick pan

Equipment
Stove

Banana Milkshake

Pre-Preparation
Freeze bananas

Tools
Measuring spoons
Measuring cups

Equipment
Blender
Sweet Potato Quiche

Pre-Preparation
Preheat oven
Peel and slice sweet potato into 1/4-inch-thick slices
Wash and chop bell pepper and grape tomatoes
Separate egg yolks from egg whites
Measure spices, olive oil, soy milk.

Tools
9-inch Pie Dish
Knife
Cutting Board
Measuring cups
Measuring spoons
Skillet
Spatula
Oven
Oven Mitts
Wisk
Medium Mixing Bowl
Small Mixing Bowl
Skillet
Spatula

Equipment
Oven

Peanut Butter and Jelly Smoothie

Pre-Preparation
(Optional-peel and freeze banana)
Wash raspberries
Peel banana.
Measure spinach, milk, raspberries, and peanut butter.

Tools
Measuring Cups
Measuring Spoons

Equipment
High speed blender
Sweet Potato Hash

Pre-Preparation
Wash and chop sweet potatoes
Wash and chop bell peppers
Chop onion
Measure out olive oil and taco seasoning

Tools
Sharp knife
Cutting board
Tablespoon
Large mixing bowl (or Ziploc bag)
Measuring spoons
Glass baking dish for mixture
Measuring cups
Spatula/spoon for serving

Equipment
Oven
Microwave

Fruit and Yogurt Parfait

Pre-Preparation
Slice strawberries
Cut banana in half
Measure out yogurt

Tools
Sharp knife
Cutting board
Measuring cups
Superhero Muffins

Pre-Preparation
Chop carrots
Chop apple
Measure out dry ingredients: almond meal, oats, cinnamon, salt, baking soda
Melt butter
Measure honey
Place cupcake cups in muffin tin

Tools
Measuring cup
Measuring spoon
Small bowl
Large bowl
Spoon to mix batter
Knife to cut carrot and apple
Cupcake cups
Muffin tin

Equipment
Oven
Food processor

Yogurt Parfait

Pre-Preparation
Measure out: yogurt, granola, fruit
Cut up fruit

Tools
6 cups or bowls to serve parfait
Spoon
Knife to slice fruit
Lunch
**Chicken Alfredo with Cauliflower Sauce**

**Pre-Preparation**
- Turn stove top on to medium-high
- Wash and dice the tomato
- Mince 6 cloves of garlic
- Cut the chicken into 1-inch cubes

**Tools**
- Cutting board (2)
- Knife
- Colander
- Pots (2) with lids
- Pan (2)
- Measuring cups and spoons
- Tongs
- Wooden spoon
- Slotted spoon

**Equipment**
- Blender
- Thermometer
- Stovetop

**Parmesan Green Beans and Kale**

**Pre-Preparation**
- Turn stove on to medium heat
- Cut the onion
- Wash the green beans and cut off the ends
- Wash the mushrooms and cut in halves
- Wash the kale and cut the kale

**Tools**
- Measuring cup
- Measuring spoons
- Cutting board
- Knife
- Wooden spoon
- Tongs

**Equipment**
Stove top

**Chipotle Shrimp Tacos**

**Pre-Preparation**
- Preheat oven to 400°F
- Thaw shrimp
- Peel garlic
- Juice lime
- Open chipotle pepper can
- Measure chipotle peppers, yogurt, olive oil, and spices
- Slice bell pepper and avocado
- Shred and measure cabbage
- Chop and measure cilantro

**Tools**
- Cutting board and chef’s knife
- Juicer
- Can opener
- Measuring spoons
- Measuring cups
- Large spoon to scrape sides of blender
- Large baking sheet
- Parchment paper
- Oven mitt
- Small prep bowls and spoons for avocado, cabbage, cilantro, crema, shrimp
- Plate for microwaving tortillas
- 6 plates for serving

**Equipment**
- Blender
- Oven
- Microwave

**Southwestern Black Beans**

**Pre-Preparation**
- Chop red onion
- Measure onion, olive oil, chili powder, and water
- Open cans of black beans
- Drain and rinse black beans
- Crumble queso fresco and measure
- Chop cilantro and measure
Tools:
Measuring Cups
Cutting board and chef knife
Fluid measuring cup
Can opener
Colander for rinsing beans
Small pot with lid
Large spoon to stir beans
Prep bowls for cilantro and queso fresco
6 small serving bowls for beans
6 dining spoons

