



EGG-IN-A-HOLE

What you need

- | | |
|---------------------------------|----------------------------|
| 1 slice of their favorite bread | 1 egg |
| 1 tablespoon of butter | A pinch of salt and pepper |

Instructions

Cut a hole in the center of the bread slice with a cookie cutter or the rim of a glass. Heat a skillet to medium-low and melt the butter.

Place the slice of bread on the skillet and cook the egg in the hole for about 40 seconds or until it sets, then flip over the slice and egg.

Once the bread slice is golden brown and the egg is cooked to over medium, remove the toast and egg. Sprinkle with salt and pepper and serve.



CHICKEN AVOCADO ROLLS

What you need

- | | |
|--|-----------------------------|
| 1 cup of cooked chicken breast diced or shredded | 2 tablespoons of sour cream |
| 1 avocado pitted and diced | 1 tablespoon of lime juice |
| 1/4 cup of shredded cheddar cheese | A pinch of salt and pepper |
| 1/4 cup of diced tomato | Flour or corn tortillas |

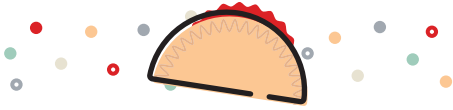
Instructions

In a large bowl, add the cooked chicken, avocado, cheese, tomato, sour cream, and lime juice. Season with salt and pepper and stir with a spoon until everything is fully combined and the avocado is chunky and mashed.

Spread the mixture equally on each of the flour tortillas and roll them up tightly. Cut into slices and serve right away or refrigerate until ready to serve.

Enjoy hot or cold!





HOMEMADE PIZZA POCKETS

What you need

- 1 tablespoon of olive oil
- 8 ounces of Italian turkey sausage
- 1 cup of arugula
- 4 ounces of cream cheese
- 1/3 cup of grated Parmesan
- 1/2 teaspoon of salt
- 1/4 teaspoon of freshly ground black pepper
- 1 package of store-bought pizza crust
- All-purpose flour
- 1 egg, beaten for egg wash
- 1 1/2 cups of marinara sauce

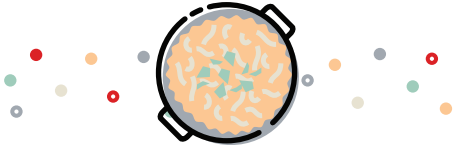
Instructions

Heat olive oil over medium-high heat in skillet. Add sausage and cook about 5 minutes. Add arugula and cook until wilted. Turn off the heat and let cool about 10 minutes. Add cream cheese, Parmesan, salt, and pepper and stir to combine. Set aside.

Preheat oven to 400° F. Roll out pizza dough on a lightly floured surface to a thin rectangle. Cut into 8 equal rectangles.

Spoon topping onto 1 side of each of the rectangles. Using a pastry brush, brush the edges of the rectangle with egg wash. Close the rectangle over the topping. Use a fork to seal and crimp the edges. Place the pizza pockets onto a parchment paper-lined baking sheet. Brush the top of each pizza pocket with egg wash. Sprinkle with the remaining Parmesan. Bake until golden, about 15 to 17 minutes.

Meanwhile, heat the marinara sauce over low heat in a medium saucepan. Serve the hot pizza pockets with the marinara sauce alongside for dipping.



SPINACH + FETA MACARONI AND CHEESE

What you need

- 5 cups of spinach
- 1 lemon, juiced
- 8 tablespoons of unsalted butter
- 1/2 cup of flour
- 3 1/2 cups of milk
- A pinch of kosher salt
- 1 teaspoon of oregano
- 1 1/2 cups of shredded cheddar
- 3/4 cup of feta cheese crumbles
- 1 pound of macaroni-style pasta, cooked to al dente

Instructions

Toss lemon juice and spinach. Heat in microwave or over stove in a small saucepan just until it starts to wilt. Set aside. Over medium heat, melt butter in a large saucepan.

Whisk in flour and continue cooking for 3 minutes until lightly browned. Slowly whisk in milk and add in salt and oregano. Begin adding shredded cheddar in small amounts, stirring until melted between each addition.

When all the cheese is melted, stir in the feta. Mix in cooked macaroni and spinach. Serve immediately sprinkled with extra feta if desired.





