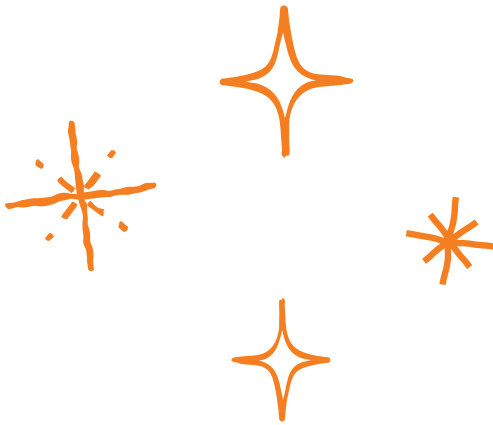
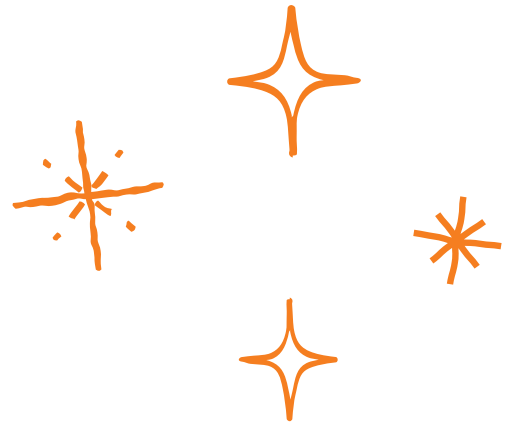


Beginner Recipes



Thurston County
**FOOD
BANK**



Sweet Potato Breakfast Bowl

- 1 **large sweet potato** (or 2 small)
- *Optional:* honey, cinnamon, 2 Tablespoons raisins, 2 Tablespoons chopped nuts, 2 Tablespoons nut butter



1. Preheat oven to 375. (Read step 5 if you prefer to microwave)
 2. Wash the potato. Poke with a fork 4-5 times to vent steam.
 3. Wrap potato tightly in aluminum foil. Bake for 1 hour. Potato is done when fork can be easily inserted into the center.
 4. Carefully peel. Lightly mash with a fork. Add toppings, then enjoy!
- *Microwave instructions:* Wash potato. Poke with a fork 4-5 times to vent steam. Microwave on a microwave-safe plate for 4 minutes. Roll potato over. Continue to microwave at 30 second intervals until fork can be easily inserted into the center. Continue on to step 4.

Microwavable Breakfast Bowl

- 1/3 cup **frozen hashbrowns**
- 1 1/2 Tablespoons **onion**, finely chopped
- 1 1/2 Tablespoons **bell pepper**, finely chopped
- 1 1/2 Tablespoons **shredded cheese**
- 1 **Egg**
- **Salt** and **Pepper** to taste
- *Optional:* Salsa



1. Mix ingredients together in a microwavable bowl.
2. Microwave for 1 minute, then stir. Repeat until the egg is just set (should take 2-3 minutes!)
3. Fluff eggs with a fork and allow to cook slightly before eating

5-Ingredient Chickpea Salad Sandwich

(great for vegans!)

- 1 **can chickpeas**, drained and rinsed
- 1/3 cup finely chopped **celery stalk**
- 1/4 cup finely chopped **red onions**
- 2 Tablespoons **mayo of choice**
- 4 slices **whole-grain bread**, toasted



1. In a medium bowl, mash all of the chickpeas with a fork until almost all of the beans are broken down. A few whole chickpeas left is ok.
2. Add chopped celery, red onions mayo. Mix well. Taste and adjust the seasoning. Spread on toast and enjoy your sandwich!