Equipment:
Stovetop Burner
Greek Chicken Kabobs with Yogurt Sauce

Pre-Preparation
Preheat oven to 350 degrees Fahrenheit
Mince garlic
Slice lemon and lime in half
Slice Chicken breast into 1 in. chunks
Chop bell peppers into 1 inch squares
Slice zucchini into ½ inch thick slices
Chop cilantro
Measure out ingredients for marinade and yogurt sauce

Tools:
Cutting board
Sharp knife
Bowl for marinade
Measuring Spoons
6 skewers
Spoon for mixing yogurt sauce
Bowl for yogurt sauce
Measuring cups
Baking sheet with tin foil
Soap and water for cleaning cutting board throughout

Equipment:
Oven
Oven mitt

Whole Grain Pita Chips and Hummus

Pre-Preparation
Preheat oven to 350 degrees Fahrenheit
Mince garlic
Open can of chickpeas, rinse and drain.
Measure out ingredients
Slice lemons and pita bread

Tools
Cutting board
Can opener
Colander for chickpeas
Sharp knife
Baking sheet
Measuring spoons
Measuring cups

**Equipment:**
Food processor
Oven
Oven mitt
Greek Yogurt Chicken Salad

Pre-Preparation
Wipe off cans of chunk chicken meat, open cans and drain excess water
Remove grapes from vine and wash, chop 1 cup of grapes in half
Wash celery and chop into 1cm wide pieces
Break up pecans into pea-sized pieces
Measure ¾ cup, 1 tbsp. Dijon mustard, and ½ tsp dried dill

Tools
Can opener
Clean dish towels (for drying produce)
Large mixing bowl
Large spoon
Rolling pin
1 food-grade plastic bags
Sharpened knife
Cutting board
Measuring cups
Measuring spoons
Plate(s) for serving

Equipment
Sink

Baked Kale Chips

Pre-Preparation
Wash kale, remove stems, and tear into bite-sized pieces
Measure 1 tbsp olive oil and ½ tsp kosher salt

Tools
Clean dish towel (for drying kale)
2 cookie/baking sheets
Parchment paper

Equipment
Oven
Honey Orange Chicken Wraps

Pre-Preparation
Peel and shred carrots, 1 C
Shred cabbage, 1.5 C
Dice mushrooms, 1 C
Mince garlic, 4 cloves, separate into 2 bowls
Mince shallot, 2 tbsp.
Grate ginger, 1 tbsp and zest orange, 1 tbsp
Juice orange, ¼ C
Clean and tear 6 leaves of butter lettuce
Cook vermicelli noodles to package directions, ½ package

Tools
Cutting board
Knife
Measuring cups
Measuring spoons
Fine mesh strainer
Zester/micro plane
Spoon
Large skillet
Bowls
Spatula
Box grater
Peeler
Large pot

Garlic Sesame Green Beans

Pre-Preparation
Wash and trim green beans, 1 lb.
Peel and mince garlic cloves, 2 large

Tools
Cutting board
Knife
Skillet
Tongs
Bowls
Lid for pan (optional)
Okie Dokie Artichokie Pizza

Pre-Preparation
Open & drain canned artichokes

Tools
- Can opener
- Strainer
- Food Processor
- Measuring cup
- Measuring spoons
- Cutting Board
- Rolling Pin
- Baking Sheet
- Parchment Paper
- Spoon
- Knife or Pizza Cutter

Equipment
- Oven

Rainbow Fruit Salad

Pre-Preparation
Drain canned pineapple
Cut strawberries
Half grapes
Peel mandarin oranges

Tools
- Can opener
- Strainer
- Small knife
- Cutting board
- Small bowl
- Spatula

Equipment
- Refrigerator
**Sloppy Joes**

**Pre-Preparation**
Measure olive oil  
Chop onion  
Wash and chop celery  
Wash and chop carrots  
Wash and chop green pepper  
Measure or mince garlic  
Open can of diced tomatoes  
Measure and combine chili powder and ground pepper  
Measure tomato paste  
Measure vinegar  
Drain and rinse red beans  