SLOPPY JOES

What you need

Pack of buns of your choosing	1 teaspoon of prepared yellow mustard
1 pound of lean ground beef	3/4 cup of ketchup
1/4 cup of chopped onion	3 teaspoons of brown sugar
1/4 cup of chopped green bell pepper	A pinch of salt and pepper
1/2 teaspoon of garlic powder	

Instructions

In a medium skillet over medium heat, brown the ground beef, onion, and green pepper; drain off liquids.

Stir in the garlic powder, mustard, ketchup, and brown sugar, then mix thoroughly.

Reduce heat, and simmer for 30 minutes. Scoop onto buns, season with salt and pepper, and serve.



CHICKEN NOODLE CASSEROLE

What you need

4 skinless, boneless chicken breast halves	1 cup of sour cream
6 ounces of egg noodles	Salt to taste
1 can of condensed cream of mushroom soup	Ground black pepper to taste
1 can of condensed cream of chicken soup	1 cup of crumble, buttery round crackers
	1/2 cup of butter

Instructions

Place chicken in a large pot of simmering water. Cook chicken until it's no longer pink in the center, about 12 minutes. Remove chicken from pot and set aside. Using the same water, bring it to a boil and cook the pasta in it. Once the pasta is cooked, drain it. Cut the chicken into small pieces and mix with the noodles.

In a separate bowl, mix together mushroom soup, chicken soup, and sour cream. Season with salt and pepper. Place the chicken and noodles in with the soup mix and stir together. Place in a 2 quart baking dish. Melt butter in a small saucepan, and remove from heat. Stir in crumbled crackers. Top casserole with the buttery crackers.

Bake at 350° F for about 30 minutes, until heated through and browned on top.





SPAGHETTI + MEATBALL SOUP

What you need

- | | |
|---|--|
| 1 pound of mini meatballs, homemade or store-bought | 8 ounces of spaghetti, broken into approximately 1 inch pieces |
| 4 cups of chicken broth | 1/4 cup of basil leaves, finely cut |
| 3 cups of marinara sauce, homemade or store-bought | 1/4 cup of freshly grated Parmesan cheese |
| 1 bay leaf | |

Instructions

Prepare meatballs according to package instructions; set aside.

Whisk in chicken broth, marinara sauce, bay leaf and 3 cups of water in a large pot over medium heat; turn up heat to bring to a boil.

Stir in spaghetti and meatballs; reduce heat and simmer until spaghetti is tender for about 10-12 minutes.

Remove bay leaf and serve immediately. Garnish with basil and Parmesan, if desired.



BAKED SWEET POTATO CHIPS

What you need

- | | |
|----------------------------|--------------------------|
| 2 organic sweet potatoes | 1/4 teaspoon of sea salt |
| 2 tablespoons of olive oil | |

Instructions

Preheat oven to 250° F and position the oven rack in the center of the oven. Rinse and dry your sweet potatoes thoroughly and slice them as uniformly thin as possible.

Toss slices in a touch of olive oil to lightly coat, then sprinkle with salt. Lay out in a single layer on a baking sheet and bake for about 2 hours, flipping chips once at the halfway point to ensure even cooking.

Remove once crisp and golden brown. Some may feel a little tender in the middle but take them out and let them rest for 10 minutes or so to crisp up before sampling. Serve immediately.





FRUIT + PEANUT BUTTER SANDWICH

What you need

Your choice of fruit	3 tablespoons of honey
2 slices of sandwich bread	1 tablespoon of chunky peanut butter

Instructions

Toast the bread. Slice the fruit paper thin. Spread the peanut butter on both slices of bread.

Layer the fruit. Add a touch of honey. Close the sandwich, cut it in half, and serve.



CROCK POT TAQUITOS

What you need

2 skinless, boneless chicken breasts	1/4 cup of water
1 packet of taco seasoning	1 1/2 cups of shredded cheddar cheese
6 ounces of cream cheese, cubed	8 flour tortillas

Instructions

Place chicken breasts in a 2-3 quart slow cooker. Sprinkle with taco seasoning, add cream cheese cubes, and water. Cover and cook for 6-8 hours on low, or for 4-6 hours on high.

Unplug the slow cooker. With two forks, shred the chicken in the slow cooker, add cheddar cheese, and stir to evenly coat the chicken.

Preheat oven to 400° F. Then, spoon shredded chicken into the center of the flour tortillas. Roll tightly and place on a parchment-lined baking sheet. Spray generously with olive oil spray.

Cook in preheated oven for 8-12 minutes, or until tortillas are crisp. Serve with salsa or cilantro-ranch for dipping.

