

1 Ingredients

- 1 pound tri-color spiral pasta
- 16-oz pre-cut crisp lettuce (e.g., romaine, baby butter leaf)
- 12 ounces grape tomatoes
- 1.5 cups shredded cheddar cheese
- 1 pound of thick cut bacon
- 1 jar of ranch dressing
- 1 eggplant
- 4 garlic cloves
- 4 ounces shredded mozzarella cheese
- 1/4 cup panko breadcrumbs
- 1 shallot
- 2 tsp Italian seasoning
- 1 can of fire roasted diced tomatoes
- 1 cup couscous
- 1 lemon
- 1 0.25 oz package of fresh basil
- 2 cans of baked beans
- 1 can of black beans (drained and rinsed)
- 1 can of white kidney beans (drained and rinsed)
- 1 can of red kidney beans (drained and rinsed)
- 1 large yellow onion
- 1 pound of ground beef
- 1 pound of bacon
- 16 ounces of BBQ sauce
- 1/2 cup cranberry juice
- 1 cup spinach
- 1/2 tsp ginger paste
- 2 clementines
- 1/3 cup watermelon
- 1.5 cups of some combination of blueberry, blueberry, blackberry, and strawberries
- 1 tsp of honey

2 Recipe One

Figure 1: BLT Salad (Serves 4)



2.1 Ingredients

- 1 pound tri-color spiral pasta
- 16-oz pre-cut crisp lettuce (e.g., romaine, baby butter leaf)
- 12 ounces grape tomatoes
- 1.5 cups shredded cheddar cheese
- 1 pound of thick cut bacon
- 1 jar of ranch dressing

2.2 Instructions

1. Prepare pasta according to package instructions.
2. Cook bacon to be crispy.
3. Refrigerate pasta and bacon until cold.
4. Halve tomatoes and dice cooked bacon.
5. Add lettuce, tomato, cheese, bacon, and dressing to taste in a bowl and toss.

3 Recipe Two

Figure 2: Eggplant Parmesan



3.1 Ingredients

- 1 eggplant
- 4 garlic cloves
- 4 ounces shredded mozzarella cheese
- 1/4 cup panko breadcrumbs
- 1 shallot
- 2 tsp Italian seasoning
- 1 can of fire roasted diced tomatoes
- 1 cup couscous
- 1 lemon
- 1 0.25 oz package of fresh basil

3.2 Instructions

1. Cut ends off eggplant, peel, and slice eggplant lengthwise into 4 slices. Mince garlic and shallot. Zest lemon, cut into wedges and juice half of them. Roughly chop basil.
2. Coat eggplant in olive oil and season with salt and pepper. Cook in an oven at 425 degrees for 20 minutes, flipping halfway.
3. Mix half the garlic, and the mozzarella, breadcrumbs and 1 tablespoon olive oil.
4. Cook remaining garlic, shallot in olive oil. Add Italian seasoning and cook until fragrant.
5. Add tomatoes, and a pinch of salt and pepper. Simmer until thickened, about 10 minutes.
6. Cook couscous according to package instructions. Remove from heat and stir in lemon zest and juice, half the basil, and a tablespoon of olive oil.
7. Top eggplant with tomato sauce and breadcrumbs, and cook an additional 5-10 minutes.
8. Serve topped with remaining basil and lemon.

4 Recipe Three

Figure 3: BBQ Chili



4.1 Ingredients

- 2 cans of baked beans
- 1 can of black beans (drained and rinsed)
- 1 can of white kidney beans (drained and rinsed)
- 1 can of red kidney beans (drained and rinsed)
- 1 large yellow onion
- 1 pound of ground beef
- 1 pound of bacon
- 16 ounces of BBQ sauce

4.2 Instructions

1. Dice the yellow onion.
2. Drain and rinse black, white, and red beans.
3. Crumble and cook beef in a frying pan.
4. Cook bacon and cut into bite size pieces.
5. Combine all ingredients in a crock pot. Cook at low heat for 6-7 hours. Stir occasionally.

5 Breakfast Recipe

Figure 4: Berry Melon Smoothie



5.1 Ingredients

- 1/2 cup cranberry juice
- 1 cup spinach
- 1/2 tsp ginger paste
- 2 clementines
- 1/3 cup watermelon
- 1.5 cups of some combination of blueberry, blueberry, blackberry, and strawberries
- 1 tsp of honey

5.2 Instructions

1. In a blender, combine 1/2 cup of water, cranberry juice, spinach, ginger, and clementines until smooth.
2. Add watermelon and berries, and blend until smooth.
3. Serve in mason jars!