**Tools**
Knife for chopping vegetables  
Cutting board(s) for chopping  
Measuring cups  
Measuring spoons for oil, vinegar, tomato paste, and seasonings  
Can opener  
Colander and small bowl for draining and rinsing beans  
Skillet with a lid  
Wooden spoon  

**Equipment**
Prep sink  
Stove / Range top

**Oven Baked Fries**

**Pre-Preparation**
Scrub potatoes (leave skins on)  
Cut potatoes into strips/fries  
Measure canola oil  
Measure and combine seasonings  
Chop parsley  

**Tools**
Potato scrub brush  
Knife for cutting potatoes  
Cutting board  
Measuring spoons for oil and seasonings
One-gallon resealable storage bag or large bowl with a lid
Large baking sheet
Metal spatula
Oven mitts
Hot pad

Equipment
Prep sink
Oven
**Spaghetti Squash Pasta**

**Pre-Preparation**
Preheat oven to 425°F
Cut the spaghetti squash in half, horizontally.
Remove seeds from the spaghetti squash.
Chop the celery, carrots, garlic, onion, and parsley.
Open the cans of tomato puree.
Measure out the salt, olive oil, breadcrumbs, parmesan cheese, water, basil, and oregano.

**Tools**
Baking sheet
Knife
Spoon
Brush
Aluminum foil
Large mixing bowl
Large pot
Mixing spoon
Cutting board
Fork
6 servings bowls
6 forks

**Equipment**
Stovetop
Oven
Blender or food processor

**Cauliflower Tater Tots**

**Pre-Preparation**
Preheat the oven to 375°F.
Chop cauliflower into large chunks.
Measure out cheddar cheese, parmesan cheese, panko breadcrumbs, and chives.

**Tools**
Knife
Dry paper towel
Large mixing bowl
Measuring spoons
Baking sheet
Mixing spoon
6 small serving plates or bowls

Equipment
Oven
Blender or food processor
Sweet Potato Nachos

Pre-Preparation
Slice sweet potatoes
Measure out spices
Open black beans
Measure out shredded cheese
Dice onions
Dice tomatoes
Dice spinach or greens of choice
Dice bell pepper

Tools
Large knife for chopping and slicing
Large bowl for tossing potatoes
Measuring spoons
Large sheet pan with foil to cover
Measuring cups

Equipment
Oven

Cauliflower Rice

Pre-Preparation
Dice onions
Measure out cauliflower rice
Measure out spices
Measure out tomato paste

Tools
Non-stick skillet
Knife for chopping
Can opener
Measuring spoons
Measuring cups

Equipment
Stove
Thai Peanut Pasta Salad

Pre-preparation
Wash and chop cabbage, green onion, bell pepper
Wash and peel carrots into ribbons
Measure out all ingredients for sauce (peanut butter, orange juice, soy sauce, sriracha, honey, rice vinegar)
Mince garlic for sauce

Tools
Large pot
Small bowl
Measuring spoons
Spatula
Colander
Cutting board
Knife
Vegetable peeler
Small towel or dishcloth
Large bowl
Vegetable peeler

Equipment
Stovetop

Crispy Soy Roasted Chickpeas

Pre-Preparation
Open chickpea cans
Line sheet pan with parchment paper
Measure out olive oil, soy sauce, and ginger

Tools
Medium sized bowl
Sheet pan
Measuring spoons
Parchment paper
Colander
Can opener
Paper towels

Equipment
Turkey Veggie Roll-Up

Pre-Preparation
Peel carrots
Dice onion (1 large onion)
Clean and grate zucchini (1 zucchini)
Clean spinach (if necessary)
Chop spinach (3 cups)
Measure cheese: parmesan (1/4 cup), ricotta (1.25 cups), mozzarella (1/2 cup)
Crack one egg
Measure pepper (1/2 teaspoon)