Fried Rice from Leftovers

- 3 **eggs**
- 1/2 **onion**, chopped
- 1/3 cup **soy sauce**
- 1-2 **cloves** of minced garlic
- 2-3 Tablespoons of **honey**
- 2 cups of of **leftover rice**



1. Scramble three eggs and pour them in a pan. Once the edges set fold inward to form ribbons and to allow more liquid to touch the pan. Once eggs are set enough, flip and cook till done. Break up into bite size chunks and set aside.
2. Quarter 1/2 onion and add to pan. Stir fry until there is a little color on the edges.
3. In a bowl add 1/3 cup soy sauce, 1-2 cloves of minced garlic. And 2-3 tablespoons of honey. Mix together.
4. In the pan with the onions add. 2 cups of of leftover rice, and your sauce and eggs. Stir fry until your rice is mostly all one color and you're done. Serve and enjoy.

Soup in a Jar



- 1 Tablespoon **chicken base**, such as Better Than Bouillon
- 1/4 cup **frozen or canned peas**
- 1/4 **small onion**, thinly sliced
- 1/8 cup **shredded chicken** (rotisserie or packaged)
- **Vermicelli rice noodles or pre-cooked ramen** (see note at bottom)
- **Salt** and **pepper** to taste
- 1/8 cup **minced greens** (like spinach)

1. Add chicken base, peas, onion, chicken, and noodles to a mason jar. Season lightly with salt and pepper. Add greens to a small zipper-lock bag and seal it, squeezing out all of the air. Tuck bag into jar and seal. Refrigerate for up to 4 days.
2. When ready to serve, remove packet of greens and add boiling water to the top of the jar. Seal jar and let sit 2 minutes. Open jar, stir in greens, and serve.

Note: Dry Thai or Vietnamese rice noodles can be used with no prep. Alternatively, use precooked and chilled ramen-style noodles or fresh Italian pasta. Cook the fresh noodles in boiling water for 1 minute, shock in cold water, drain well, toss with 2 teaspoons oil until coated, then proceed with Step 1.

*This soup is great for a packed lunch in an insulated lunch bag with something to keep it cold until you're ready to eat it! **All you need is access to boiling water** to heat up and enjoy.*

***This recipe can also be personalized.** Try adding other proteins, vegetables, and seasonings! Just remember: **the boiling water will only heat your soup**, it won't stay hot enough to cook anything. Only add foods you can eat in that state.*

Quick & Easy Breakfast Burrito

- 1 **whole-grain flour tortilla** (8")
- 1 cup **spinach**, sauteed
- 1/4 cup **shredded cheddar cheese**
- 1/4 cup **cooked protein** (sausage, tofu, beans, chicken, etc.)
- 2 **eggs**, scrambled

1. Assemble into a burrito and enjoy!



This recipe can be used to make several burritos, which can be tightly wrapped in plastic wrap and stored in the freezer. To enjoy later, unwrap and microwave on a plate for 2-3 minutes until hot!

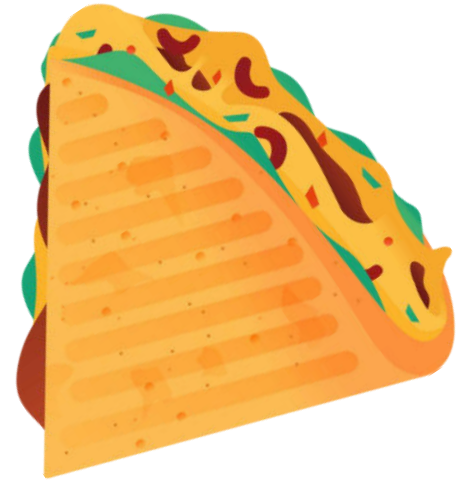
Microwavable Shakshuka

- 1 Tablespoons **olive oil**
- 1/2 of a 14.5oz **can of diced tomatoes**
- 1 **garlic clove**, finely sliced
- 1/2 **red pepper**, chopped
- 1 medium **egg**
- **Salt** and **pepper** to taste
- **Toasted bread** of choice



1. Brush a microwave bowl or dish with a little of the oil. Stir the tomatoes, garlic and peppers together and season well. Tip into the bowl and make a dip in the center with a spoon. Crack the egg into the dip, then prick the yolk with the tip of a sharp knife.
2. Cover the bowl with its lid or a plate. Microwave on high for 1 min, and then in 20 sec bursts until the egg white is set. Enjoy with toast!

