



## Easy Healthy Recipes

### Breakfast Tacos ^

Ingredients (2 servings)

- 3 large eggs
- 3 taco shells
- 1 avocado
- 1 cup spinach
- 1 cup cheese
- 1/2 cup of salsa

Directions

- 1-Crack open the eggs and whisk the eggs in a microwavable bowl or cup
- 2-Cook for 45 seconds, then flip it over and cook for another 45 seconds
- 3-Mix the eggs with a spoon and place inside of a taco with a cut up avocado and spinach
- 4-Top it with salsa and cheese, then feast

### Turkey Bacon Ranch Pita Pizza

Ingredients (1 serving)

- 1 slice turkey bacon
- 1 tsp dry ranch seasoning mix
- 2 tablespoon low-fat Greek yogurt
- 1 whole grain pita pocket
- 1/4 cup reduced-fat cheddar cheese

Directions

- 1-Microwave a slice of turkey bacon (according to package directions) and crumble it into small pieces
- 2-Mix a teaspoon of dry ranch seasoning mix with two tablespoons of low-fat Greek yogurt and spread it on to a whole-grain pita pocket.
- 3-Top the pita with the crumbled turkey bacon and a quarter cup of reduced-fat cheddar cheese
- 4-Microwave until the cheese is melted
- 5-Supplement some spinach and tomatoes for some added taste

### Fried Rice ^

Ingredients (1 servings)

- 1 cup rice (already prepared)
- 1/2 cup eggs ( already prepared)
- 1/4 cup cut up sweet potato or carrot
- 1/4 cup spinach
- pinch of salt and pepper
- 1/4 teaspoon garlic powder (optional)
- add additional vegetables for a better taste

Directions

- 1-Cut sweet potato or carrot into bite sized pieces and microwave for 3-4 minutes
- 2-Add rice into the cup along with spices
- 3-Add eggs in and microwave for 30 seconds
- 4-Let cool and dig in



### Overnight Oats ^

Ingredients (1 serving)

- 2 tablespoons chia seeds
- 1/3 cup of regular rolled oats (old fashioned oats ' )
- 3/4 cup milk (soy, coconut and almond can be used)
- 1/4 vanilla extract (not required but recommended)
- honey or maple syrup (for sweetness)
- fruits, nuts and cinnamon powder (optional)

Directions

- 1-Mix together ingredients in a bowl of your choice
- 2-Wait 10 minutes and stir again
- 3-Store in a cool place for at least 4 hours
- 4-Add in toppings of your choice and adore

### Microwave Omelet ^

Ingredients (1 serving)

- 2 eggs
- 1 tablespoon milk
- toppings (can vary) ex. Cheese, ham, red peppers
- salt and pepper

Directions

- 1-Crack eggs into a mug, add milk and stir with fork until smooth.
- 2-Microwave for 1 minutes.
- 3-Remove mug, add toppings and heat for 30 seconds
- 4-Add some salt and pepper and enjoy

### Breakfast Cookie

Ingredients (1 serving)

- 1/2 medium banana
- 1 1/2 tablespoons peanut butter
- 1/2 tablespoon honey (or agave)
- 1 tablespoon milk (regular or substitute)
- 4 tablespoons oats (rolled or quick oats ' )
- 1 tablespoon raisins (seeds or nuts work)

Directions

- 1-In a large microwavable mug mash the banana well with a fork.
- 2-Stir in the peanut butter, milk and honey and mix well together.
- 3-Add in the oats and raisins and stir until combined.
- 4-Microwave for 45 seconds - 1 minute or until firm to the touch on top. (Cook time is based on my 1200 watt microwave so your timing may vary)

## Soft Bean Tostada

### Ingredients (1 serving)

2 small flour or whole grain tortillas  
1 can (15 oz) refried black or pinto beans  
½ cup low fat cheddar cheese  
½ cup salsa  
½ cup salad or lettuce (chopped)  
½ cup tomatoes (chopped)

### Directions

1-Heat beans in a covered plate in the microwave for 40-50 seconds  
2- Heat the tortillas in the microwave for 20-30 seconds  
3-Spread beans onto each tortilla  
4- top with cheese, lettuce, salsa and tomatoes  
5-Fold tortilla and snap a Instagram picture

## French Toast

### Ingredients (1 servings)

1 slices of bread ( cut into bite size squares)  
1 teaspoon butter  
1 egg  
3 tablespoons of milk (milk substitutes work)  
1-2 teaspoons cinnamon  
3 table spoons of honey or maple syrup

### Directions

1-Gather 2 bowls and in one melt the butter in it, once done place the cut up slice of bread inside  
2-In the other bowl, add in the milk, cinnamon and cracked egg. Mix well.  
3-Pour the mixture into the bowl of bread and let sit for a minute  
4-Microwave for 1-1.20 minutes.  
5-Once done pour in the honey or maple syrup

## Minestrone Soup

### Ingredients (2 serving)

2 teaspoons olive oil  
2 carrots, halved lengthwise and thinly sliced crosswise  
1 red bell pepper (ribs and seeds removed), cut into 1/2-inch pieces  
3 garlic cloves, thinly sliced  
1/3 cup couscous  
1 can (14.5 ounces) reduced-sodium chicken broth  
2 tablespoons tomato paste  
1 can (15.5 ounces) navy beans, drained and rinsed  
Coarse salt

### Directions

1-In a 3-quart microwave-safe dish, place oil, carrots, bell pepper, and garlic; stir to coat. Cover and microwave on high for 5 minutes.  
2-Add couscous, broth, tomato paste, navy beans, 1 cup water, and 1/2 teaspoon coarse salt. Cover; microwave on high until vegetables and couscous are tender, 5 minutes.



## Mac and Cheese

### Ingredients (1 servings)

1 cup water  
½ cup elbow macaroni  
½ cup cheese of choice (recommend low fat cheddar)  
add some chopped green peppers or steamed broccoli for more flavor

### Directions

1-Put macaroni in mug and pour in water, microwave for 8 minutes  
2-Pause at minutes 5 and 2 to stir and add more water if necessary  
3-Cook until water is gone and pasta is tasty  
4-Add cheese on top and stir, if the cheese doesn't melt microwave for 30-50 seconds

## Baked Potato

### Ingredients (1 serving)

1 large potato  
  
Choice of toppings  
2-4 cooked beans,  
1/2 cup shredded cheese (cheddar or mozzarella)  
½ cup steamed broccoli (chopped)  
2 teaspoons sour cream

### Directions

1-Prick holes into potato (front and back to release steam)  
2- Bake potato for 4-6 minutes  
3-Remove potato and cut it in half, mash the inside with the fork  
4- Add desired toppings

If cheese is used, place in microwave for 30-40 additional seconds

## Symbol Meaning

^ gluten free  
' certified gluten free  
\* vegan



## Peanut Butter Balls

### Ingredients (1 serving)

1 cup (dry) oatmeal '  
2/3 cup toasted coconut flakes  
1/2 cup peanut butter  
1/2 cup ground flaxseed  
1/2 cup chocolate chips  
1/3 cup honey or agave nectar  
1 Tbsp. chia seeds (optional)  
1 tsp. vanilla extract

### Directions

Stir all ingredients together in a medium bowl until thoroughly mixed.  
Cover and let chill in the refrigerator for 30 minutes.  
Once chilled, roll into balls of about one inch diameter.  
Store in an airtight container and keep refrigerated for up to one week.

Makes about 20-25 balls.