Tools
Colander (to clean vegetables and drain noodles)
Large pot (to boil noodles)
9x13 baking dish
Skillet
Spaghetti Fork
Box grater
Measuring cups
Measuring spoons
Medium bowl
Small bowl (for cracked egg)
Spoon (to stir egg and turkey mixture)
Cutting board
Knife
2 Spatulas (one for cooking turkey mixture and one for serving)
Basting brush (to help spread the marinara sauce over noodles)
Oven mitts
Foil
6 dinner plates for serving with 6 forks and 6 knives

Equipment
Oven
Stove top burner
Roasted Vegetables

Pre-Preparation
Peel carrots
Clean and dice produce (carrots, red peppers, zucchini, green beans, onions)
Measure spices (oregano and rosemary \( \frac{3}{4} \) teaspoons, thyme and basil 1 teaspoon)
Measure olive oil (2 tablespoons)

Tools
Colander (to clean vegetables)
Peeler (for carrots)
1 Baking Sheet
Sharp knife
Cutting board
Spoon (stir herb olive oil)
Small bowl (for herb olive oil)
Measuring cup
Measuring spoons
Spatula
Basting brush
Oven mitts

Equipment
Oven
Veggie Verde Taquitos

Pre-Preparation
Let cream cheese soften to room temperature
Dice green bell pepper
Finely chop green onions
Open black beans and fire-roasted green chiles
Measure out and combing seasonings

Tools
Large sheet pan
Medium mixing bowl
Mixing spoon
Measuring spoons
Can opener
Colander
Bowl for seasonings

Equipment
Oven
Microwave

Cilantro Lime Crema

Pre-Preparation
Finely chop cilantro
Quarter a lime
Measure out ¾ cup of Greek yogurt

Tools
Small mixing bowl
Spoon
Measuring cup
Cutting board
Knife

Cilantro Lime Rice

Pre-Preparation
Finely chop cilantro
Quarter a lime
Tools
Medium pot with lid
Fork
Measuring cups
Cutting board
Knife

Equipment
Stovetop
Snack/Dessert
Apple Nachos

Pre-preparation
Clean apple
Gather ingredients
Slice apple

Tools
Cutting board
Measuring spoons
Measuring cups
Microwavable dish
Spoon
Cutting knife

Equipment
Microwave
Banana Ice Cream

Pre-Preparation
Cut and freeze 6 bananas
Measure out cocoa powder and peanut butter

Tools
Freezer bags
Measuring spoons
Spoon

Equipment
Large blender or food processor
Freezer
Banana Oat Cookies

**Pre-Preparation**
Peel bananas
Measure out oats

**Tools**
Large bowl
Masher or fork to mash bananas
Measuring cups
Large sheet pan with aluminum foil
Cookie cutters (optional for cookies)

**Equipment**
Oven
Celery Butterflies

**Pre-Preparation**
Cut celery in half

**Tools**
Knife
Tablespoons
Plate
Cutting board
Cheesecake Bites

Pre-Preparation
Make sure all ingredients are out
Melt the butter in the microwave for 30 seconds
Wash the fruit: strawberries, blackberries, blueberries
Cut the strawberries into fourths

Tools
Gallon size plastic bag
Rolling pin (optional)
Measuring cups
Tablespoon
Teaspoon
Ice cube tray
Cutting board
Knife
Small bowl
Lollipop sticks

Equipment
Freezer
Microwave
Chocolate Mousse with Berries

Pre-Preparation
Clean Strawberries (can slice or leave whole)
Separate egg whites and yokes for 2 eggs
Measure 1 cup of chocolate chips
Measure ½ cup of yogurt
Measure 2 tablespoons of sugar
Measure 1 tablespoon of flour
Measure ½ teaspoon of vanilla

Tools
Whisk
Hand Mixture (can use whisk if this is not available)
3 small bowls (for separated eggs and for melted chocolate)
1 medium bowl (to mix egg foam and chocolate mixture)
6 small bowls for serving
1 saucepan
1 small spoon (to stir melted chocolate)
1 spatula
Measuring cups
Measuring spoons
Foil or wrap
Colander (to wash strawberries)

Equipment
Stove Top Burner
Microwave
Refrigerator
Chocolate Peanut Butter Banana Rafts

Pre-Preparation
Cover baking sheet with wax paper
Measure chocolate chips
Count out 24 pretzels
Slice bananas
Open peanut butter
Open chocolate sprinkles