10-Minute Quesadilla

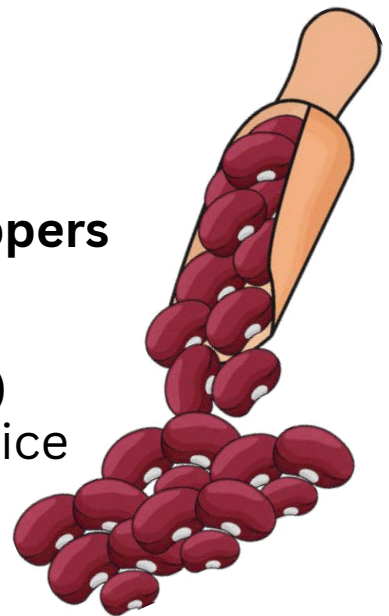


- 1 **whole-grain flour tortilla** (8")
- 1/2 cup **shredded cheddar cheese**
- 1/4 cup of **canned black or pinto beans, drained & rinsed**
- 1 Tablespoon chopped **bell pepper**
- 1 Tablespoon **chopped onion**
- 1 teaspoon **oil**
- Optional: salsa, guacamole, sour cream, hot sauce, chopped cilantro, etc.

1. Heat skillet over medium heat.
2. Warm tortilla in skillet for about 30 seconds, then flip.
3. Add cheese, beans, pepper, onion to one half of the tortilla in the pan. Fold closed.
4. Brush oil on top of closed tortilla. Flip quesadilla, brush other side with oil.
5. Cook until golden & crispy on the bottom (about 2-3 minutes). Reduce heat if necessary to avoid burning.
6. Flip, cooked second side.
7. Cut into triangles, enjoy with your optional toppings!

Microwavable Bean & Veg Rice Bowl

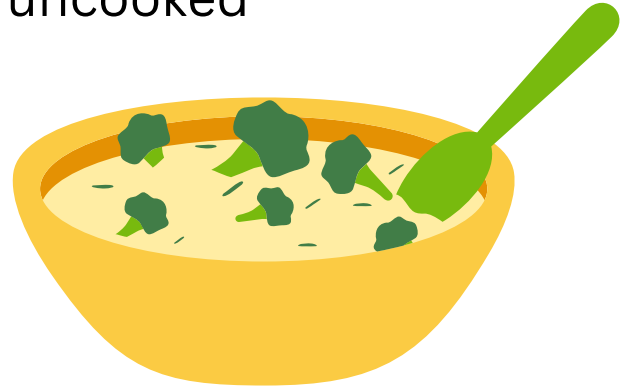
- 1-14.5oz can of **low-sodium beans** (chili, black, pinto, etc.), rinsed
- 10oz can **low-sodium corn with bell peppers**
- 2 cups **brown Minute Rice**, prepared according to package
- **Sauce of choice** (Salsa is a great option!)
- Optional: 4oz can diced jalapeños for spice
 - This recipe should be personalized according to taste!



1. Combine ingredients with cooked rice and enjoy!

Microwavable Broccoli & Cheese Rice Bowl

- 5 Tablespoon **brown Minute Rice**, uncooked
- 2/3 cup cold **water**
- 2 **broccoli florets**, finely chopped
- 1/2 teaspoon **cornstarch**
- 3 Tablespoon **milk**
- 4 Tablespoon **shredded cheese**



1. Add rice, broccoli and water to a large microwavable bowl. Place a plate on top.
2. Microwave 3 1/2-4 minutes, watching carefully in case water bubbles over.
3. Once rice is cooked, add the rest of the ingredients and microwave for another 1 1/2 minutes. Enjoy!

Microwavable Brown Rice Taco Bowl

- 1 cup **brown Minute Rice**, prepared according to package
- 1/4 cup **salsa of choice**
- 1/2 cup of **canned black beans**, drained & rinsed
- 1/2 cup **shredded lettuce**
- 1/4 cup **shredded cheese**
- **Cilantro** to garnish
- **Lime juice** to taste
- Any other toppings you like on tacos



1. Combine ingredients with cooked rice and enjoy!