Tools
Baking sheet that will fit in the refrigerator
Wax paper
Cup measure for chocolate chips
Microwave-safe bowl for melting chocolate chips
Spoon for stirring chocolate chips
Small bowl to hold pretzels before dipping
Forks (2) for dipping pretzels
Knife to spread peanut butter
Plates to serve rafts
Knife to cut bananas
Cutting board for bananas

Equipment
Microwave
Refrigerator
Doughnut Apples

Pre-Preparation
Open cream cheese and measure out 6 oz.
Measure out honey, vanilla extract, sprinkles, and almonds.
Wash apples and strawberries.
Slice apples.
Open Hershey’s bar and measure out half.
Cut up and measure ½ cup of strawberries.

Tools
3 small mixing bowls
Measuring spoons
1 small microwave safe bowl
Mixing spoon
Knife for slicing apples and strawberries
Knife for spreading cream cheese
6 small serving plates

Equipment
Microwave
Fruit Salad with Greek Yogurt Whipped Cream

Pre-Preparation
Chill bowl in freezer
Slice apples, peaches, and lime
Measure out yogurt, whipping cream, salt, vanilla, and honey

Tools
Small bowl
Spoon
Measuring spoons
Medium sized bowl
Cutting board
Knife

Equipment
Stand mixer/electric hand mixer
Frozen Yogurt Grapes

Pre-Preparation
Crush 5 sheets of honey-flavored graham crackers into crumb-like consistency
Measure 1¼ cups of Greek yogurt and 2 tbsp. Honey

Tools
3 Bowls
Rolling pin
2 food-grade plastic bags
Cutting board
Baking Sheets
Parchment paper

Equipment
Freezer
Mango Lassi

Pre-Preparation
Measure out spices
Measure out milk, yogurt, and mango

Tools
Measuring cups
Measuring spoons
Spoon to scoop yogurt
6 small glasses
Straws (optional)

Equipment
Blender
Mediterranean Brownies

Pre-Preparation
Preheat oven to 350 degrees Fahrenheit
Line baking pan with parchment paper
Measure out all ingredients
Crack eggs into bowl and beat
Chop walnuts
Slice strawberries

Tools
3 bowls, 1 large, 1 medium, 1 small
Spatula
Fork for beating eggs
Whisk for mixing dry ingredients
9 inch square baking pan
Parchment paper
Cutting board
Sharp knife
Measuring cups
Measuring spoons

Equipment
Oven
Oven mitt
No-Bake Cookie Balls

Tools
Measuring cups
Large mixing bowl
Measuring spoons
Mixing spoons
Parchment Paper
Baking sheet

Equipment
Refrigerator
Stove-Top Popcorn with Seasoning

Pre-Preparation
Decorate a reusable container
Measure out dry ingredients for seasoning
Measure out olive oil and kernels

Tools
Measuring spoons
Small mixing bowl
Airtight container (decorated reusable container)
Large pot with lid
Bowl to serve popcorn in

Equipment
Stove top
Summer Berry Salad

Pre-Preparation
Wash and dry all berries, ½ C each
Green grapes, wash and dry, 1 C

Tools
Colander (optional)
Cutting board
Knife
Measuring cups
Measuring spoons
Spoon
Bowl
Electric hand mixer or whisk
Fine mesh strainer or sifter
Toaster Strudel

Pre-Preparation
Thaw puff pastry
Roll out thawed puff pastry
Cut puff pastry
Measure lemon juice
Measure chia seeds
Whisk egg

Tools
Parchment paper
9 x 13 baking tray
Medium saucepan
Spoon or potato masher to crush berries
Rubber spatula
Cookie cutter or knife
Pastry bag or Ziploc bag

Equipment
Stove
Oven
Vegan Queso

Pre-Preparation
Measure out ingredients

Tools
Measuring spoons
Measuring cup

Equipment
Food processor or blender
Zucchini Chips

Pre-Preparation
Preheat the oven to 450°F.
Wash and slice zucchini into ¼-inch thick slices.
Measure flour, cheese, and breadcrumbs.

Tools
Cutting board
Knife
Spatula
Oven mitts
Measuring cups
3 small bowls
Wisk
Fork
Baking sheet

Equipment
Oven